

M GENTA

FAZIL
SAY

2019,
Year Of Aspendos
In Antalya

FAZIL SAY
We Carry
Universality And
Friendship

SİDE
Pomegranate-
Smelling
Daughter

GILBERTO SIMONI
Everything Started With
A Dream

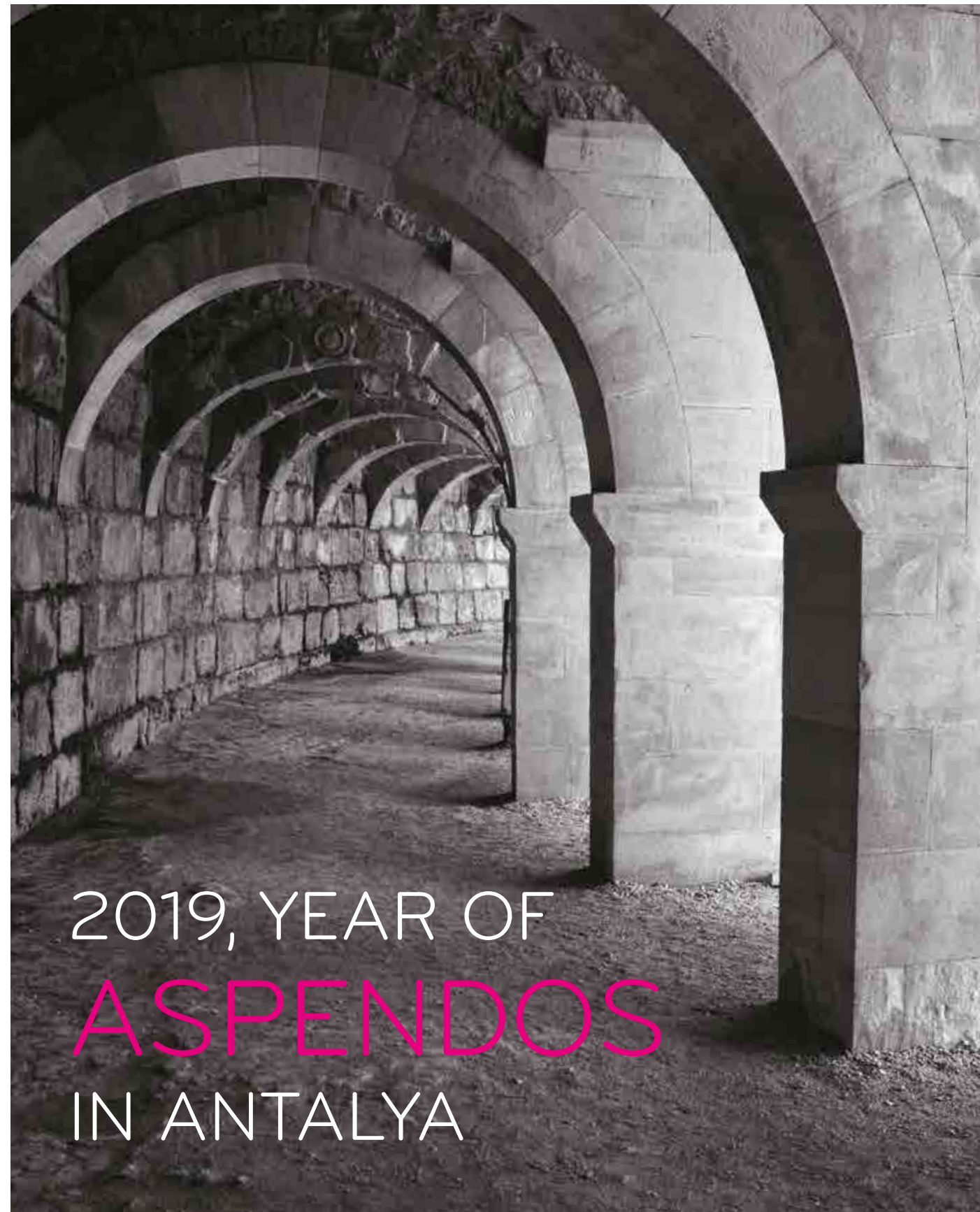
• EDITOR •



Magenta is the purest of all colors and the sensual impact we feel by colors. One of the few miracles that the nature surprises humankind by happiness; the first and almost the most dominant moire of the rainbow... The most favorite, inviting and cheerful color of the childhood which we consider as the purest and the most unprejudiced period of human experiences. Many feelings experienced by the hospitality of Barut can be easily coded by it. A serene mood that does not need addition of anything; a rich life experience with volume hidden in its content rather than its voice. A state of entertainment that does not shout out and a state of peace that does not bore; a circle of quality, comfort and happiness presented with courtesy and self-respect, that is far away from vanity. Magenta. Through this new publication, Barut brand starts to talk and communicate with you in its own color by crossing the endless boundaries of "evoking". It brings to the pages the news, comments and details of all beauties in art, culture, literature, nature, city and urbanity that worth to be reached... This time, our frame is aesthetics, courtesy and reality. To introduce you everything that worth to be known, experienced and pleased. We do not want to keep with us an experience that would please you. To say "Let's put you through it or let's share it"...

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YEAR OF **ASPENDOS** WITH REACH CULTURAL HISTORY

The ancient cities of Antalya host hundreds of thousands of tourists every year. Antalya names each year by one of these ancient cities to give them the value they deserve. Announced the year 2018 as the "Year of Perge", the Governorship of Antalya has designated the year 2019 as the "Year of Aspendos" with its rich cultural history. Within the scope of Year of Aspendos announced as a part of the project to diversify the tourism in Antalya and spread it over 12 months, considerable steps are being taken in the promotion and restoration of ancient cities. The themes that highlight Aspendos were determined in international tourism fairs, and the number of opera, ballet, musical, theater and dance performances held at Aspendos Theater was increased



ELITE REPRESENTATIVE OF **ROME**

Known as one of the best preserved ancient theaters in the world, Aspendos Theater is located on the slope of the small hill in the region. Built to be dedicated to the gods and emperor of the time, the theater was designed by Zenon, son of Theodoros. Being one of the most distinguished representatives of the theaters of Roman Time, this magnificent theater attracts attention with its great acoustics and has a capacity of approximately 20 thousand people. Hosting 13 million tourists from 60 countries a year, Aspendos Antique City is one of the nine candidate cities of Antalya that is listed in UNESCO World Heritage. Aspendos is a unique historical heritage not only with its theater but also with aqueducts located around, Acropolis settlement and Selcuklu Bridge.

INTERVIEW | FAZIL SAY

FAZIL SAY

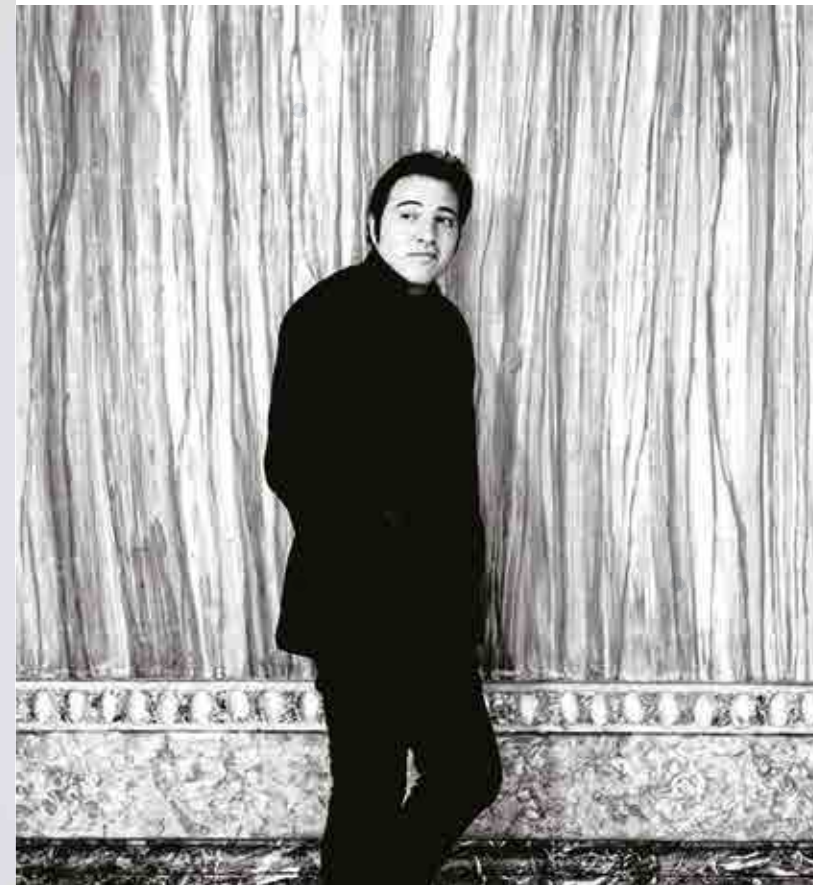
EACH **FESTIVAL** IS RICHNESS FOR THE MEMORY OF THE CITY

Last year hosted a brave performance by "Ilk Sarkilar, Guz Sarkilari (First Songs, Fall Songs)", poems by Serenad Bagcan and unceasing applause. Say ended the night by these words: "I'm so happy to see such a crowded audience here tonight. I hope Akra Jazz Festival will be maintained for long years. Fazil Say will take the stage again this year with a fascinating performance. We met with the famous pianist, defining himself as "a bridge between cultures, before his concert on June 26 that he was going to take the stage with his compositions "Truva Sonati" (Trojan Sonata) and "Izmir Suiti" (Izmir Suite).

"FESTIVALS,
BRIDGES
BETWEEN
MUSICS"

Akra Jazz Festival attracted a great deal of attention in the first year. The audience enjoyed the synthesis of jazz music with world music that they listened to during the festival. Were you expecting this attention?

Today, and even for the last quarter century, the jazz festivals are not composed of only jazz. These festivals include pop elements and ethnic music elements, and you can see many examples of classical music. In this context, these festivals, where bridges between musics are established, attract great attention of audience. I consider these festivals organized in Antalya really important. Every new festival sticking in the memory of city creates a wide network of arts and culture. As far as I can see, the people of Antalya have owned the festival.



"IT IS GREAT
TO BE IN
ANTALYA"

Fazıl Say is very important for Antalya. I think that Antalya is also important for Fazıl Say as you greeted this audience with many festivals.

I love the audience and great attention of Antalya. With the motto of "Jazz In City", we carry music, universal values and friendship all over the world. The festival team does something amazing at world standards. I wish it lasts for long years.

Last year, you took the stage with Serenad Bagcan in Akra Jazz Festival. How do you consider the atmosphere of the concert?

Last year, I took the stage with my songs that I made by composing the poems of precious poets of Turkey. It was a great pleasure to take the stage with Serenad Bagcan with "İlk Sarkilar ve Guz Sarkilari..." (First Songs, Fall Songs). I feel lucky that I worked with such an impressive performer like her. These songs, which I composed in 1994, waited for a performer for more than twenty years. I met Serenad in 2013, and we released our CD.

"WE CARRY UNIVERSALITY AND FRIENDSHIP"

We will see you at the stage of Akra Jazz again in June. Would you tell us about the concert program that the audience will be introduced this year?

This year, I will take the stage with a program including "Truva Sonati, Izmir Suiiti" (Trojan Sonata, Izmir Suite) and my own jazz songs "Paganini Caz (Paganini Jazz) and Summertime". We performed the world premiere of Truva Sonati (Trojan Sonata), which was requested to be composed by the Municipality of Canakkale within the scope of Year of Troy, in Cimenlik Castle in August 2018 for the first time. It was a public concert and thousands of people attended the concert. Then, I also had the opportunity to perform this work in the concerts held in many cities of Turkey and the world. I will perform it in Antalya for the first time in the festival.

The albums of "Truva Sonati" (Trojan Sonata), which concerts attracted great attention, have also recently hit the shelves. Would please tell us about the work and album?

The "Truva Sonati" (Trojan Sonata) is a 40-minute piano sonata consisting of 10 sections... In this work, I used various techniques including many playing methods of the 20th century stretching out to the effects of the strings of the piano, which comprise of contemporary colors. Since there are not too many musical works on the theme of Troy, I paid attention to present all the dramatic elements of this magical epic through the language of music. The section titles of the work are as follows; "Ozan anlatıyor, Homeros" (Poet Tells, Homer), "Ege Ruzgarlari" (Aegean Winds), "Troya Kahramanlari" (Heroes of Troy), "Sparta" (Sparta), "Helen, Aşk" (Helen, Love), "Troya" (Troy), "Aşil" (Achilles), "Savaş" (War), "Truva Atı" (Trojan Horse) and "Son söz" (Epilogue). Apart from these, there are also form themes and leitmotifs spreading over the sections of the work. Such as the themes "Kader Aglarini Oruyor" (Destiny Is Spinning The Web), "Gece" (Night), "Menelaus", "Paris", "Güneş" (Sun), "Agamemnon", "Hektor" (Hector), "Kahramanlık" (Heroic) and "Endişe" (Anxiety)... The album was first released worldwide by Warner. It met with Turkish audience in May by "Ada Muzik".

As well as Akra Jazz Festival, you were one of the guests of the first Turkish-Russian Festival this year. How do you consider the festival?

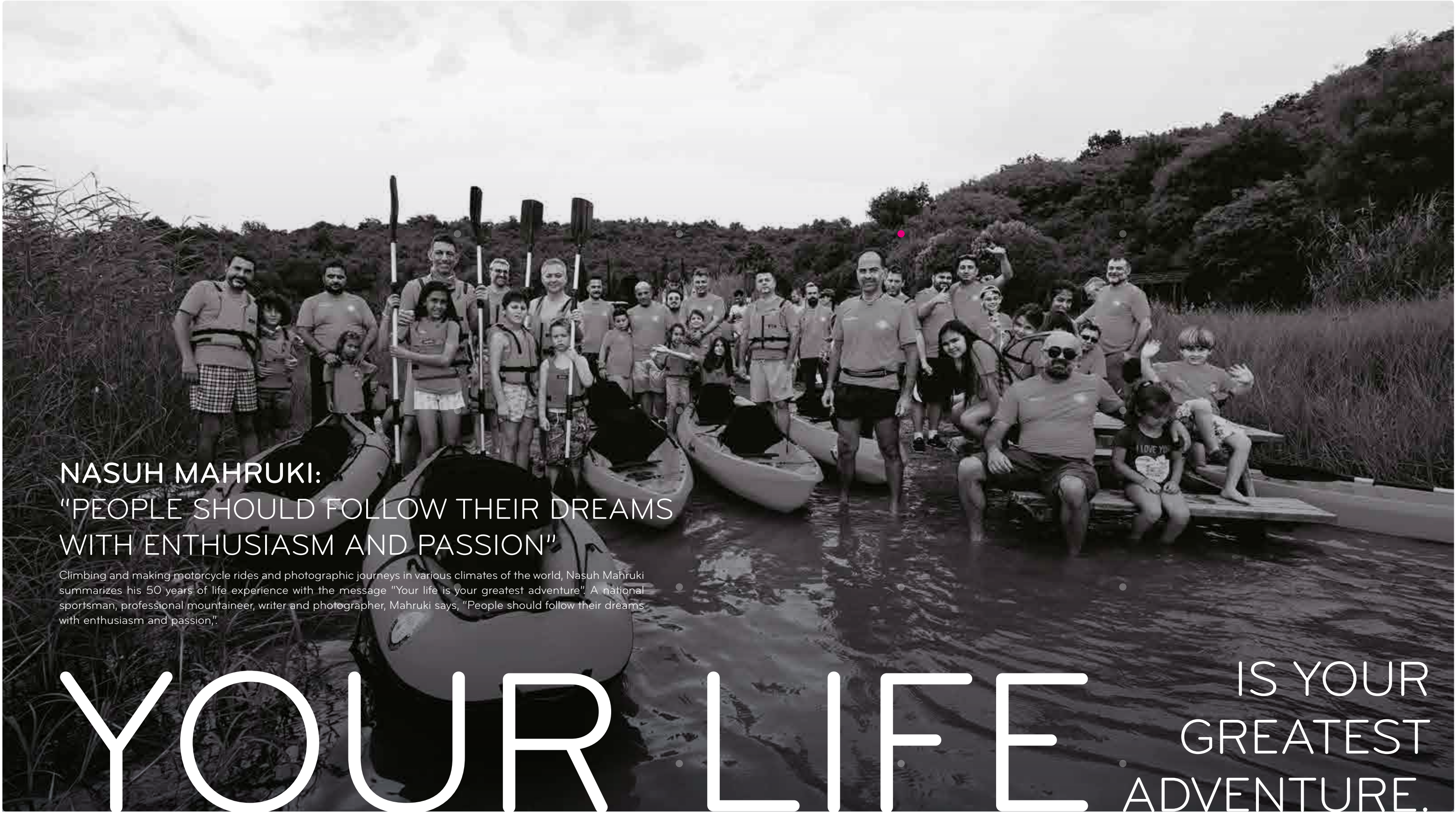
It is a very valuable idea to invite Russian musicians and introduce them to music lovers in Side, Antalya. I think that this idea also strengthens the cultural ties between the countries. Held for the first time in Side Ancient Theater this year, the festival hosted a glorious atmosphere. Side Ancient Theater is a really magical place. Turkish and Russian audience showed great attention to the concert. I hope that the festival continues with a living and developing identity.

Are there any other projects that you work on recently?

I have been working busily for approximately two years on a 10-CD project that I recorded 32 sonatas of Beethoven. I just finished recording of tracks at the Mozarteum Hall in Salzburg. 32 sonatas are approximately 680 minutes. To leave behind a "reference" track to the future, music lovers, students and the world of music, I spent two years of my life, without a break or vacation, working on Beethoven's touchstone pieces. There were days that I worked 15 hours. I went to Salzburg five times in total since June 2018 for only recording. Each time I have been to Salzburg, I stayed for three to four days, and during the 18-day recording process, we completed recording of these 10 CDs. It was a very busy pace.



INTERVIEW | NASUH MAHRUKI



NASUH MAHRUKI:
"PEOPLE SHOULD FOLLOW THEIR DREAMS
WITH ENTHUSIASM AND PASSION"

Climbing and making motorcycle rides and photographic journeys in various climates of the world, Nasuh Mahruki summarizes his 50 years of life experience with the message "Your life is your greatest adventure". A national sportsman, professional mountaineer, writer and photographer, Mahruki says, "People should follow their dreams with enthusiasm and passion,".

YOUR LIFE IS YOUR
GREATEST
ADVENTURE.

A UNIQUE EXPERIENCE IN THE NATURE

The youngest mountaineer of the world, who climbs the highest summits of the seven continents, the first Turkish climber to climb the summit of Mount Everest, a passionate racer with the title of "Snow Leopard, a traveler with motorcycle and the honorary chairman of the search and rescue team AKUT, who rushes to help disaster victims ... From Nepal to Tibet and Alaska to Africa, Nasuh Mahruki reflects various geographies of the world in extraordinary shots, and he enjoys the priceless pleasure of discovering every moment of life. The successful climber also shows the children the transforming effect of courage and sharing. We talked about the tips of reaching the summit for those who are looking for an extraordinary experience in nature, as well as the aspects, good for spirit, of adventure and escaping from the city through the nature camp arranged by him in Antalya.



AN ESCAPE TO NATURE FROM THE CITY

How did the seminars "Climb Your Own Everest" start?

I climbed the Mount Everest in May 1995. After I returned, I started to give speeches, "Zirveye Doğru" (Towards the Summit). Mount Everest is a very special target. So, planning thoroughly an Everest climbing and achieving it are just like planning thoroughly a challenging goal in the business. Because, you should form a team, set a strategy and a goal to achieve success. You should prepare each process. The executives in the business world want to convey this analogy to their personnel. People also enjoy listening to someone who has achieved an extraordinary job. It is a motivating, instructive and awareness-raising course.

Your life is going at a dizzy speed with continuous new goals. As a professional climber, who climbs in seven continents, is it your passion that motivates you to achieve the impossible?

I am very goal-driven, and I lived my life forcing myself to break new records. I started mountaineering and extreme sports when I was 20. As I improved myself, I realized that my skills in this area were very competitive. After a while, I realized that I can compete with the best ones not only in Turkey, but also all over the world. This motivated me more.



As soon as I graduated from the university, I started high altitude mountaineering when I was 24. I wrote my first book "Bir Dagcinin Güncesi" (A Mountaineer's Diary) that year. I was granted with the title "Snow Leopard" when I was 26. 25 years have passed since that time, but no one has been granted with such a title again in Turkey. I climbed to Mount Everest at the age of 27, and then wrote "Everest'te İlk Türk" (First Turk On Everest). When I was 28, I became the youngest mountaineer in the world, who has completed seven summits. In the book "Bir Hayalin Pesinde" (In Search Of A Dream) that I wrote that year, I shared the experiences I had in the coldest geographies. At the age 29, I went to Kathmandu by motorcycle and climbed an 8 thousand-meter mountain. I shared the memories of this long journey in the book "Asya Yolları, Himalayalar ve Ötesi" (Asian Roads, Himalayas and Beyond). At the age 30, I climbed another 8 thousand-meter mountain. When I was 31, I was only able to grapple with the August 17th Earthquake. At the age 35, I climbed K2, the most difficult and dangerous mountain of the world. I became a national sportsman and professional mountaineer. I wanted to present my articles compiled from newspapers to people in the book "Yeryüzü Güncesi" (Earth Diary), while I wanted to present my internal feud about age 40 with the message "Vatan Lafı Değil Eylemle Sevilir" (Motherland is Loved by Actions not by Empty Words). Today, I'm trying to share the experiences I have gained so far and convey them to the relevant ones.

You are telling an extraordinary success story not only by books, but also by the seminars you give. One of these has been held in Antalya in recent months. Can you please tell us about it briefly?

In new periods of age, different messages rise in my mind. When I was 50, the theme "Your Life Is Your Greatest Adventure" came out. I participated in an organization of Industry and Business Association of Antalya (ANSİAD) in Akra Barut Hotel as a spokesman, and talked about this theme over my experiences. I also gave a speech on "Climb Your Own Everest" for the managers of Akra hotels. I am trying to talk about what I gained through this perspective in the photograph exhibitions I hold and the seminars I give recently.

Are there any new projects in the upcoming days?

Akra Hotels organize intellectual conversations under Akra Talks. I will attend Akra Talks, where professional people from all fields are hosted and the secret of their success is shared in a conversation environment, and convey my experiences. I will hold the exhibition consisting of 60 photographs that reflect my observations on different cultures in seven continents by the theme "Your Life Is Your Greatest Adventure".

One of your primary concerns in the recent years is raising green consciousness and creating awareness. Is it because of the fact that the danger of climate change approaches step by step?

The humanbeing has a great impact on the nature; but, we are now able to change this balance. We have even changed the nature of evolution. If we do not take this power under control, we will evolve towards a course, which may have very devastating consequences, such as global climate change. The new generation should be raised with this conscious and awareness. Otherwise, we have power to destroy the nature. Currently, there is a great number of existing nuclear weapons to destroy the world several times. If we do not control and limit this power and set specific codes of conduct in this respect, we may destroy both the world and ourselves.

Is the intense sensitivity you feel for nature an appreciation to what nature has offered you so far?

I have been devoted to the nature and animals since my childhood. I grew up in a house with a large yard and many animals since I was born. This lifestyle was the key factor that formed my attitude, world view and personality. It was followed by the passion for extreme sports, travels and motorcycle rides. Children should not detach from nature and grow up by loving trees and animals, taking responsibilities, taking care of and being closely acquainted with them inside life. I am trying to convey this awareness I have to new generations. It made me feel good. I think that it will make everyone to feel good.



ASIAN ROADS, HIMALAYAS AND BEYOND

Can you tell us about the content of the Leadership in Nature Camp that you started to ingrain green consciousness among children and allow them to protect the nature?

After making indoor presentations for many years, we decided to carry it to the nature two years ago. We set to work through a concept called Leadership School in Nature, and started to bring together the children with nature camps. We organize these camps in Istanbul Catalca in summer, and in Antalya in the mid-term break in winter. We are trying to improve the awareness of the children through basic nature skills such as protection of nature, the ability to act safely in natural environment, camping, tents, sleeping bags, ropes, knots, climbing, canoeing, orienteering, navigation and direction finding. Beside theoretical and practical trainings given during daytime, we make presentations in the evenings, which widen horizons. We show photographs, make presentations on personal development in accordance with the children's world and share information about extreme sports.



OUR CAMP DREAM WITH • CHILDREN

Nature camps have become one of the favorite vacation trends of recent years. How did you decide and start it?

There is a number of nature camps organized in Turkey. Around 2 million students participate in approximately 10 thousand camps organized every year. I and my wife have long dreamed of organizing nature camps and trainings for children. We decided to make this dream come true after our children were born. Now, Barlas is five years old, and Bilge is three and half years old. We liked the camps, and it attracted great attention of the society. We have organized 25 camps until now. I can say that Barlas and Bilge grew up in these camps.



NEW EXPERIENCE FROM



BARUT
THE RESIDENCE
FETHİYE

baruthotels.com

DISCOVER | SIDE, DAUGHTER OF TAURUS MOUNTAINS

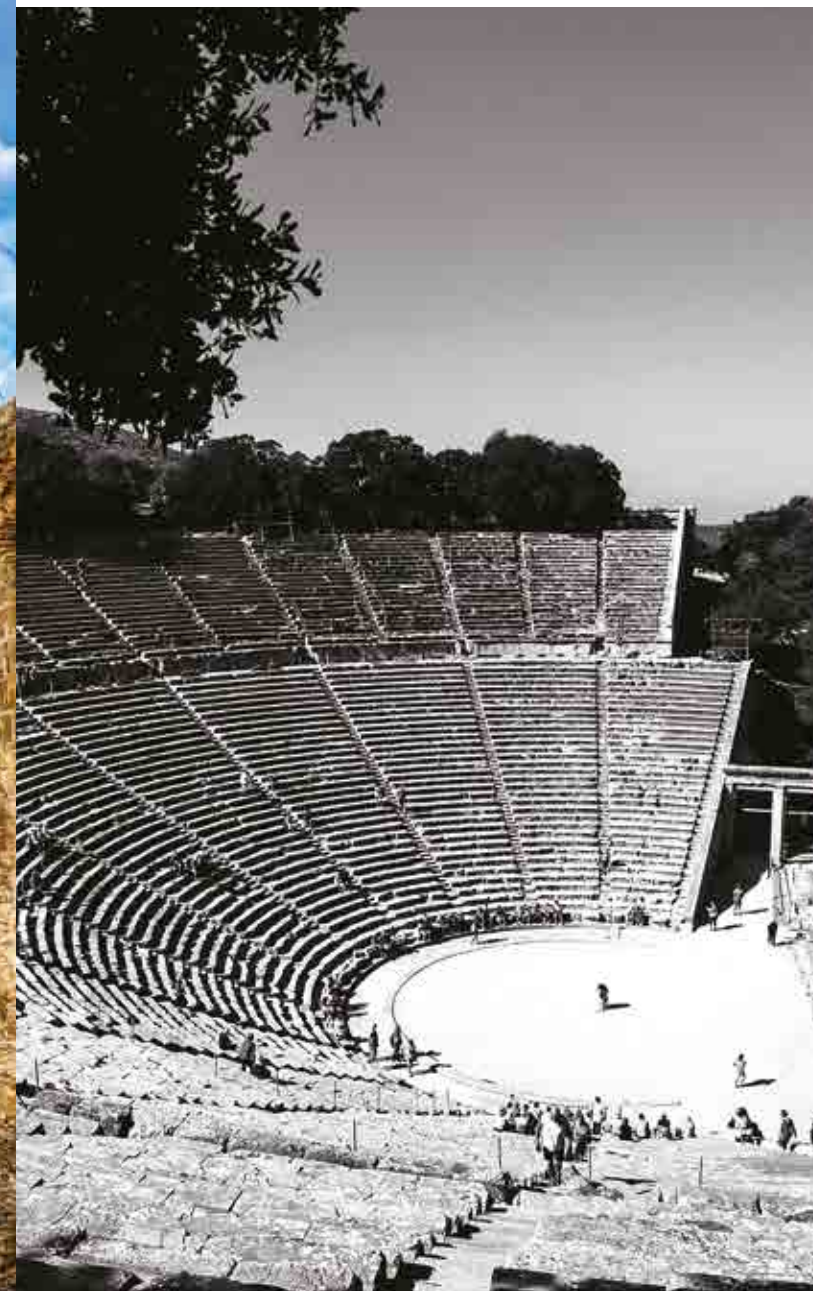
SIDE, POMEGRANATE- SMELLING DAUGHTER OF PAMPHYLIA

SIDE LIKE A PHOENIX

Side Ancient Theater, a real goddess combining the magical blue of the Mediterranean Sea with the glamor of history. It was exposed to invasions for ages, but the legendary Phoenix bird was born from its ashes every time. This small settlement of Antalya is an antique city that can make its guests to feel the taste of life every season by its cultural texture, cute streets and stone houses with oriel window.

A COUNTRY LIKE A POMEGRANATE

The name of Side, world-famous peninsula of Manavgat, is a relic from the language spoken in the city 3 thousand years ago.. In this local language, which is called as "Sidetic Language" by historians, the name of the city came from a sacred fruit: Pomegranate... In the just same way as Pamphylia, which also includes Side, means "**multi-ethnic country**", Side made a "**multi-grained fruit**" the symbol for itself. As a valuable port city of Antique Age, it hid many civilizations in its bosom, from Lydia to Seljuks. The historical heritage that we come across at every step today is imprinted on our minds as a witness of time.



"FROM NOW ON, I WILL BE THE
SYMBOL OF NATURE AND LIFE
WITH MY BLOOD COLORED
FRUITS. BRING MY DAUGHTER
HERE EVER SO OFTEN. LET HER
PLAY IN MY SHADE AND TELL
HER NOT TO PICK ANY FLOWERS.
NOT TO HURT ANY TREE. ANY
TREE OR FLOWER MAY BE A
TRANSFORMED GODDESS."

SIDE, DAUGHTER OF TAURUS MOUNTAINS

The ancient historian Arrianos tells that the Cyme colonists coming from the region Aliaga, Izmir forgot their own language and started to speak "Sidetic Language", which is actually a Luwian language. Side assimilates to itself those who come to Side. It is still in this way... According to a legend told by Hekataios of Miletus, "Side is the daughter of Taurus, the mountain god of Anatolia. In other words, daughter of Taurus Mountains... Called as the goddess of nature and productivity, Side goes to Manavgat River with her daughter and Nymphs (forest fairies) to pick flowers. Amazed by the flowers of a colorful tree, Side tears off a branch to give its flowers to her daughter. In fact, this tree is a goddess who has turned into a tree for protection from evil people. Side cannot move, her feet strike root in the soil and leaves gushes from the tips of her fingers. Nymphs feel very upset about it and cry. They soak with their tears the feet of Side, which stroke root in the soil. The Goddess Side says, "From now on, I will be the symbol of nature and life with my blood colored fruits. Bring my daughter here ever so often. Let her play in my shade and tell her not to pick any flowers. Not to hurt any tree. Any tree or flower may be a transformed goddess.

TWO WORLD-FAMOUS TEMPLES

The chief goddess of Side was Athena, and the chief god was Apollo. Side was a cosmopolitan seaport. Temples were built for gods and goddesses such as **Dionysus, Tyce, Aphrodite, Ares, Asclepius, Hegaia, Harites (Three Beauties), Demeter, Hermes and God of Moon, Men** in Side, which embraced a wide range of cultures and believes. However, Apollo and Athena were always on the top. Today, the Temple of Apollo and the Temple of Athena right next to it, which is located in front of the ancient port and where everyone visiting Side take photographs, are the witnesses survived until now. The home of polytheistic religions, Side also hosted Jews and Christians in later ages. With adoption of Christianity by Rome, Side became the first bishopric of Pamphylia region. With the Roman period, it became the center of trade.

HOME OF CRETAN MIGRANTS

Weakened by the Arabic invasions, pillaging by Rhodes, Venice and Genoese pirates and the attacks of the kings of Cyprus starting from the 7th century BC, Side was completely abandoned as from the 12th century. Due to the fact that people moved to the center of Antalya, it was started to be called as "Old Antalya". This silence continued until the end of the 19th century when Cretan migrants settled in the region. Cretan migrants, who settled in Side, named the city as Selimiye. By the excavations initiated by the famous archaeologist **Arif Mufid Mansel**, ancient Side started to show up in the history again in its all glory.

RESTORATION IN MONUMENTAL FOUNTAIN

The entrance to Side is through the main gate of land walls surrounding the city, which dates back to the 2nd century BC. The monumental fountain with three big niches, which is located at the opposite of this gate, is called "**Nine Fountains**" as it has nine grooves. Intensive restoration activities have been carried out since 2004 under the sponsorship of Barut Hotels in order to ensure that the ponds, gargoyles, Medusa heads in the friezes and the columns surrounding the fountain, which was the most attractive fountain of Anatolia and Pamphylia in the past, to reach water again. Studies in the historical field are conducted in accordance with the opinions of the scientific committee formed under the chairmanship of Prof. Dr. Hüseyin Alanyalı, the head of Side Excavation, and a faculty member of the Department of Archeology at Anadolu

HOME OF CRETAN MIGRANTS

University. The monumental fountain will be restored in all its glory when works being conducted by paying great attention and use of fully original materials are completed.

ALL ROADS LEAD YOU TO THE PORT IN SIDE

Right next to the fountain, two roads with columns are waiting for you. The main road with columns, where small shops, agora, theater, Turkish bath and houses are located on the side, leads you to the ancient port. The second road starts from the left side of the fountain and ends in the port and temples. In other words, all roads lead you to the port in Side. Vespasian Fountain will be the first structure you will come up with after you pass the main gate and the monumental fountain. The arch with a height of 15 meters, which is located near the Vespasianus Fountain at the narrowest point of the peninsula, is one of the rare structures that survived in all its glory.



PRECIOUS THEATRE OF SIDE

SIMILAR TO FAMOUS COLOSSEUM

The precious theater of Side welcomes those who pass through this arch. The theater, which dates back to the 2nd century A.D., has a height of 20 meters and capacity of 15 thousand people. While all other ancient theaters were built on the hillside, Side Ancient Theater stands on the arches. It is also similar to famous Colosseum in Rome in terms of its architecture. The orchestra is surrounded by railings for the gladiator and wild animal fights in Roman period. Used for Christian religious ceremonies in the Byzantine period, the theater attracts attention with its rich architectural decorations.



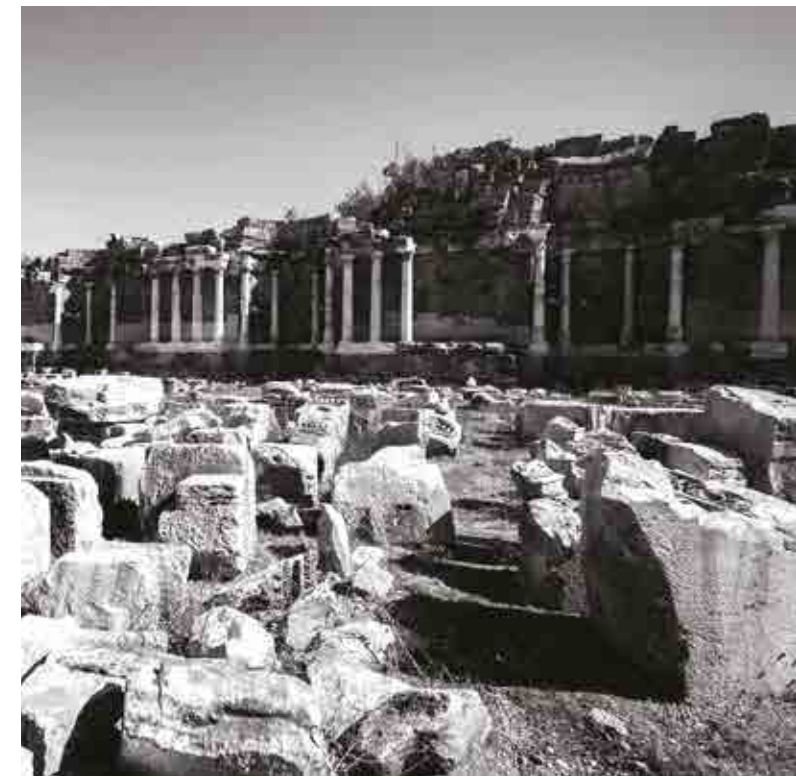
RICH COLLECTION OF THE MUSEUM

Turkish bath, located right next to the theater, today serves as Side Museum. The yard of Side Museum, which has a very rich collection that were all unearthed during archaeological excavations in the region, faces to wonderful view of Mediterranean sea and a lovely beach. Another structure around the theater is the Temple of Dionysus. Dating back to the early Roman period, the Temple of Dionysus is located adjacent to Vespasian Monument. Excavations are still going on in the agora located in front of the theater. The road with columns, which lies near the monumental fountain, leads you to the Gymnasium. The temple of Tyche (Goddess of Luck) is located between the Gymnasium and the theater.



APOLLON, SYMBOL OF SIDE

Although the symbol of the city is "pomegranate", the most famous symbol, which is identified with the peninsula, is the Temple of Apollo. Apollo is the god of music, fine arts, light and the sun. The people of Side, built a poetic temple, that is worthy of Apollo, whose anger was terrifying, and who offered prophecies to the people of that age. The temple has been restored and has survived until today with five columns and Corinthian heads. The Temple of Apollo, as well as the temple located right next to it and dedicated to Athena, are truly historical heritages. In Side, where people believed in Mother of Gods-Kybele and God of Moon-Men, ruins of the temple dedicated to Men still remain.



"Nine Fountains" (Nymphaeum) is protected within the scope of Environmental Awareness Project of Barut Hotels **VE CARE**

MILK DRIPPING
FROM THE MOUTH OF

HERCULES:

SEA DAFFODIL



THE MAGICAL FRAGRANCE OF "SEA DAFFODIL", ONE OF THE MOST BEAUTIFUL SYMBOLS OF MEDITERRANEAN, SPREADS EVERYWHERE PARTICULARLY BY THE WIND FROM THE SEA IN THE EVENINGS. THIS DELICATE WHITE FLOWER OF TURQUOISE COASTS IS WAITING FOR YOU WITH ITS UNIQUE GLORY IN THE BEACH SANDS, WHERE IT SURPRISINGLY SPRINGS TO LIFE.

When Zeus, the Chief God, was bored one night, he went down to the seashore from Mount Olympus. While walking around the city of Thebai, he was amazed by the wife of King Amphitryon, Alcmene. He somehow had to steal her heart. He even had to create a hero from her to rush to help people. When King Amphitryon set sail one day, he achieved his goal. He managed to unite with Alcmene. They had a son. His name was **Heracles**, i.e., Hercules.

MILK OF HERA, THE MOTHER GODDESS

Zeus returned to Olympus with his son. When Mother Goddess Hera saw the boy, she felt abased, and showed great reaction. On the other hand, Zeus wanted Hercules to become a god, in other words, immortal. Therefore, he had to drink Hera's milk. One night, while Hera was sleeping, he secretly left Hercules on her arms. Starving for days, the child stuck to Hera's breasts in such a way that the milk poured down out of his mouth. Every drop of milk poured on the earth turned into a flower in the sand. That flower was called sea daffodil, which is a very delicate and rare plant.

"SHARON ROSE" IN BIBLE

It is believed that the "Sharon Rose" mentioned in the Old Testament of Bible is a sea daffodil. According to linguists, "havasselethakof", which is the name of sea daffodil in Hebrew, is very similar to the name of this mysterious plant, i.e. "havasselethasaron", that is said to grow on Sharon plains. Therefore, the linguists believe that the flower mentioned in the "Solomon's Song of Songs" in the Old Testament is also a sea daffodil.

SEA DAFFODIL (LILY) OF SAINT NICHOLAS

The sea daffodil, which is "**Pancratium maritimum**" in Latin, belongs to Amaryllidaceae family, and is a perennial bulbous plant that grows in the Mediterranean, Aegean and partially in coastal dunes of Black Sea. "Pancratium" means "chicory" in Latin, and "maritimum" means "maritime". In other words, the Latin name means a "sea chicory". However, it is also called as sea daffodil (lily) of St. Nicholas.

IT SMELLS MUCH MORE BETTER AT NIGHTS

Belonging to Amaryllidaceae family, the sea daffodil is a kind of bulbous plant ... Its leaves can grow up to 45 centimeters. Its flowers are white and about 15 centimeters. The bulbs are 5 centimeters in diameter and 15-20 centimeters deep in the sand. Its green leaves appear in winter and dry before blossoming. It surprisingly blossoms in the sand towards the end of August. Its fragrance spreads intensely at nights. The sea daffodils blowing around add beauty to the beach and sand dunes. They turn into seeds towards the end of October. The seed falling in the sand becomes able to blossom three to four years later at the earliest.

Sea Daffodil is protected within the scope of Environmental Awareness Project of Barut Hotels **VE CARE**

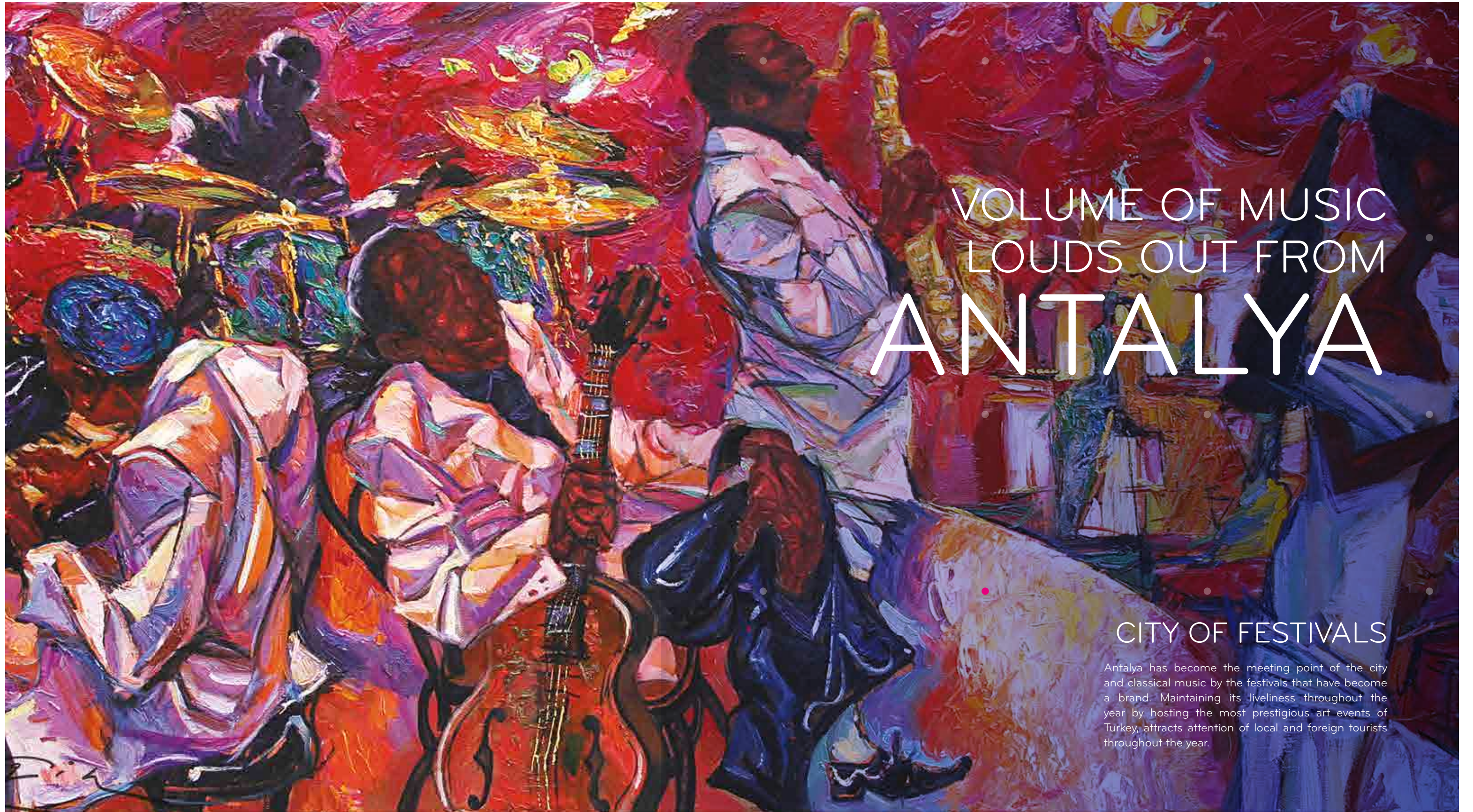
SOLOMON'S SONG OF SONGS

SEA DAFFODIL IS IN DANGER

Adding beauty in particular to Lara, Belek and Kundu band of Antalya, the sea daffodil is threatened with extinction due to coastal roads, as well as the facts that sand dunes, their natural habitat, turn into beaches; they are trampled by people; its flowers are picked to be smelled or taken home, and its bulbs are collected. There is also another threat that is by the nature of sea daffodil. The sea daffodil cannot be fertilized by its own pollen or by artificial means. This has to be done by luna moth. Excessive pesticides against mosquitoes and pests threaten the extinction of luna moth and thus the sea daffodils. In spite of the destructive effects of humanbeing, the sea daffodil, having a very delicate and terrifyingly fragile appearance, has been taken under preservation by International Union For Conservation Of Nature in 2016. The persons, who pick sea daffodil or damage the area they spread, are sentenced to judicial fine due to destroying biological diversity.



MUSIC | FESTIVALS & ANTALYA



VOLUME OF MUSIC LOUDS OUT FROM ANTALYA

CITY OF FESTIVALS

Antalya has become the meeting point of the city and classical music by the festivals that have become a brand. Maintaining its liveliness throughout the year by hosting the most prestigious art events of Turkey, attracts attention of local and foreign tourists throughout the year.

Roman Nogin | Oil painting on canvas

WORLD ART MEETS IN THIS CITY

Antalya is the temple of notes every season by the festivals which host artists who have reached the peaks of their professions in the world of music. New events are added day by day to those such as International Piano Festival, Aspendos Opera and Ballet Festival, Turkish-Russian Classical Music Festival, Austria Culture Days, Side World Music Festival. In each new festival, the fascinating sound of famous orchestras rises up to the sky of the city.



ADDRESS OF OPERA

Being organized continuously since 1994, the International Aspendos Opera and Ballet Festival is a cultural festival that lasts for days in one of the best-preserved ancient theaters of Antique Age. Being highly respected in the international arena, the festival brings prestige to Antalya, a cultural city. Being one of the most important classical art organizations of the world, the organization attracts a great deal of attention of tourists due to both the quality of performances and historical characteristic of the place.

PIANO FESTIVAL

The International Piano Festival, of which the 20th will be held in Antalya this year, is also among the favorite cultural-art events. Bringing world-famous pianists together with people in Antalya, began in 1999 with the initiatives of Kadir Dursun under the general art direction of Fazıl Say. After Say, who had supported the festival for long years, resigned in 2015, the international program continues under the art direction of Gurel Aykal.



TURKISH-RUSSIAN MUSICAL BRIDGE

Antalya hosted Turkish-Russian Classical Music Festival, which was held for the first time in Side Ancient Theater on May 7-11. This festival was held by Barut Hotels, known for realizing several social responsibility projects for the benefit of society in many fields such as culture, arts, history, nature and sports, to enable the year of 2019, announced by the two countries as the "Year of Turkish - Russian Culture and Tourism", to make the friendly relations of the two countries even stronger, and to present these friendly relations, going back a long way, with music. The General Art Director of this festival, which was held in the impressive atmosphere of the 3-thousand-year Side Ancient Theater, was the maestro Vladimir Spivakov who is the winner of the 'National Cultural Heritage' award, one of the most prestigious awards in Russia, and one of the giant violinists of the modern world. The permanent orchestra of the festival was the Moscow Virtuosi Chamber Orchestra known for its international awards and talented musicians at global level.

AUSTRIAN WIND

Honorary Consulate of Austria brings together the art lovers under the name of Austrian The culture days started with the concert of Vienna Stratos Quartett at Side Museum on July 13 this year, continued with the concert "Johann Strauss Ensemble", one of the most important orchestras of Austria, in Perge Ancient City on September 8, and ended with the concert of "Wiener Kammer-symphonie" that was organized in Turkan Soray Culture Center on April 3.

WORLD'S MUSIC

The ancient city of Side, the apple of tourism's eye, has also been hosting World's Music Culture and Art Festival for 18 years. Side World Music Culture and Art Festival, organized by Municipality of Manavgat, brings together different music tastes of the world with Antalya. In the festival, where all concerts and events are held at Side Ancient Theater,

the selected music groups, orchestras and performers of the world meet up for a week.

GUITAR EXCITEMENT

International Antalya Guitar Festival, which will turn into 8 this year, is organized by Municipality of Muratpasa and ODTU Antalya Alumni Association. Valuable artists rose in our country and international famous artists take the stage in the festival, where the general art director is Ahmet Kanneçi, the world-famous classical guitar artist.



“WE MAINTAIN A GREAT TRADITION. THIS TRADITION WAS INITIATED BY A GREAT PERSON, WHO IS REMEMBERED WITH ADMIRATION BY WHOLE RUSSIAN PUBLIC. FURTHERMORE, HE SUCCEEDED IT THROUGH A GREAT VISION A CENTURY AGO. THIS GREAT PERSON IS ATATURK.”



SPIVAKOV

“**TURKISH-RUSSIAN FESTIVAL** IS AN EXCELLENT PROJECT THAT UNIONS CULTURES AND PEOPLE”

What do you think about the Turkish-Russian Classical Music Festival where you are the art director? How did the idea of organizing such a festival come out? Since the festival will be held at Side Ancient Theater, how do you feel when you think of the festival atmosphere?

The Turkish-Russian Festival is an excellent project that unites people from different cultures. The idea of organizing the festival came out from Turkish partners who invited “Virtuosos Of Moscow” several times to perform at the International Antalya Piano Festival.

The Turkish-Russian Classical Music Festival was held for the first time, and we were very happy that we were responsible for the artistic part. In particular, our group, celebrating their 40th anniversary this year, has years of experience in collaborating with the best soloists of the modern era.

The program selected was amazing, and the festival was a very special and unforgettable event in terms of where it was organized.

This year has been announced as the Year of Turkish-Russian Culture and Tourism in both countries. Do you think that this festival would contribute to the development of cultural ties between Turkey and Russia?

The festival will help it for sure.

Can you please tell us about festival program?

During a period of three days (May 7, 9 and 11), Anna Aglatova (soprano), the soloist of Bolshoi Theater; Fazil Say (piano), our old and respectable friend and world-famous musician; Sergei Zhuravel (flute), the soloist of Russian National Philharmonic Orchestra; Nikita Vlaslov (accordion), one of the best accordion artists of Russia will take the stage with us. Denis Shulgin, Georgiy Tsay, Lev Iomdin, Evgeniy Stembolskiy, Vitaliy Khandras, Aleksey Lundin, Evgeniy Shulkov and Aleksey Strelnikov, the musicians of Moscow Virtuosos, will also take the stage. I will appear on the stage not only as a conductor, but also as a soloist one evening.

How does Vladimir Spivakov International Charity Foundation develop?

The aid fund that has my name celebrates its 25th anniversary. We organize master-class, concerts, tours and exhibitions and help children talented in music and visual arts to develop their skills. Children who receive scholarships from the fund attend the international competitions and festivals, as well as competitions and festivals within Russia. The fund provides regular support to music schools, arts and painting schools in Moscow, St Petersburg, several regions in Russia, CIS and Baltic countries. The fund also supports several social programs related to education, science, art and culture. We continue to develop in multiple ways, and the success of our talented children make us happy. I would like to add that we also support child health. We help orphans, children with disabilities, orphanages and hospitals.



ANTALYA, CITY OF FESTIVALS

Enchanting millions of vacationers every year with its liveliness in tourism and natural beauty, Antalya makes an indelible impression by its festivals and special events frequently.



ANTALYA FILM FESTIVAL

The first festival that comes to mind when thinking about Antalya is Golden Orange Film Festival... Named as International Antalya Film Festival after 2015 and accepted as "Turkey's Oscar", the event continues to host famous cinema figures of Turkey and world since 1964 in the city. To be organized for the 56th time in the autumn this year, the festival is the longest running and most prestigious art event of Turkey. Attracting attention by its traditional cortege and its highly anticipated awards, the festival welcomes cinema lovers with a selection of prominent films every year.

LITERATURE IN AUTUMN

Olympus Ancient City and Rhodiapolis Ancient City in Antalya and Adrasan Social Facilities of Akdeniz University host International Culture and Literature Festival in autumn. Organized for the first time last year, the festival hosts poets, writers and artists from Turkey and several countries around the world. The festival, where 30 local and foreign poets met up in the first year and where Olympus Mythological Miniature Exhibition takes place, will be opened by a rich program between September 6-10 this year.



SUMMER FESTIVALS IN PLATEAU

Summer festivals organized in Feslikan Plateau start with concerts of famous artists and end with wrestling matches every summer. In the festival, which is organized at an altitude of 1850 meters from Antalya under the cool weather conditions of the plateau, entertainment lovers dance all day long by the rhythm of the music and enjoy the excitement to watch stiff races of ancestors sports. Summer Festival of Feslikan Plateau, which will be organized for the 22nd time in July this year by Municipality of Antalya Konyaalti, will welcome the participants with a rich program.

TASTES OF WORLD

"International Street Tastes Festival of Antalya", where food cultures specific to different geographies from Far East to Central Asia and from Europe to North America meet, brings together 100 different cuisines and over 200 tastes from 15 countries in Antalya on June 6-9. Having examples in many countries around the world, this interesting organization will be open to visitors from 12.00 to 23.00 for four days. The festival, where visitors formed long queues last year to taste the food they wonder, will host food competitions under the direction of chefs, taste presentations, performances by street artists, concerts and activities to last all day long.

PHOTO WORKSHOP

Held for the first time in April, Photography Artists Meeting of Barut Hotels started with the Photo Workshop and ended with the exhibition of the artists. During the Photo Workshop under the sponsorship of Acanthus & Cennet Barut Hotel, a large number of works with Side theme were exhibited.

CHEFS OF THE FESTIVAL

Akra Barut, the hotel of the firsts, brings together the world's most important chefs at the "Mezze Festival". Akra Hotel, which will host local and foreign taste lovers at the festival that will be organized for the third time this year, introduces the mezze culture, which has an important role in gastronomy, to the world. The festival, organized by master hands, give a brand-new impulse to both the food culture and tourism of Antalya.

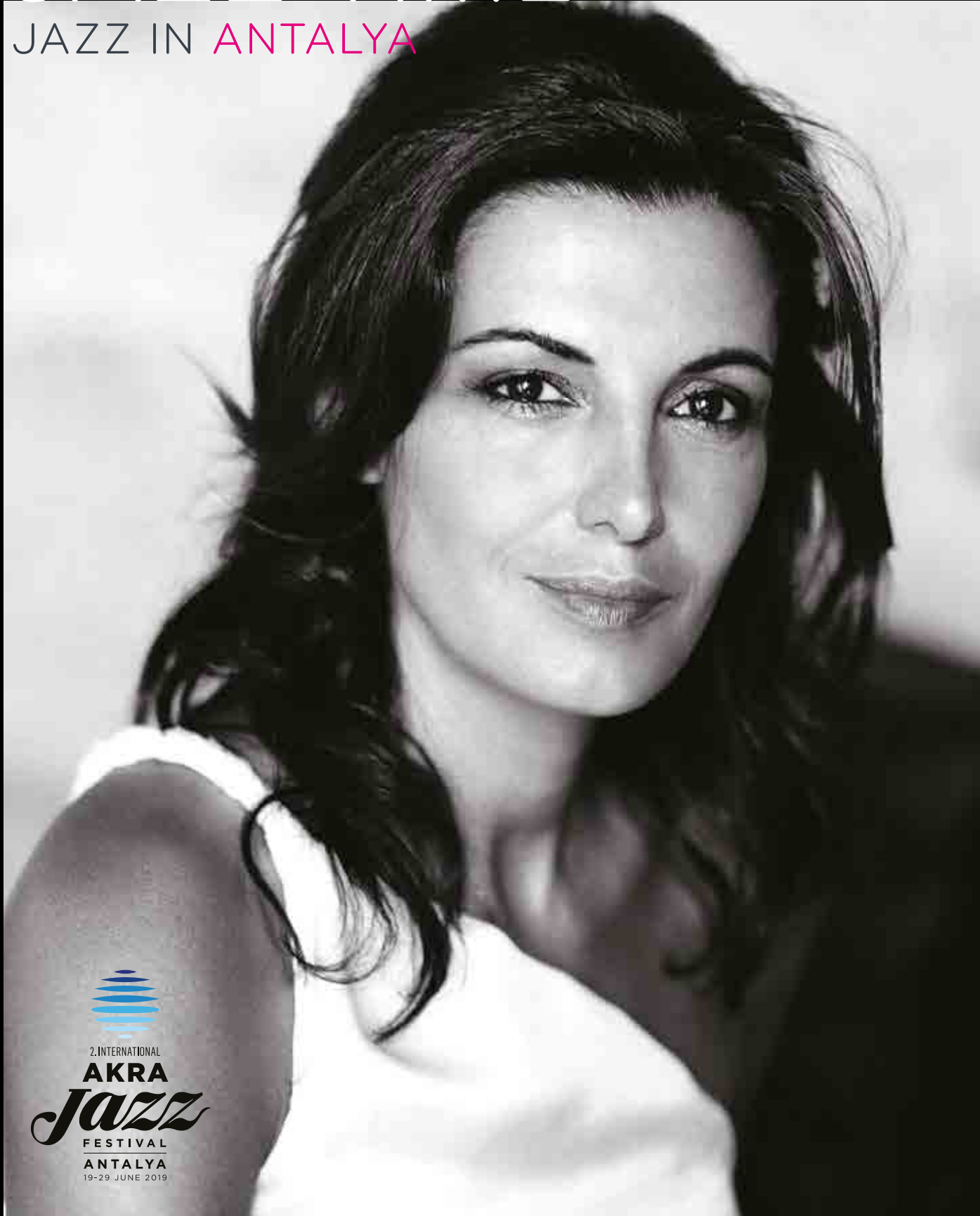
AKRA CONVERSATIONS

The Akra Talks events of Akra Hotel, which has been held for 38 times with distinguished themes and guests, have given Antalya a great acceleration. Drawing a great deal of attention since the day it was first held, Akra Talks will keep hosting surprising guests and themes in this season.



JAZZ TIME

JAZZ IN ANTALYA



THE HEART OF MUSIC BEATS IN ANTALYA

Organized for the second time this year, Antalya **Akra Jazz Festival** welcomed the summer with concerts that add sound, rhythm and liveliness to city. During the festival, which started with the concert of Monica Molina, the heart of music beat in Antalya.

Akra Jazz Festival hosts world-famous figures of jazz music in Antalya every year. Unique view of Mediterranean Sea and Beydaglari Mountains accompany the music festival that is held between June 19-29 on the open-air stage set in the yard of Akra Hotels Antalya. Staged for the second time this year, the festival offered a wide musical range that was blended with funk, rock, Latin, soul and electronic genres besides modern and classical jazz music.



"MONICA MOLINA", MAGICAL VOICE OF SPAIN

Organized by Kadir Dursun, the festival opened its doors to music lovers with the concert of Spanish musician Monica Molina on the evening of June 19. Akra Jazz Band, Barbaros and Salliel Brothers took the stage before the concert of Monica Molina, a Spanish artist combining traditional Spanish and Latin music themes with her unique interpretation.

"HAVANA NIGHT" WITH ROBERTO FONSECA

On the second night of the festival, the Cuban jazz pianist Roberto Fonseca, who stands out with his improvisational performance, both on his own and with the other instruments on the stage, took the stage. Fonseca and Ece Göksu, also one of the best jazz vocalists of Turkey, took the stage with her Quartet before "Havana Night".

IYEOKA WITH INNOVATIVE STYLE IN SOUL AND BLUES

Iyeoka, the singer with Nigerian-American background drawing attention with her brand-new style introduced by her to soul & rhythm'n blues, and claiming the number-one position in the world's lists for a long time with her song "Simply Falling" performed in the festival. Tin Pan Band, one of the highly energetic bands of the American Folk Music, Jazz and Blues that has emerged in the streets of New Orleans and New York, was on the stage before Iyeoka.





Igor Butman



Roberto Fonseca



Dee Dee Bridgewater

WORLD-FAMOUS PIANIST "FAZIL SAY"
World-famous pianist and composer Fazil Say met with his fans at the festival this year again just like the first year. Say was on the stage with "Truva Sonatı" (Trojan Sonata) and "İzmir Suiti Opus 79" (Izmir Suite Opus 79), which are among his recent works, in his concert on June 26. Igor Butman, the Russian saxophone virtuoso, made a magnificent performance with the Moscow Jazz Orchestra on June 28. The festival stage also hosted Önder Focan, one of the skilled guitarists of Turkey, with his band.

"DEE DEE BRIDGEWATER" AT THE CLOSING CONCERT
The second year of the festival ended with Dee Dee Bridgewater, referred to as one of the best jazz vocalists of the world and winning the Grammy award in the "Best jazz vocal album" category in 2011. Akra Big Band, comprising of the most important virtuosos of Turkey, accompanied Bridgewater.





An original concept furnished with specifics
New name for luxury
“BARUT HOTELS COLLECTION”
Now waits for you and your beloved ones.

ACANTHUS CENNET
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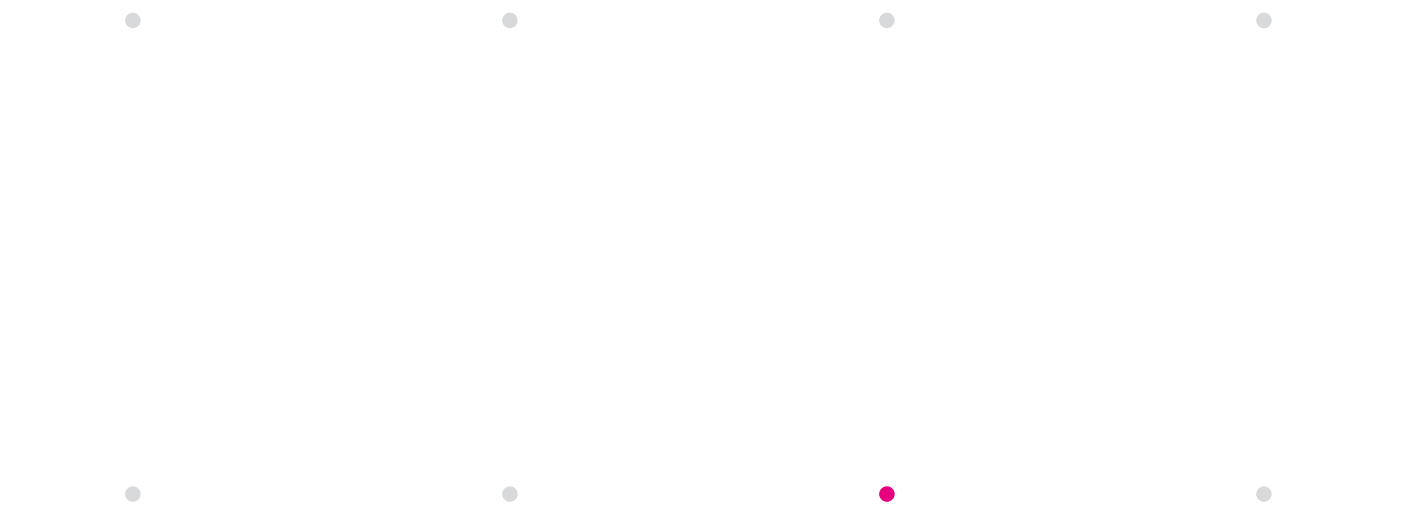
KEMER
BARUT COLLECTION

INTERVIEW | TOLGA ATALAY



“UNUSUAL DECISIONS SOMETIMES OPEN DIFFERENT **DOORS**”

Tolga Atalay, Founding President of Solid **Consulting Group**, which provides concept consultancy to food-beverage section of Barut Hotels, and Expert Chef, is our guest. We talked about the **Mezze Festival** and several details we think we know about food and beverage that we consume three times a day in average.



Firstly, what are the details that we do not take into consideration as a consumer? Can you tell us a little bit?

In fact, what we do is more scientific than it seems. Our job includes certain stages, just like any proper job. The first and the most important stage among these is the SWOT analysis, which is studying strengths and weaknesses, as well as opportunities and threats, of a projected product. This analysis is carried out under the headings product, concept and location. The second stage is competition analysis. The status of both direct and indirect competitors in terms of position and product is very important.

Then comes the behavioral analysis. Age, economic group, and sometimes even ethnicity-oriented behavior analysis is carried out. The most important part of the process is productization through reading the analysis. This process is similar to the fact that some patients interpret the same ink patterns shown by a psychologist in a different manner. Here, it is important to read the right in its most creative form.

It's like a meal that doesn't have a certain recipe, but is delicious and should always be consistent!

Yes, exactly. Sometimes the decisions that seem to be unfavorable can open very different doors. Then creativity steps in; but the recipe is as follows: **Targets + Analysis + Momentum + World trends + Professional instinct + Vision + Creativity + Mathematics = Result**; i.e. the concept that people will like and want to experience. It doesn't end here; then the noisy feasibility process starts. The feasibility provides us the investment budget, and then comes the actualization of the designs through creative approaches by correct budget based on new color, shape, function and visual and subconscious perception desired to be created Product, quantity, size and target optimization of the concept is the most important part of the process. Now the product is shaped and has a target, audience and product oriented design, architectural form and dimensions.



Has the project of Barut Hotels undergone all of these processes?

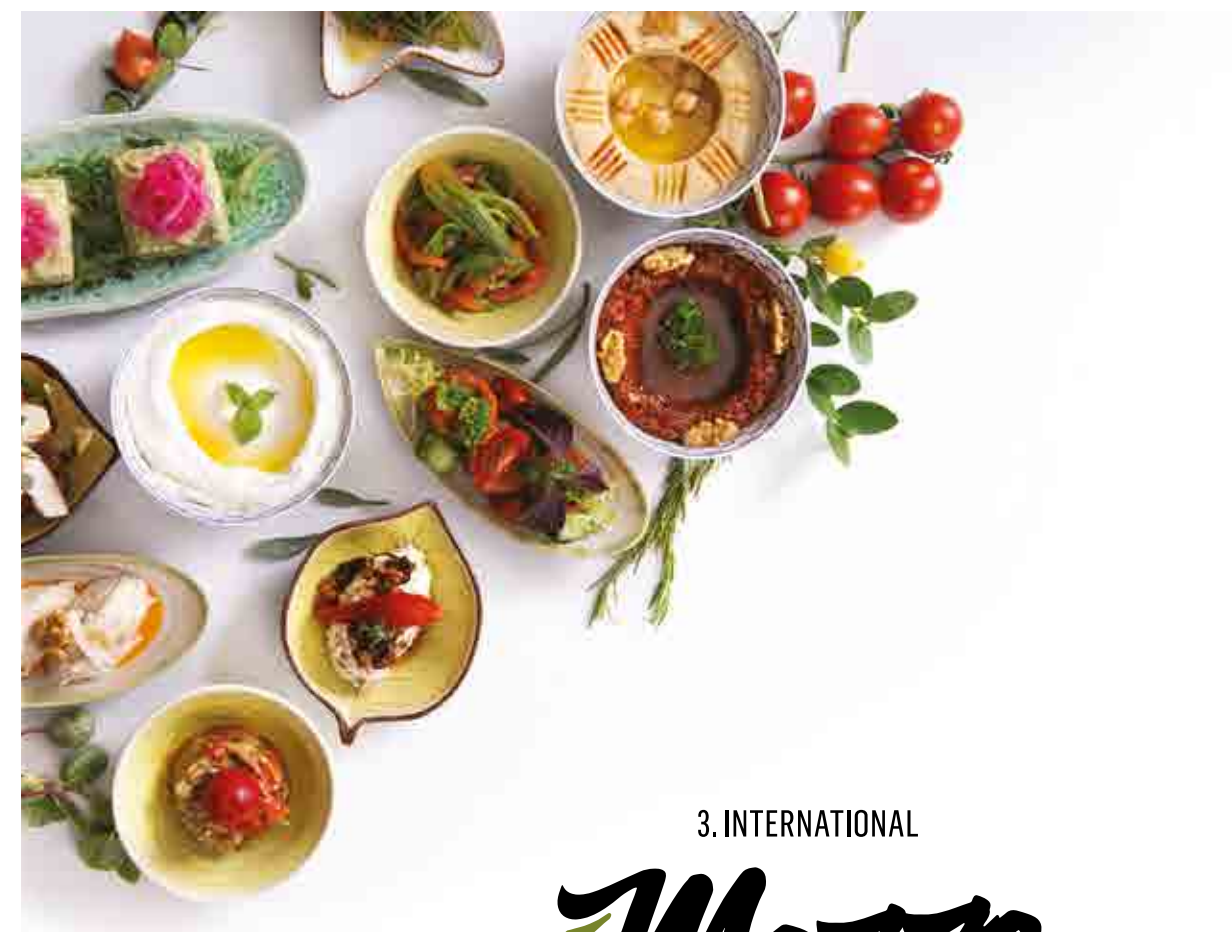
Greatly, and still does. In Barut, each food & beverage point undergoes these processes; the menus are shaped, prescribed and presented upon these steps. Sometimes we hold comprehensive meetings to create a single flavor. The value given to food and beverage by Barut Group is incredible. All managers and whole team, from production to presentation, check the taste and hygiene is highly important. What makes Barut experience the most challenging but also pleasant is that there is no limit of research. They work with a passion to raise the level of every position they can achieve. This is enough to succeed in our work, but it never ends.



I guess we, as a customer, haven't even entered yet.

Yes, you have to wait for what we call menu engineering. Menu engineering is set by a specific science in accordance with the product sales forecast, rate, hours, price and content. Menu graphic design is shaped and colored by the same science; it is shaped by the font type, age group, operation hours of the place, sun and light values and outdoor climatic natural light values. Personnel outfit, bar and kitchen design and details require very critical precision. Small fixture accessories are selected by taking into consideration the product color criteria and space colors. "In other words, if you act like "Dotty plates are in fashion or I saw colorful enamelware on Internet, let's buy it right away" and copy without any basis, this would result in an unsustainable and simple position. Personnel recruitment is also concept-oriented. Personnel profile should be determined, and the personnel should be developed by a detailed training package such as guest psychology, sales on recommendation, concept, space, orientation and all other trainings. Trainings should be supplied both in the kitchen and dining hall. Whole staff should taste food and beverage, and a language for expression should be determined.

All wholesale markets in the region, i.e. fish market, vegetable market or if required, dairy farms should be inspected. The material wastage rates should be calculated in accordance with the real values and production, not by rote. Then, the music, fragrance and light scenarios should be determined. In the meantime, the marketing plan, which should be initiated beforehand, is brought to agenda. Then comes the bridges that will reach the guest, marketing language of the enterprise, social media, printed matters, in-house marketing, reflections of the spirit of the enterprise, and now it is time to say to the guest "I am here or I was born or I am ready". Pre-opening, soft-opening and when all deficiencies are observed and overcome, **Grand Opening!**



3. INTERNATIONAL Mezze Festival

18 OCTOBER 2019
A N T A L Y A
#mezefestivali

3rd International Mezze Festival,
on **18 October 2019** at AKRA.



meze
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MEETING POINT OF TASTE LOVERS

The mezze culture, being the symbol of brotherhood and friendship tables from Mediterranean to Aegean, has become a taste category that has started spread to every continent for the last 10 years. The **"Mezze Festival"** organized in Akra Hotel in Antalya takes place in a fair-like atmosphere accompanied by fascinating recipes of 18 famous chefs.



What was the inspiration that made the International Mezze Festival, which will be held for the third time in Akra Barut this year, to be realized? What target does it proceed by?

Akra Barut Hotel has always been the space where we, as gastronomists, enjoy the most. Whatever we request in Akra, we always get the answer "Yes". As long as it is acceptable. We requested the most fatty Alaskan salmon, and it was supplied. We requested a special couverture from a chocolatier in Brussels, and it was supplied. We requested 37 kinds of high-quality breads at the open buffet, and they were supplied. We requested to organize an international mezze festival, which has not been organized until now, and the next day the meetings were initiated. There have been many events, which are so-called festivals, in recent years. However, we did not want to rely on our background in this respect and make an ordinary organization. We organized a festival that is worthy of the definition of international by bringing together gastronomy experts of Turkey and hosting foreign enterprises and chefs. Our festival hosts taste spots of not just Mediterranean gastronomy, but also Turkish and whole Mediterranean cuisine regarding mezze. We strive to make this organization a traditional value rather than a trend festival. In this way, we evoke the name of Turkey and Antalya in all gastronomy platforms through international press.

How did mezze culture rapidly become a trend in Turkey?

We have been very passionate about mezzes from the beginning. Twenty years ago, we rolled up our sleeves firstly with Zarifi Restaurant to carry the mezze to decent, modern and high-quality spaces. Then came Okka in 2007. Then by Tapu Alacati in 2008, and Duple Meze & Bar in 2012, we became a leader in the process of fusing and re-trending this culture.

Gastronomy has grown rapidly over the years and has become a huge industry. Cooking has become a trend in the world today. At the beginning of the business, have you foreseen the progress it would make and where it is positioned today?

I decided to become a cook in 1987. I finished my education in 1993 and became a chef in 1997. What the people found the most strange about me in those years was that I wore a white apron after studying at two of the top five schools in the world, such as Lausanne Hotel Management and Glion Food and Beverage Management. However, in the last 20 years, becoming a chef has become a profession that is stylish as much as being an actor or a rock star is. Now we can see a number of sector employees, not being a chef, wearing aprons. We are talking about a sector that responds to several concepts such as health, happiness, intelligence, power, productivity, peace, socialization and experiencing. The concept of "gastronomic tourist", which takes precedence over history, sports and cultural tourism, actually addresses each of the tourism category. For example, we go to the terrace of Akra Asmani Restaurant. Honeymoon tourists, bicycle riders, business people, people from Antalya eat together there. Having sub-categories such as luxury, street taste and local, gastronomy is a category that tempts every tourist. A sector with such a growth potential requires qualified human resources. Today everyone wants to be a chef to wear that white apron and due to its game-like content. However, we need personnel for dining hall and service. If we meet this need and proceed with concept consultants, a market with 50-60 billion Euros is waiting for Turkey.

What kind of a program waits taste lovers this year at the festival where you host world-famous chefs and gastronomy experts? Are there going to be any special innovations for this year?

The program will include pleasant eating, drinking and tasting alternatives again. The contents of the program are clarified within this process. Therefore, the details of the organization of this year is not clear yet at this stage. We are finalizing the agreements with the chefs.



"THE SUCCESS OF ASIA IS WORTHY OF COMPLIMENT"

The world knows Turkish cuisine as a rich cuisine with interesting details. Where do we stand on the world stage in this respect? What do you think about future?

Turkey proceeds to an extreme point in art of meat. There is no other country that produces about 150 separate recipes from a meat. This experience just started to spread to the world. I think that Turkey will rank in the top three in the world along with Argentina and the United States with respect meat. However, as what Chef Vedat Basaran says, new generation Turkish chefs unfortunately have problem in innovation styling. Chefs should determine the style of creativity and inspiration, and this must not be a copy. For example, Japanese cuisine was highly inward-oriented and a rare cuisine 30 years ago. However, Japanese started the globalization process by positioning niche products such as sushi. They focused on an innovative culinary style based on high-income group in general that is an innovative culinary style that delights the Western palate. Including aromatic spices, cooking techniques and intense, delicious sauces, this culinary style has become an easy to eat and digest style, which is visually rich and goes with alcohol. Today, Asian concepts, which can enable branching out in the "fine casual fine dining" market and serve the top segment in the world, represent a market worth half billion Euros. Such style should be determined by the same point of view also in Turkey and we should set off.

What are the major determinants of success in the kitchen?

Discipline, following, research, creativity... But most importantly, talent. Just as everyone studying art cannot become a successful painter, not everyone who has knowledge of gastronomy can shine out.

How do you manage time in this field where timeliness plays a very important role?

In fact, time management is not different than being a pilot, driver, tennis player or hunter. Each profession has its own sense of momentum. In our business, many parameters such as flavor, smell, taste, image, hygiene and temperature come into play during the production and serving of a menu with 80 products. The works proceed with knowledge, experience and focusing.

You also wrote a book beside the consultancy you offer in this field. How long did it take to publish "Tapuoloji"?

"Tapuoloji" is an innovative stylelessness book that is based on delicious recipes without any rules. The editing, demos and research of this book, where I described a style consisting of old Turkish-style products such as black mulberry, yogurt, pickles, which gives the impression of local cuisine, took a year.



BARUT COLLECTION

AWARDS FOR UNFORGETTABLE "MOMENTS"



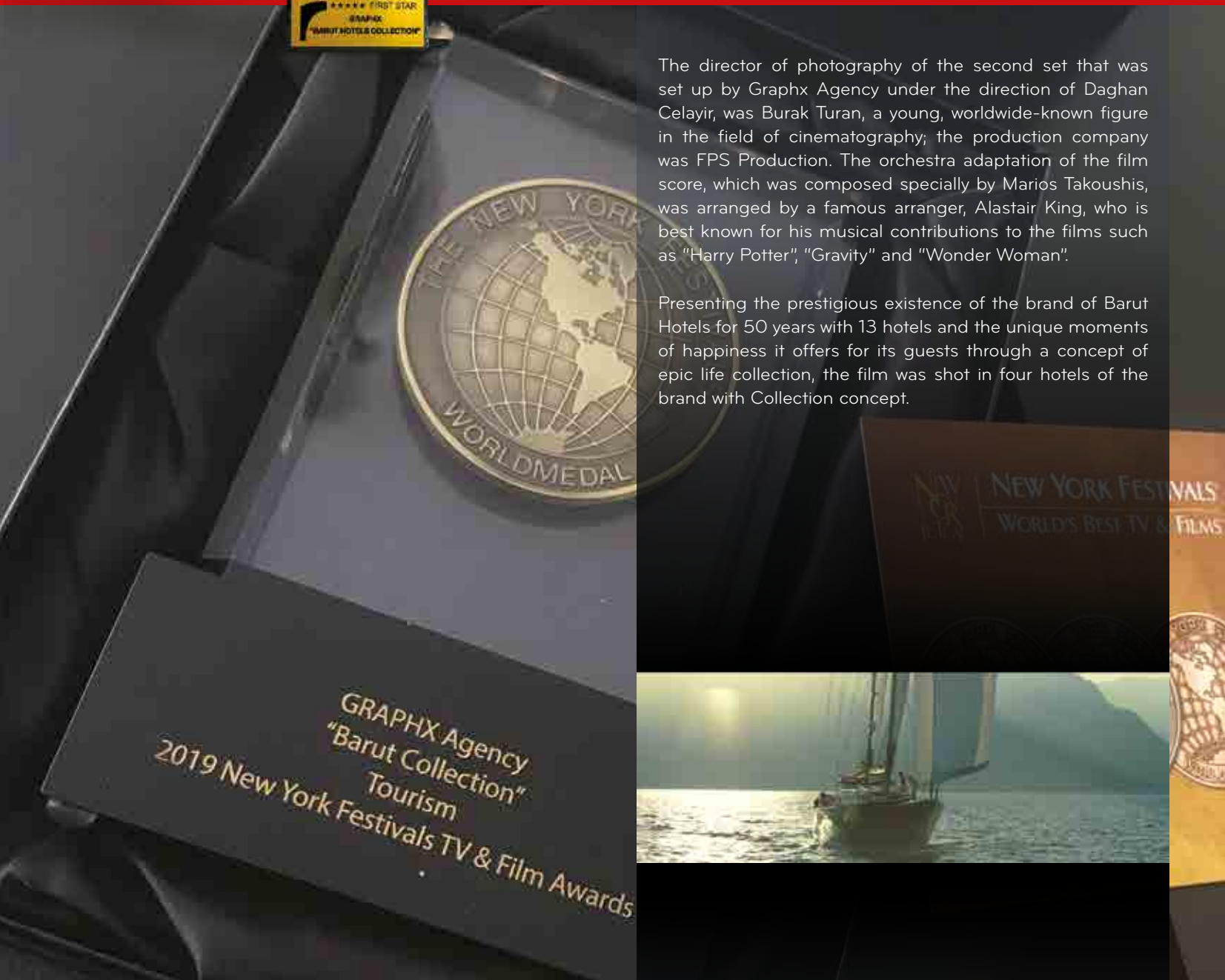
The commercial film of COLLECTION, the new segment of Barut Hotels, was granted with the great prize in the 18th BERLIN THE GOLDEN CITY GATE Tourism Film Festival. Recently screened at New York Film Festival, the commercial film was awarded with "Bronze World Medal" this time.

Directed by Daghan Celayir, granted with a record number of international awards throughout his career, the commercial film is the harvest of a three-month-long work from the beginning to the end.

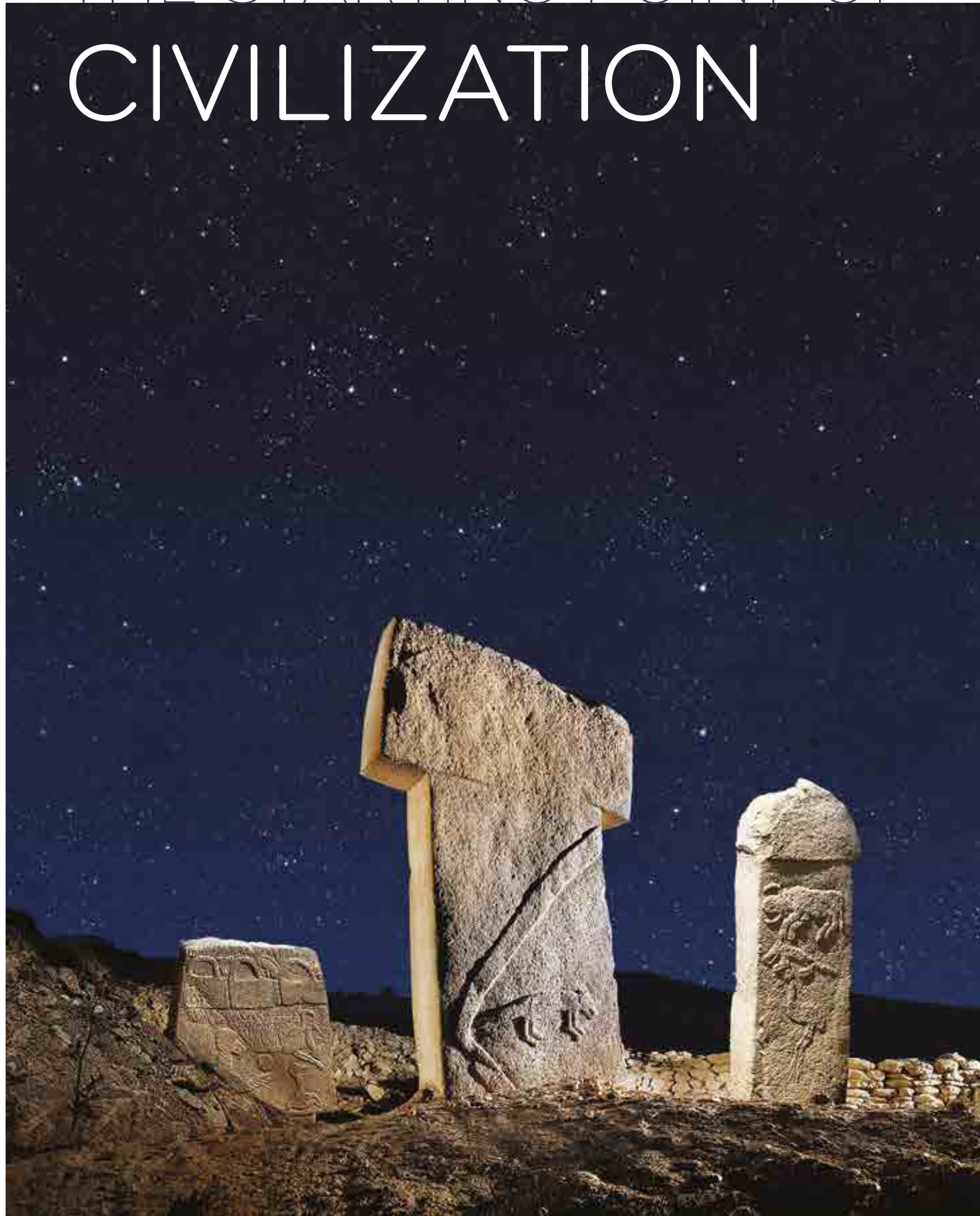
In the process designed by the creative team of Graphx, there was a production team of 75 members consisting of highly distinguished figures in the field.

The director of photography of the second set that was set up by Graphx Agency under the direction of Daghan Celayir, was Burak Turan, a young, worldwide-known figure in the field of cinematography; the production company was FPS Production. The orchestra adaptation of the film score, which was composed specially by Marios Takoushis, was arranged by a famous arranger, Alastair King, who is best known for his musical contributions to the films such as "Harry Potter", "Gravity" and "Wonder Woman".

Presenting the prestigious existence of the brand of Barut Hotels for 50 years with 13 hotels and the unique moments of happiness it offers for its guests through a concept of epic life collection, the film was shot in four hotels of the brand with Collection concept.



THE STARTING POINT OF CIVILIZATION



SHEDDING LIGHT ON TODAY FROM 12 THOUSAND YEARS AGO

It is 7 thousand years older than Stonehenge in England, and 7 thousand 500 years older than the Egyptian pyramids... Believed to be a belief center about 12 thousand years ago, Göbeklitepe is an archaeological treasure that has not been discovered adequately yet. Located approximately 12 kilometers northeast of Sanliurfa on Tek Tek Mountains, Göbeklitepe is a part of Mesopotamia, the geographical region which is known as **"Fertile Crescent"** or **"Golden Triangle"** and blooms by the rivers Euphrates and Tigris. **"Fertile Crescent"** is the starting point of the neolithic revolution which is one of the greatest progresses of humankind, which is germination of the first wheat, domestication of the animals, transition to the settled life by the first villages established, partially formation of classification, invention of writing, the starting point of civilization in brief.



LAST HUNTERS OF THE STONE AGE

Göbeklitepe, which is a result a great organization and imagination, is the oldest monument of this size; it constitutes the zero point of history in many aspects. At the time when Göbeklitepe was built, people used to live in small groups collecting plants and hunting animals. The people, likely to be for the first time in history, had to stay together in such a crowded manner to bring the huge columns and heavy stones from rocky areas to Göbeklitepe by carrying those 2 kilometers without any handcars and draught animals

THE MYSTERY OF T-SHAPED STONES

The excavations ongoing at Göbeklitepe ruin has always witnessed unexpected discoveries. Building of temples, which required advanced architecture, in the stone age that is called as "neolithic age", where people maintained their lives as a hunter-collector, has surprised whole world. Further to that, the temples, which were enriched with animal figures on T-shaped obelisks reflecting the belief world of prehistoric people, made Göbeklitepe one of the most important discoveries in archaeological history. As well as its impressiveness, all data and scientific results to be obtained about the prehistoric life during excavations are of great importance for human history for sure.

GREAT REPLICAS IN ITB

The year 2019 has been announced as **"Year of Gobekli-tepe"** in Turkey. The replica of Gobekli-tepe, the first location of civilization, has been presented in the Berlin International Tourism Exchange (ITB) Fair held in Germany in March. The huge replicas placed in Turkish stand to highlight the theme of Gobekli-tepe in the fair, which was held for the 53rd time this year, attracted great attention of the visitors.



2019, YEAR OF GÖBEKLİTEPE

AN EXCAVATION REWRITES THE HISTORY

While it has been thought that monumental structures could only be built in the advanced stages of settled life until now, Gobekli-tepe shows that this thought is not correct and that this period has a very complex social order and technology. It suggests that there are still much more to be discovered. The surprising fact revealed by the findings obtained from the excavations carried out by the German archaeologist Klaus Schmidt, who devoted the last period of his life to Gobekli-tepe and passed away in 2014, and his team is that Gobekli-tepe is an extremely magnificent cult center and a mountain of temples built by the last hunter-collector communities of the stone age. Being in the eve of a major change, the hunter-collector communities, who suffered from all difficulties of the transition period, have at least sort of settled down by their temples. Moreover, by having a world of symbols and belief system that can be considered more advanced and complex than we think.

The architectural structures in Gobekli-tepe are cult structures built not for daily life, but for special purposes. Nevali Cori, Karahantepe, Sefer Tepe and Cayonu located in the same region are assumed to be smaller settlements of the same culture. Gobekli-tepe was used during the Neolithic age and then abandoned. The monumental structures were filled consciously by the people of the Neolithic period, who built it, and were sort of buried in a way. For this reason, the mountain of unique temples, which was the meeting point of the last hunters, has survived until now in a deserted, divine, silent natural environment without being destroyed. Six structures have been unearthed so far in Gobekli-tepe, where 20 sections that are thought to be temples were found. A new era has started in Gobekli-tepe, which has been added in the World Heritage List of UNESCO in 2018, with respect to preservation and the fact that the scientific excavations will be carried out in a better and much more organized manner.



INTERVIEW | LEGENDARY CYCLIST GILBERTO SIMONI



LEGEND OF CYCLING WORLD, SIMONI

We met the legendary cyclist Gilberto Simoni, who won Giro d'Italia championship twice, at Tour of Antalya, where he came with his team. Simoni, one of the first names that comes to mind when thinking about the cycling world, answered our questions about his cycling career, his team Team Named Rocket and his future targets.

FROM CHAMPIONSHIP IN GIRO TO THE LEADERSHIP IN A YOUNG TEAM

In this pleasant interview, Gilberto Simoni, one of the former Giro champions, sincerely told us how he felt about retiring after years of pedaling 800,000 km and then returning to races by leading a young team.



What do you see when you look back after a career full of achievements and medals?

I started cycling after watching a race in 1984 when Francesco Moser won the Giro. He has always been my hero. I started to participate in the races when I was 14 and became stronger day by day. It is good if others have watched the periods when I became a champion and started cycling by this excitement. This is how cycling continues. But looking back tires me. Today, I enjoy more to ride a bicycle, to watch and train those who ride bicycles. And now my son has also set his heart on this sport. In fact, he was playing football. But from this year on, he has become a cyclist. And I'm proud of it.

How did becoming a Giro champion by raising Trofeo Senza Fine act on your life?

Winning was great for sure. I became a star in the cycling world, but my life has never changed. I was as you see me now, I never changed my life. I still live my life the way I feel.

Which race comes to your mind first when you think about winning that made you the happiest?

It is Giro della Lunigiana, where I participated at the age of 18. It was the most important race of the world for young people. I won the regional race and was entitled to participate in all races in Europe. The race, which the junior world champion won this year, allowed me to dream of the Giro d'Italia as a hill-climber. You cannot win the Giro at the age of 18, but when you win, you can start dreaming of it. This was my happiest moment.

You came to Tour of Antalya, where you participate for the first time this year, with your team. What are your first impressions about races and organization?

It was a very pleasant experience for me. I would like to come also by bicycle. I was very touched to see such a beautiful organization. Such races are very tough for young cyclists. Your mind no longer works, everything depends on the legs; but if you are on that racecourse, you're gonna dance. Moreover, Antalya is a very beautiful city. It's great to be here and enjoy this unforgettable experience. My uncle had been in Turkey fifty years ago, while this is the first time I've been here. I feel emotional to be here years after his visit.

How does it feel to take the lead of a team that just began to gain experience and try to take it forward after reaching the top level in cycling career? How did you decide it?

A very young team with dreams. I expect them to like and learn cycling. I hope that it is a field which would allow them to pursue their dreams. Molinari invited me to develop my team. I'm at a position to support my team. Giving them strength also gives me strength. I met people riding bicycle at the age of 95, and got inspired. I want to ride bicycle without paying attention to the age just like they do. Not with a world record, but I want to continue this sport.



What target have you set for the future of the team?

We have very important sponsors who love cycling. In this way, we set off by challenging targets for the future of the team. I expect them to get good results in the races and increase their enthusiasm much more. Since Tour of Antalya was the first race of the year, they wanted to show themselves. But there is still a long way to go for them to compete in the real terms. If two of the competitors had not fallen in the second stage of the race, they could have ranked the second and third. The result was not very important since it was the first race. I wanted them to start and complete with happiness. And they did. The morale they gain here will be a motivation for them for the next year.

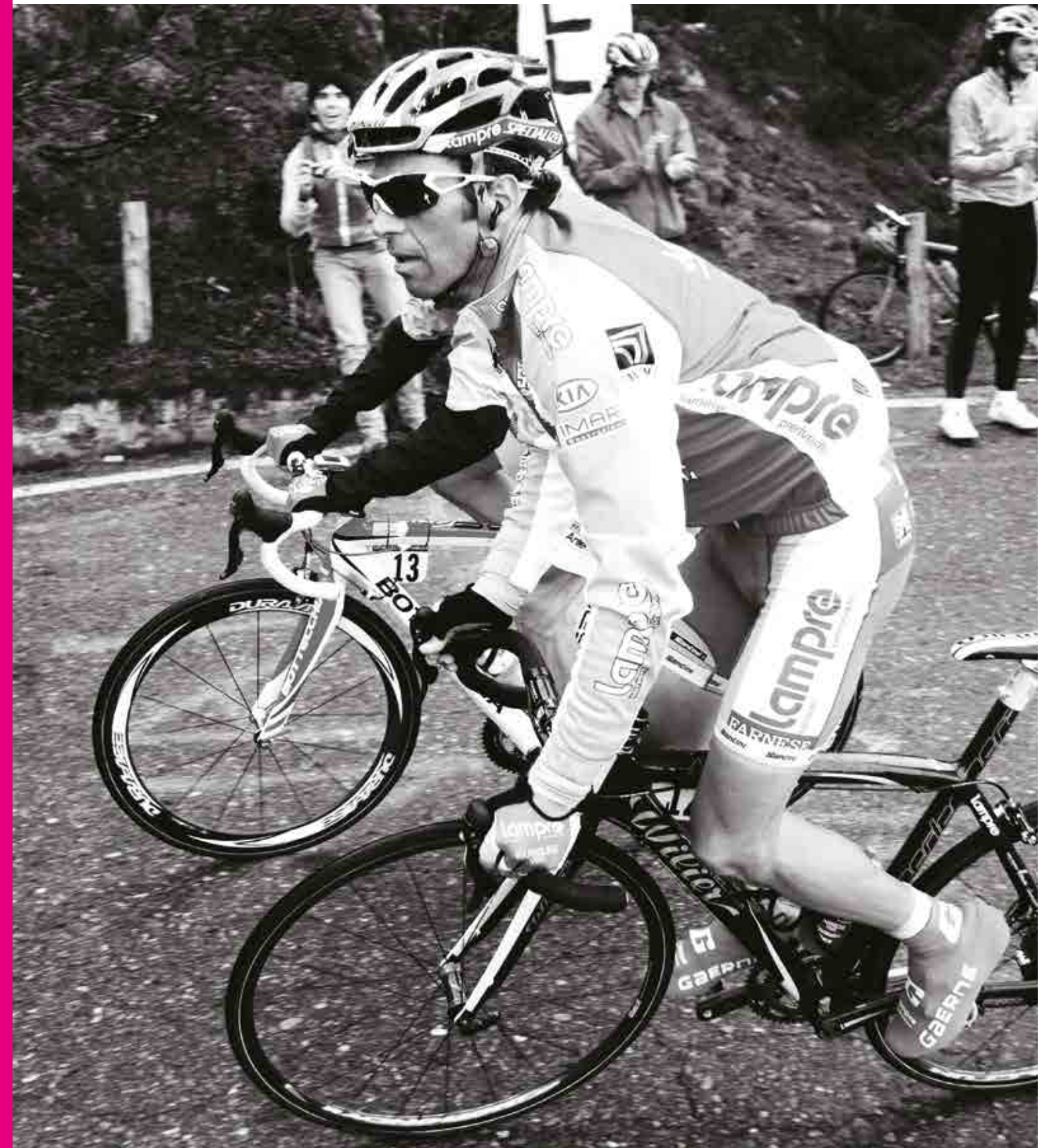
The people really enjoy watching cycle races, but how do the cyclists feel about it?

The people watching the race see only the first 30 cyclists on the screen; they don't see what others are going through. The cyclists at the first lines are just like predators. At the lines at backer positions, there is a war of survival. When they lose their dream of winning, they also lose the strength of their legs. That's when reaching the final line turns into a torment.

I RACED IN GIRO FOR 15 TIMES, IN TOUR FOR 5 TIMES AND IN VUELTA FOR 5 TIMES

As a successful cyclist, who has won many prestigious championships since the 90s, what would you recommend to new generation young cyclists?

I have ridden in 2000 races. When you divide 2000 into 365, it's like I've been continuously racing for six years. I've pedaled 800,000 km throughout my career. I raced in Giro for 15 times, in Tour for 5 times and in Vuelta for 5 times. I can say that it is a very difficult sport and a very painful way. If they draw a number of career paths for you, it won't work; there should be only one path. To raise to the top, they have to work continuously, without any hesitation. There is a secret to realize the dream of victory. It is to get great pleasure of this profession. They need to ride the bicycle everyday with the excitement of the first day. Yes, talent is important but does not mean everything. Sometimes you also need instinct, not only experience, to win. Sometimes you look at competitors and evaluate the race; but sometimes you win without even realizing that you are the winner.



LIFE | MYSTERIOUS JOURNEY OF COFFEE

MYSTERIOUS JOURNEY OF COFFEE

A DRINK
SWEET AS
LOVE

As black as the devil, as
hot as the hell as pure as
the angel as sweet as the
love.

SAKE OF 40 YEARS, LOTS OF BENEFITS

The new trend for coffee lovers, increasing number of places creating charms with various image works... These kinds of coffee shops, which we come across at every corner and attract attention by their unique styles, are called **"new generation coffeehouses"**. New trends and various presentations have come into our lives along with these new places. On one hand, coffeehouses trying to survive the roughness of the age, on the other hand, coffeemakers of modern time. But the smoke and the sake of forty years of coffee are always the same.

A DRINK SWEET AS LOVE

The coffee, which was described by Talleyrand, the French Minister of State, as **"As black as the devil, as hot as the hell, as pure as the angel, as sweet as the love"**, plays an important role both in our culture and daily life. To start the day in a good mood, to sober up, and maybe to take some pleasure... The history of coffee dates back to A.D.850. It all started when Kaldi, an Ethiopian shepherd, noticed that the goats he was herding had become frisky after eating a fruit. The shepherd of goats decided to try this fruit and he enjoyed the happiness combined with the energy he felt after eating it.

COFFEE WAS BROUGHT FROM YEMEN

Then, the monks tried this mysterious fruit; but they didn't like the bitter taste and threw them into the fire. Soon after when the smell of delicious aroma reached their noses, the monks got very curious and brewed a drink from roasted fruits. The drink emerged was so delicious that they considered it as a gift from God. In this way, the fame of the coffee seed spread in the region in a short span of time. The coffee was started to be produced in Yemen around A.D.1000. The story of Turkish coffee starts about 500 years from this..

PRESENTATION IS AS IMPORTANT AS THE TASTE

The coffee came into our lives during the reign of **Suleiman the Magnificent**. It is widely believed that it was brought to Istanbul by Ozdemir Pasha, the Governor of Yemen. Not only the way it is made and its taste, but also the role of coffee in society has changed since then. In the Ottoman Empire, presentation of the coffee was as important its taste. Various desserts and jams were served before the coffee; then the coffee, made in a coffee pot, was served in small cups decorated with jewels such as gold, diamonds along with Turkish delight or muscat grapes. This coffee making and presentation technique started to be called as Turkish coffee. Although Turkish coffee is no longer served in jewels, the size of the cups has never changed.



CHARACTERISTICS OF TURKISH COFFEE

- The oldest coffee making method in the world.
- It consists of foam, coffee and grounds.
- The taste and temperature left in the mouth due to its soft and velvety foam remains for a long time.
- It is served in the cups with thin edges; it cools slowly and you can enjoy it longer.
- Its intense flavor overstimulates the sense of taste in the mouth and it sticks in the mind.
- It is more viscous, aromatic and softer than other types.
- It can be easily distinguished from other types coffees with its unique smell.
- It is considered by the coffee lovers as the only type of coffee that can be drank after boiling.
- It is the only type of coffee with fortune-telling ritual.
- It is unique since the coffee is in the cup, but it does not need to be filtered as the grounds settle in the bottom.
- It does not cause bloating even if it is drunk frequently, since it is served in a small cup.
- The caffeine that it includes is lower than the other coffee types do.
- It is the only type of coffee that is served ready to drink since sugar is added optionally when it is made.

COFFEEHOUSE WITH MUSIC AND MEDDAH (ENCOMIAST)

The coffeehouses, where coffees were made in the large pots on the stoves, books were read and appealed to all segments of the public, were important places in the old days. There were even shows performed with music and meddah (encomiast). In the late periods of Ottoman Empire, the coffeehouses became places where public opinions were formed.

THE PLACE OF LITTERATEURS

When printed press became widespread in the 19th century, the coffeehouses turned into spaces for reading and even writing; apart from readers, writers and poets used to write their works and make intellectual and philosophical conversations accompanied by coffee.

LYCIAN WAY

ROUTE OF CULTURE AND NATURE

- PROF. DR. NEVZAT ÇEVİK:

I would like to propose presentation of Lycian Road to the world by a huge launching on the 20th of the year that it was opened to walking.

ROUTE OF CULTURE AND NATURE

As a scientist, who has walked every spot across Lycia since 1988, researched, excavated, wrote books and made the first scientific publication by unearthing the "Road Guide Monument" called "Stadiasmus Patarensis", which has been the first discovery in Lycian Roads, I have great interest in the project of Lycian Road.

There is a written block dating back to the period of Claudius in the incredible monument with a body over 6 meters, which I took part in the excavation works in Patara and made drawings. This block describes the Lycian Road by western, eastern and northern routes starting from the port city of Patara. It also includes the cities with their names and distances between these cities.

The walking route in the destination that is presented as Lycian Road to the tourism is 540 kilometers. The tremendous way that the nature and history meets in this culture route attracts attention. People frequently come across with ruins, trails, tombs or an ancient city at short intervals along this road. The people walking along this road

are accompanied by the sea. It is one of the best cultural routes in the world since it provides full integrity with its mountains, flora and fauna.

I would like to propose presentation of Lycian Road to the world by a huge launching on the 20th of the year that it was opened to walking. We can arrange a special walking organization for the 20th year by inviting record-breaking world champions in women's and men's races. Although the Lycian Road is one of the few cultural routes of the world, it has not yet reached the desired level of recognition. It has rivals such as the Mont Blanc route in Alps, the France-Italy route, and the walking paths in Central America and Peru, which have already been globally known. We have to announce the importance of the Lycian Road by highlighting its geographical and historical advantages.



RED-WHITE SIGNS

RED-WHITE SIGNS HAVE BEEN PLACED

In Finland, where the maintenance of cultural routes is carried out by the state, sheds have been built at the spaces between two villages located on the route for the purpose of allowing the people walking to relax. In France, NGOs work in the foreground. Both Culture Routes Society, founded by Kate Clow, and the Ministry of Culture leded unearthing, registration and preservation of Lycian Road, which is the most important cultural route among 33 cultural routes in Turkey. We recommend studies similar to those in the world with respect to the use, control and renovation of this road.

The Culture Routes Society, headed by Kate Clow, has been long working on the roads stretching along the cultural, natural or historical values, and determining the symbolic routes of civilization as cultural route. It is exciting to see that this study takes place on the lands of Anatolia, which forms a path between two worlds, from East to West. Each era and each region is referred by the roads passing through it. The roads of civilizations such as Hittite, Phrygia and Lycia, nature paths such as Ararat, Kackar, Kure and Sarikamis; the paths which became meaningful by believes and people such as St.Paul, Prophet Ibrahim and Evliya Celebi actually turn into a net that eliminates time and space, even if they are private routes among themselves.

For this reason, as we move ahead on the same path, time and space change at every step, and people change.

The Lycian Road is not just project on a cultural route or a new destination for sustainable tourism. It is actually a symbolic and meaningful contribution to reunion of Turkey, which is already a part of both Asia and Europe, with its old cultural shareholders. And it also gives the message that

the richness of the earth resulting from history, culture and nature is a common asset of the people living on earth and that they should be used and preserved in company with each other: it is instructive, peaceful and enjoyable.

The cultural routes project, which started with the Lycian Road and introduced by Culture Routes Society in 1999, was established and has been developed by Kate Clow with the support of the Ministry of Culture and Tourism and Garanti Bank. However, the key point of this project is to increase the union of forces by bringing Culture Routes Society together with the municipalities, non-governmental organizations such as Antalya Promotion Foundation, local organizations and institutions and to strive for protection and improvement of these values.



The borders of the countries have been changing for thousands of years, but the roads do not. Because the roads do not question the nation, color and gender of the nation passing over it. They are for everyone.

We wish that the culture routes of Turkey are approved by UNESCO and they stand on fully legal grounds and are raised to the level of operation and protection-utilization of the similar routes in Europe, and that corporate bonds with these are rapidly developed, and intense cooperation of society and the ministry is ensured.

The idea of a walking route was first introduced in the late 19th century by Jean Loiseau. In 1890, the French Camping Club supported this initiative. The first walking route of the world was marked in 1934 in Lapland, Finland. This project was carried out by the state. The real trigger was the law on paid holiday, which was introduced in France in 1936. Taking advantage of this social revolution, many French people started to search for alternative holiday experiences. The guiding sign consisting of red and white lines used as routing signs was accepted internationally in 1946.



Cultural/Natural Walking Paths, which have become increasingly popular over the years, have become to be known as a new tourism with multiple outputs such as discovery, excitement, research, sports, nature, culture, gastronomy, health. A number of walking paths such as "Romantic Road" in Germany, natural and cultural road in France (Mount Blanc) and Italy, Inca Road offering an amazing ruin and wildlife discovery in Peru, "King road" in Switzerland, "Grand Canyon" in United States", "Petra" in Jordan, which is the most impressive cultural and natural tour of the Middle East, started to offer thousands of walkers an interesting holiday and high experience.

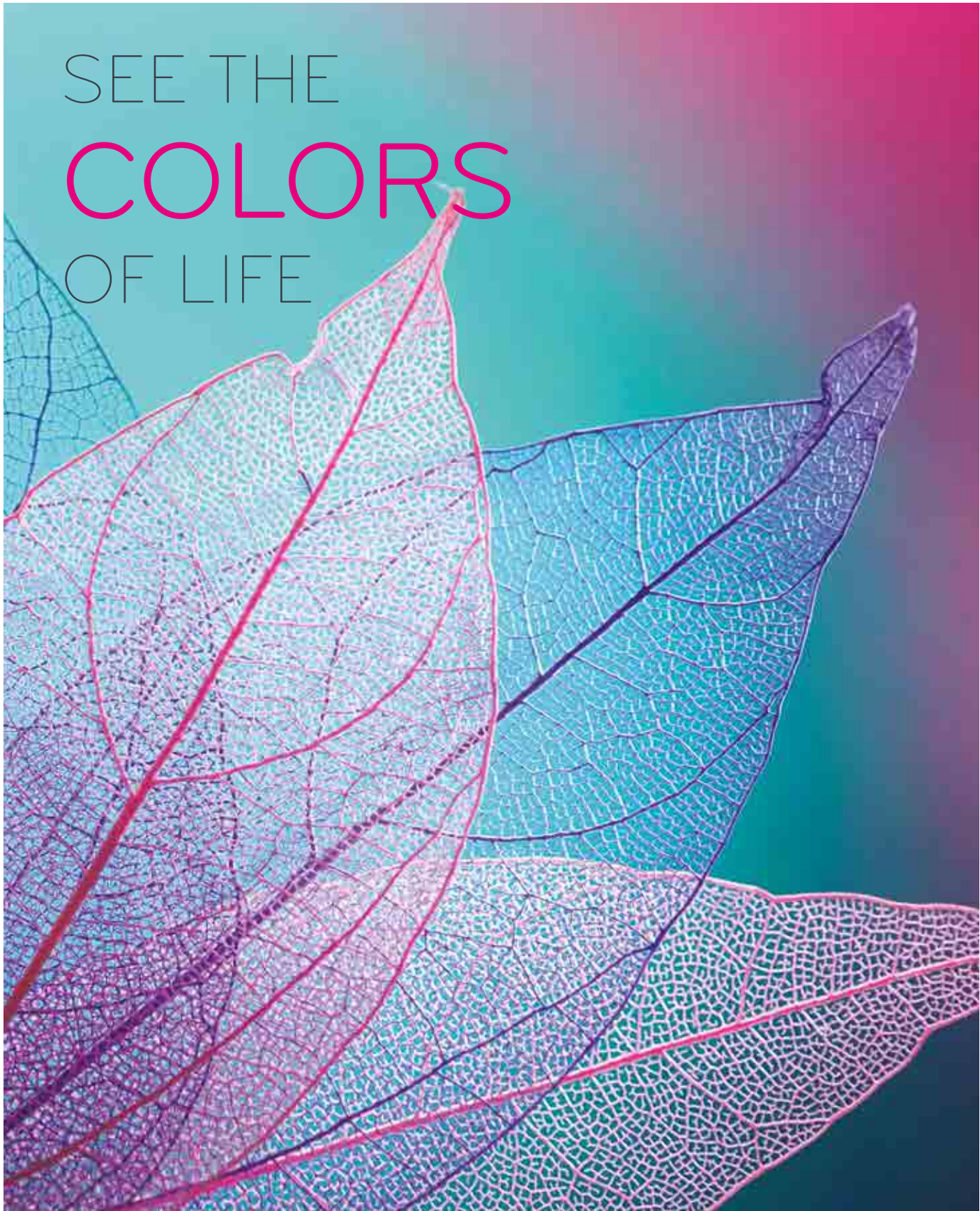
In Turkey, where 23 of the culture routes are found, very impressive routes such as Sarikamis, Agri Mountain, Hittite, Phrygian Valley, St.Paulus, Caria, Ephesus, Sultans, Between Two Seas, Evliya Celebi, Sufi, Anabasis, Kackarlar, Gastronomy, Istiklal, Prophet Ibrahim were formed, and they were adopted by travelers and holidaymakers in a short span of time.

The Lycian Road, the first walking route in Turkey that set an example and leaded the way for formation of these, was first opened in 1999 and now it is enriched by reaching 540 km in length. The road, designed as 29 sections, can be covered in 30-33 days on average. However, only certain sections of it can be walked. You may prefer walking by starting at Kabak, Kalkan, Kas, Demre-Beymelek, Cirali-Adrasan, Geyikbayiri and use this road as regionally. The most popular among these routes are Fethiye Oludeniz and Demre-Kekova-Kas, Gelidonya Cape-Adrasan-Olympus.

SUGGESTIONS FROM ARCHAEOLOGIST PROF.DR.NEVZAT ÇEVİK

A substantial progress and great efforts have been made in the project of Lycian Road until now. We are grateful for these. I have some suggestions for following stages.

1. It is the 20th year of the Lycian Road that was opened in 1999. A big international launching must be organized. The record holders such as Usain Bolt or Almaz Ayana or famous sportsmen, who are particularly record-breaking in the Cross Country discipline, such as Celliphine Chespol and Alfred Barkach, should perform a walking show just like the Hollywood stars do.
2. An international long-distance cross-country race called "Lycian Road" should be organized regularly. The route of the race should be Typallia-Trebenna-Onobara-Attaleia (Yarbas Candir-Antalya) or Antiphellos-Myra (Kas-Demre) route. The first race should be held in 2019 within the scope of celebrations for the 20th anniversary.
3. Those walking in the Lycian Road should enter the museums and ancient city along the route for free.
4. Each municipality should repair and clean the road and its surrounding area, which both remain within its borders, once a year and be responsible for keeping it well maintained at all times.
5. For those who want to operate their village house along the road, no tax should be imposed for those under 5 beds. They should only be required to offer local foods and local living conditions.
6. Range huts should be built between two long distances in areas without settlement.
7. The behavior model in rural area and the right to collect wild plant should be known/instructed as the right of people to roam around.
8. Training seminars such as map reading, protection of nature and culture, finding a route and survival in the field should be given.
9. The cultures and ancient ruins along the Lycian Road should be properly introduced and their stories should be told along the road by defining them as a road passing through a fascinating world of discovery with highlighting the mythologies.
10. Natural and cultural training points should be opened in specific centers on the route.
11. As with divers, the cultural route walker should be granted with a progressive (with title) certificate.
12. Economic touristic inputs should be planned (2,5 million visitors and walker brought in 141 million Euros in Finland).
13. The Ministry of Culture and Tourism should be responsible and authorized for the management of Lycian Road and other activities thereof; the Cultural Routes Society should be responsible for the coordination for now.
14. The Union of Municipalities should address the issues, and the municipalities should be supportive and responsible within their territory. Demre, where Museum of Lycian Civilizations is located and which is located at the center of Lycian Road and draws the tourists most, should be the Lycian Road Coordination Center of Cultural Routes Society. This center should be coordinated by a permanent qualified secretary in an office located within Demre Archaeological Park.



THE POWER OF BEING IN THE MOMENT

To notice the change in yourself and around you in every moment of life with all reality... To live the moment by noticing it moment to moment... To see the thoughts passing through your mind, to perceive the feelings you experience as what they are... To be able to stay alone with them without naming, judging or reacting to any of them while doing so. In fact, this is a natural ability, which is weakened as our evolving minds become continuously thinking about other things. Being a new trend in the world, "natural mindfulness" describes how to be aware of, comprehend and strengthen our ability.

If we consider this ability as a weakened muscle, as "mindfulness" practices strengthen your muscle, the ability to be in the moment you are and to live that moment develop and it provides clarity and clearness in your mind. In this way, you get the chance to realize your purpose in life, and the behaviors that will transform you. The power of living the moment as moment to moment increases. These moments sometimes allow you to capture a beauty that you have not noticed, and peace of mind, and sometimes to better manage the challenges and stressful moments.

Although the word "stress" is partially a new word, it actually exists in human life from the very beginning. Thousands of years ago, the caveman also stressed and showed the same physical reactions to stress. Even if he had shown same reactions, the naturally evolved human life is quite different from our ancestors living in caves. The hustle and bustle of modern life, the ordeal of traffic, the difficulties being experienced in education and business life, the terrific news we watch, the economic picture, our relations with our relatives contain intense stress. Although the impacts of stress on us are the same as our ancestors; we live the life faster, and we cannot set aside time for ourselves to recover after all the stressful moments..

"Mindfulness" help you to build your own cave. Imagine that you're stuck in the traffic for a moment. You're in the car, but your mind goes back and forth between what you plan to do tomorrow, what you need to do when you go home and what the announcer tells you on the radio. You feel imprisoned, bored and desperate. You dream of reaching your destination as soon as possible, but the road does not end. You decide that this traffic jam consumes your life and you need to leave the city. Imagine also this: You feel the same things again. But you direct your attention to the experience you are living, instead of reacting. You realize, as much as you can, that your hands are tight, your shoulders taut and up, you have difficulty in breathing, and you relax them. You remind yourself that the traffic will end like everything else in life. Perhaps, you feel good to notice the details even under this distressed condition, and you find yourself thinking that you are lucky that you are healthy and alive. You direct your attention to your breath, and the thoughts in your mind and your feelings again.

Now you have experienced "mindfulness", i.e., to notice every detail of the moment you live, to perceive the thoughts in your mind and your feelings as what they are, and to live them without naming them. It will make you feel better and different than the previous traffic experiences for sure. By your mindfulness ability strengthened through mindfulness practices, you can overcome the challenges in your life easier, and improve yourself in focusing, attention, clarity, creativity. More importantly, you can develop behaviors that will transform your life. For this transformation, five-day silence retreats and eight-week mindfulness-based stress reduction programs ensure a highly supportive start.

HEALTH | PROF. DR. MUSTAFA ÖZDOĞAN

THE LONGEST LIVES OF THE WORLD

EIGHT COMMON CHARACTERISTICS OF THE LONGEST LIVES OF THE WORLD

People living in geographies called as **Blue Zones** generally spend their lives in a healthy manner until the age of 100. The people in Blue Zones share eight common lifestyle principles that lead to increase in the quality and duration of life. The secrets of long life in “Blue Zones” such as **Barbagia region of Sardinia, Ikaria Island of Greece, Nicoya Peninsula in Costa Rica, Loma Linda area in California and Okinawa city in Japan** are as follows:



1. NATURAL ACTIVENESS

People living in Blue Zones do not run in marathons or go to gyms and perform heavy exercises. They have a constant natural active lifestyle. They live and work in environments and yards pushing them to be constantly active without thinking.

2. PURPOSE

The Okinawans call it “Ikigai” and the Nicoyans call it “the plan de vida”. They both mean knowing why you wake up in the morning and to wake up the day with a purpose. It has been seen that people with a purpose live seven years longer on average.

3. DOWN SHIFT

Even people in the Blue Zones experience stress. Stress is factor that affects the quality of life and causes some diseases. The world’s longest-living people have habits that reduce stress. Okinawans take a few moments each day to remember their ancestors, Adventists pray, Ikarrians take a nap and Sardinians do happy hour.



FAMILY FIRST

6. FAITH

It is observed that two out of every five people living in Blue Zones, who are over the age of 100, belong to some faith-based communities.

7. FAMILY FIRST

Family comes first for the people of this zone. They keep aging parents nearby or in the home. It is seen that keeping aging parents in the home lowers the possibility of disease and mortality of children in the home too. In addition, it is observed that long-lasting marriages extend the life up to 3 years.

8. RIGHT SOCIAL GROUPS/GOOD FRIENDS

The social circles of the people of Blue Zones support healthy behaviors. Okinawans created a group concept ("moais") that consist of five friends who are committed to each other for life. Studies show that smoking, obesity, happiness, and even loneliness are contagious. So the social networks of long-lived people have favorably shaped their health behaviors.

80% RULE

4. 80% RULE

The 20% gap between not being hungry and feeling full could be the difference between losing weight or gaining it. In other words, to stop eating without feeling full. People in Blue Zones eat their smallest meal in the afternoon or early evening and then they don't eat any more the rest of the day. In other words, there is no rule like three main meals and three snack times.

5. VEGETABLE-BASED NUTRITION

The nutrition of these people is based on vegetables and fruits of the season, and they are used to eat whole grain foods, consume goat milk and cheese, use herbs specific to the region in the food, drink plenty of liquids, which is mainly water, and avoid red meat.

HEALTH COMING FROM INTERMITTENT FASTING

Known as "**intermittent fasting**" in the West, this type of diet becomes to be one of the most popular nutrition programs. Unlike other forms of nutrition, the intermittent fasting focuses on the feeding time, not the food. Nutrition plays a very important role also in the cancer and chemotherapy process, and changes in nutrition may be observed during this process. You may start disliking a food you already like, and not adding new foods to the list. The lack of appetite and nausea sometimes limit the food intake. But this may not be as harmful as it seems. The recent studies suggest that the lack of appetite during cancer treatment should not always be considered as negative, and that even fasting may sometimes have positive impacts on suitable patients.

Intermittent fasting is a diet in which individuals receive very little or no calories for 16-48 hours. It is tried in different ways such as 8 hours of eating and 16 hours of fasting, and 2 hours of eating and 21 hours of hunger. Intermittent fasting is also called as fasting diet or periodic fasting. These different hunger models are the approaches that have been tried to improve physical and mental performance in mammals. In the intermittent fasting model, it was observed that the muscle mass of body was maintained, while the fat ratio of body decreased. The studies carried out by intermittent and periodic fasting suggested the idea that it can make cancer cells more susceptible to chemotherapy or other anticancer treatments. This nutritional style also helped modulation of hormones such as insulin, leptin and adiponectin. Intermittent fasting has been studied primarily for the control of diabetes and polycystic ovary syndrome; however, now it stands out as a potential approach for the prevention or treatment of cancer. The current data suggest that a fasting diet may have benefits on the outcomes of chemotherapy, especially by reducing the side effects. Fasting diet is observed as a safe method in appropriately selected patients. The negative effects of fasting also seem to be lower.

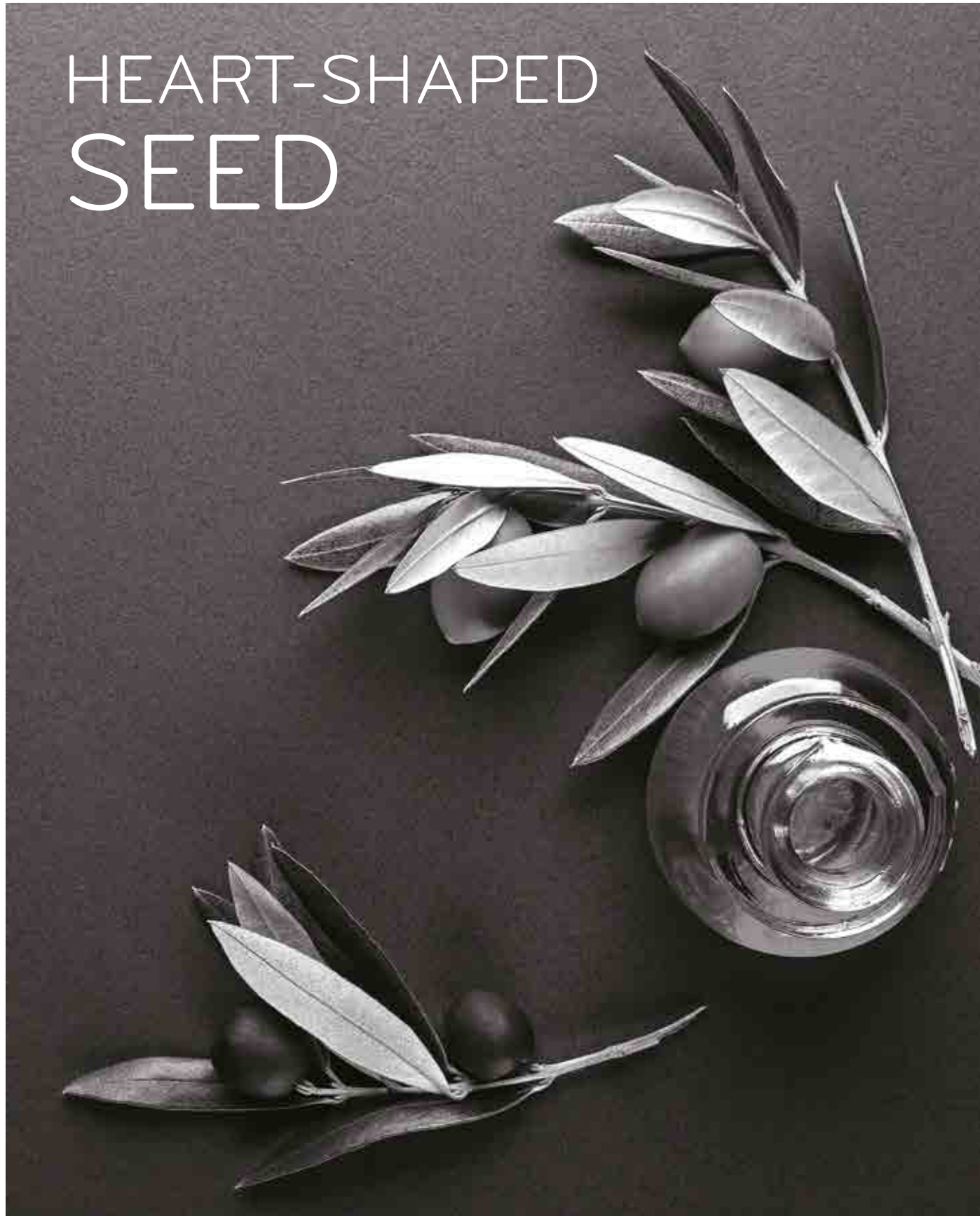
IS IT OKAY TO TAKE VITAMIN D AND OMEGA-3 SUPPLEMENTS?

The use of dietary supplements in the form of vitamins and minerals is common around the world, particularly in Western countries. For example, more than half of the adults in the USA take supplement products (dietary supplements). In recent years, the most popular dietary supplements that are believed to have benefits on health are fish oil and vitamin D. However, there were serious doubts about the long-term benefits of these supplements. The best and most comprehensive study ever designed for this purpose was VITAL, whose results were published in the scientific journal NEJM in January 2019.

In a randomized, double-blind and placebo-controlled study, the participants were given 2000 IU of vitamin D3 and 1 gram of omega-3 fatty acids daily to test the effects of these on prevention of cancer and cardiovascular diseases. At the end of the study, Manson et. al concluded that: fish oil and vitamin D supplements do not reduce the risks of cancer and cardiovascular diseases. However, the observations made so far suggest that fish consumption protects against cardiovascular diseases.



HEART-SHAPED SEED



A LIFE THAT BELONGS TO US IN THE MEDITERRANEAN

There are 400 grams of olive oil per capita in the world. In other words, we have a life elixir in the Mediterranean.

The "tavsan yuregi" (rabbit heart) olive of Antalya is mainly characterized by that the fruit can be easily separated from the seed, and that it is big and heart-shaped, longitudinally and transversely symmetrical and has an oval tip. Its name comes from the seed that looks like a rabbit's heart. Due to the fact it has a strong structure in terms of development and is sensitive to external factors, it requires special attention during transportation and processing of fully ripe fruit. Damage during harvesting is lower than other olive species. Because of the impact of Taurus Mountains on the climate and the climate of Mediterranean in terms of geographical area, the saplings planted in the regions outside Antalya do not have the same color, quality and aroma. Taurus Mountains, which separate Antalya from the inner regions just like a wall, interrupt the airflow and form the unique high humidity and temperature conditions. Due to this geological structure, the grain size and fleshiness ratio of "tavsan yuregi" (rabbit heart) olive of Antalya are higher than other species.



TAVSAN YUREGI (RABBIT HEART) OLIVE OIL IS JUST LIKE A MEDICINE

It has been shown that the ratio of "polyphenol" (natural antioxidant found in plants), known to have anticarcinogenic effect, is three times higher in tavsan yuregi (rabbit heart) olive oil and is as effective as a medicine in this respect. This miracle tree has many benefits for the people in Mediterranean and the Mediterranean culture. For this reason, the olive tree is not just a tree or its products are not just food. They are all a part of a thousand-year-old culture, a tradition, in other words, the life in short. We did not know the importance of minor components, also called as health components, contained in the olive fruit, which is just like a complete pharmacy warehouse, and how valuable they are until 15-20 years ago. The production technologies and procedures started to change as we learned. In this way, supply of product with high health components to the consumers has become the target for both table olive and olive oil, but especially for olive oil.



TAVSAN YUREGI (RABBIT HEART) OLIVE OIL HAS BEEN OFFICIALLY REGISTERED

“Antalya Tavsan Yuregi (Rabbit Heart) Olive”, for which Antalya Commodity Exchange has started the R&D studies in 2013 and applied to Turkish Patent and Trademark Office for the geographical indication certificate in 2014, has been issued with the geographical sign certificate on September 6, 2018. With the tavsan yuregi (rabbit heart) olive, the number of products issued with geographical indication certificate in Antalya has increased to six. Handmade rugs of Dosemealti, oranges of Finike, piyaz (a kind of bean salad) of Antalya, karyagdi (speckled) pear of Korkuteli, loquat of Alanya have been issued with geographical indication certificates before.

13 percent of the world olive production (around 350 thousand tons) and 6 percent of olive oil production (180-200 thousand tons) belong to our country. 30% of the olives obtained are consumed as table olives and 70% as

oil olives. Although the olive oil production of our country amounts to about 8-10 thousand ton, the potential of olive production of our city is higher.

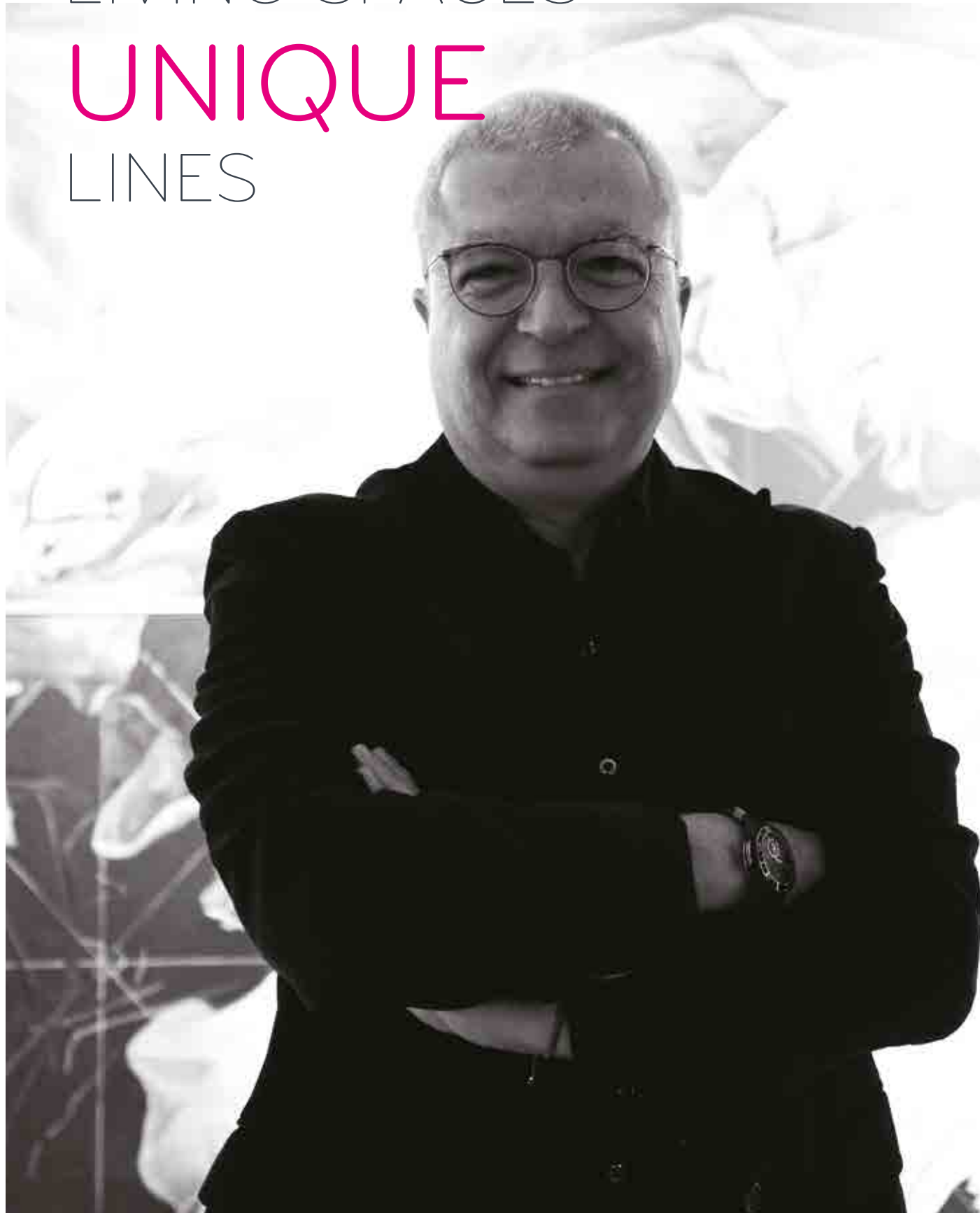
In particular, our tavsan yuregi (rabbit heart) (Polyphenol-Olea Sental) olive and olive oil, which are specific to Antalya, are the source of pride with ranking first across the world. Tavsan yuregi (rabbit heart) olive of Antalya is also taken under preservation by registration of geographical indication.

Olive cultivation has been made in Antalya since the Pamphylia period. It is also known that the winners of the competitions held in ancient times were awarded with olive oil in amphoras.

Olives, one of the rare fruits that is mentioned in all holy books, will soon become a more important promotion instrument.



LIVING SPACES UNIQUE LINES



"I LOVE TO SAY MUCH WITH LESS, AS IF WRITING A POEM"

Hakan Kūlahçı, the founder of Art Mim, who started working in a small workshop and turned his production capacity into a big investment with two factories, directs the design world with his designs by combining new technologies with original projects. Also achieving successes abroad, Hakan Kulahci has carried out more than 100 hotel projects in Turkey and abroad. An experienced interior architect who has long lectured at the Faculty of Fine Arts and Architecture of the Department of Interior Architecture at Akdeniz University, gives clues to young talents to make a difference in design by thinking freely. Organizing programs in the art gallery he has founded beside his busy schedule, Hakan Kulahci describes the secret of his success in becoming a brand in the tourism sector as **"authenticity evolving continuously to new and better"**.

How did the adventure to become one of the first names that comes to mind when thinking about design sector, where you started the business by small initiatives, begin and progress by entering small business steps?

We started the business with my wife, who is an architect. Then we had to start manufacturing. Because there was no one, who could manufacture the products, which we designed, in the same quality. We became partner with one of my friends, who makes furniture. Later on, we decided to continue with my brother. We had a workshop in Eski Sanayi Sitesi (Old Industrial Estate). We added a story each year and made it bigger. The tourism sector was developing rapidly with hotels in those years. I thought that it would be better to branch out. Then we moved to Organized Industrial Zone. The scale of the business has changed after that. We started to work with a much more advanced system and equipment. The production became more efficient and higher quality. When we outgrew and Antalya became smaller for us, we expanded our space inside Turkey. Then the foreign tourists who liked decoration we made for the hotels started to ask us if we would offer service for them. We expanded abroad by such connections. Currently, we carry on business in several countries. My daughter and son-in-law, who are interior architects, have also joined us. My son also studies interior architecture. We, as whole family, are all engaged in architecture.

You work mainly with the tourism sector. You are well known in the sector with your distinguished works. Was it difficult to achieve it?

I have been currently working with about 130 enterprises in the tourism sector. I worked so hard to achieve what you said. I've worked very delicately in each work I started. I've always tried to design down to the last detail. I have been working in this sector for more than 30 years. I can say that it is tiring, but also pleasant.

How would you describe your experience in giving lecture to young people at Akdeniz University?

I have been giving lecture at Akdeniz University for 16 years. Being together with young people makes you more creative and directs you to think in a more contemporary manner. While I teach new things to newly professionals, my way of thinking is renewed and developed.

Design is one of the courses of arts, where creativity is most utilized. What are the main characteristics of the style you determined?

I usually design in accordance with the concept and target audience of the enterprise I work for. However, I try to reflect a more contemporary style in the works that are completely left under my control. I make use of contemporary design, natural materials, natural wood and stones. I prefer a fresh look with soft colors. I try to use the textures found in the nature as much as possible. I offer classical designs in a modernized interpretation. In this way, I try to create living spaces. A minimalist design is actually much more difficult than traditional. When you design a space with simpler and less materials, your work becomes much more difficult. Because it requires you to think in a much more detailed manner to be able to keep such a design balanced and offer it. You have to express all you want to say with just a little data, as if writing a poem. I really love this challenge.



The interior architecture of Barut Hotels bears your signature. What kind of a concept has it been created by in the eyes of its designer?

It is so pleasant to work with Barut Hotels. Because the perception of aesthetic is high, and they know what they want. The walls of the hotels are decorated with the paintings of famous artists. Better works are produced with this approach. When creating a space, it becomes more valuable by the objects in it. Those who come and use that space also feel valuable with those values. We built Akra, Acantus and Lara concepts by a modern line. From the objects used to the brick walls and the motifs of the carpets on the floor, everything makes you feel the transition from classic to new. It offers modernity and nostalgia together. We concentrated on natural colors and pastel tones in decoration.

"ART, ARTIST, WORK. THEY ARE ALL SUBJECTS OF TOURISM"

How were the art works that attract attention at first sight brought together in the facilities of Barut Hotels?

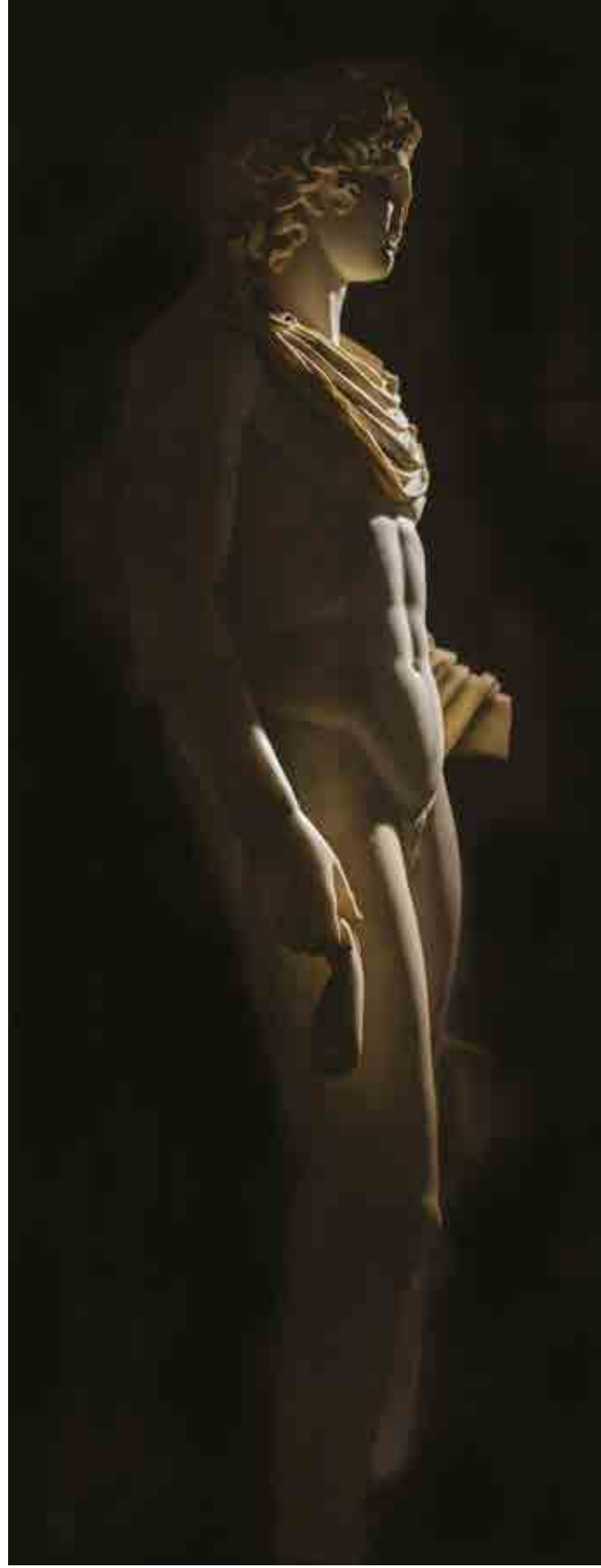
Having decorated its walls with the works of important Turkish and foreign painters, instead of copy paintings, Barut Hotels has an important mission in this respect. In Barut Lara, there are two beautiful paintings of Ekrem Yalcindag at the reception and his art works in the lobby. Special sculptures were made by the artists for the entrance of the hotel. In the other hotels of the group, the works of important artists such as Zeynep Eren, Tugrul Selcuk and Devrim Erbil are found. In addition to this, we organized a painting workshop with Barut Hotels last season. Young Turkish painters made painting there for a week. Those paintings are now exhibited in some parts of the Akra Barut. This investment to art set an example for the tourism sector. It is an important opportunity in terms of both introduction of our culture and artists to the world and providing a high quality ambiance for tourists. Barut Hotels took the first step in this regard. I think that other hotels will also follow them over time.



PHOTOGRAPHY ARTISTS MEETING OF BARUT HOTELS, The exhibition ended after a photo safari of six days. The workshop, which was held for the first time this year, was organized in Side under the sponsorship of Acanthus Cennet Collection.

The works, which were produced during the Photo Workshop with Side theme, were exhibited at the Plus Gallery that stands out as one of the design and arts centers of Antalya. Many guests, as well as the photographers including **Merve Seçkin, Deneş Huvaj, Yılmaz Bulut, Gülay Dogan, Mehmet Özcan, Semra Halipoğlu and Elçin Acun** attended the opening of the exhibition.

All of the works produced in the workshop, where the photography artist Kamil Fırat participated as a guest of honor, attracted interest and attention of the guests. Interpreted with different points of view at almost similar areas within the scope of same theme, Side was just like a manifest of how rich a space can be varied in terms of people, time, light and angle in each frame.



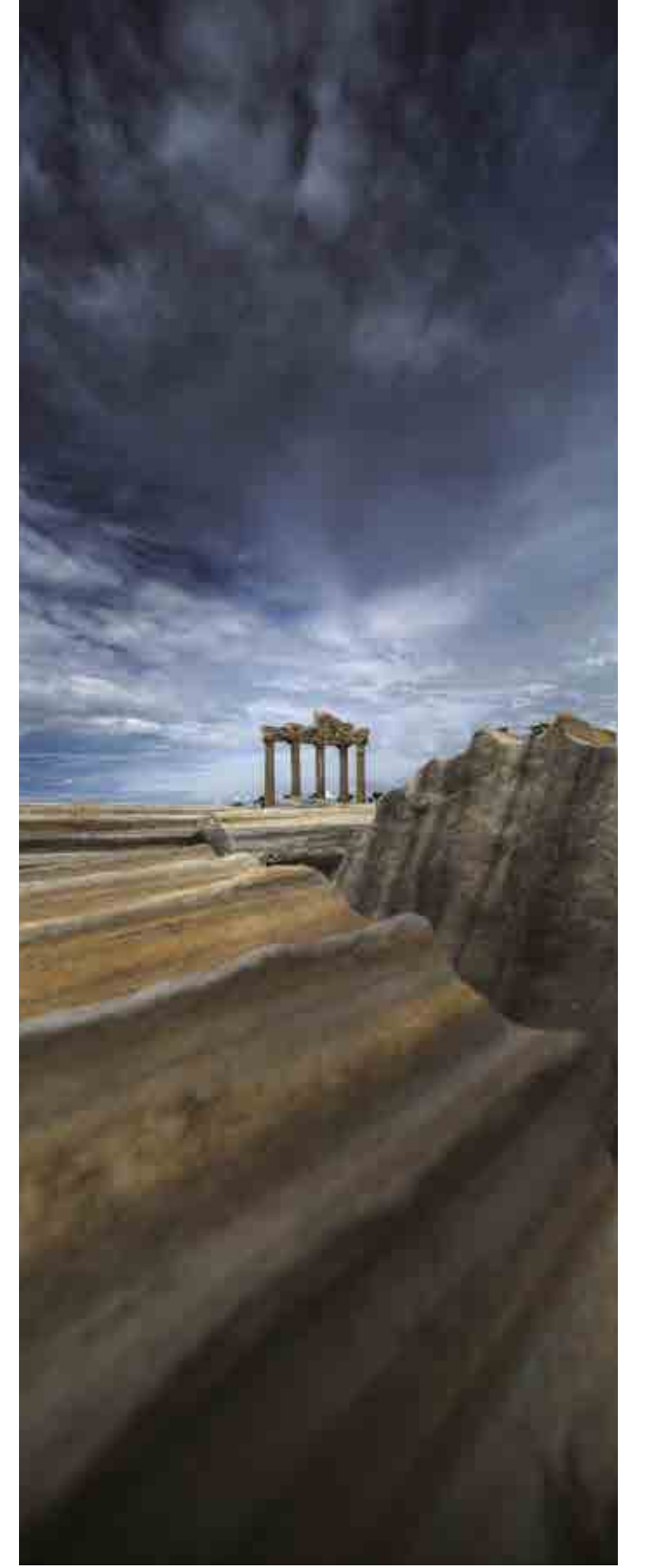
BARUT



WHAT IS BARUT ART?

Barut Art is a communication platform that brings the required communication of art with the holidaymakers seeking peace, relaxation, having fun and learning to agenda and defends the fact that it is a must.

It is a manifesto that enables the sector, which spends time and effort to offer food, beverage, decorative accessories, i.e. everything at the highest quality, to remember the art, and makes it a duty to offer the highest quality, original and pure art. Barut Art is an approach that organizes painting workshops, holds photography workshops, and that does not perceive the art in the ease of a branch, but sustains it by showing its methods and demonstrating that it is not a burdensome activity. It is a movement which realizes and makes it to be realized that cooking is even not possible away from art. A hand thrust out of our brand for those who feel that a beautiful life is not possible away from art.



MEDITERRANEAN

AT YOUR KITCHEN!

As the concepts of “healthy kitchen”, “natural kitchen” and “ecological food” came into our lives, the type of nutrition has led transformations. This old nutrition system, which seems to be new, is in fact the Mediterranean cuisine itself.

There are more than 18 countries, which have a coast on Mediterranean Sea. What comes to everyone’s mind when thinking about Mediterranean cuisine is a cuisine where fruits, vegetables, natural herbs, legumes, whole grains, nuts and olive oil as essential oils are used, fish consumption is very high and wine is indispensable.

RED BEET RAVIOLI STUFFED WITH GOAT CHEESE

- Ingredients:**
- 1 red beet (slightly boiled)
 - 5 fresh raspberries
 - 3 or 4 hazelnuts–
 - 50 g goat cheese
 - 10 g meshed mango
 - 3 red onion rings
 - 10 g olive oil
 - A pinch of fresh thyme
 - A pinch of fresh cut onion

Directions:

After slightly boiling the beets, cut it into thin slices. Add goat cheese, fresh spices and olive oil, and mix them. It is ready for service after taking it to the serving plate and decorating it with other materials.



SWORD FISH COOKED BY “SOUS VIDE” TECHNIQUE

- Ingredients:**
- Swordfish – 150 g
 - Baby carrot – 20 g
 - Baby cabbage – 20g
 - Pearl onion – 5g
 - Olive oil – 10 g
 - Micro spring

Directions:

Pan-sear the swordfish cooked by sous vide technique and take it to the serving plate. It is ready for service after the side garnishes (baby carrots, baby squash, shallots) are placed on the plate and the food is decorated with micro sprout greens.

MINI MOZZARELLA AND WATERMELON SALAD

- Ingredients:**
- 40 g cherry tomato
 - 40 g yellow cherry tomato
 - 80 g watermelon
 - 10 g Balsamic vinegar
 - 10 ml olive oil
 - 30 g cheese mini mozzarella
 - 10 g fresh garden rocket
 - 10 g endive

Directions:

Add colorful tomatoes, mini mozzarella, garden rocket and endive on top of sliced watermelons. After it is flavored with olive oil and balsamic vinegar, it is ready for service.



MILK PUDDING WITH APPLE AND CINNAMON

- Ingredients:**
- 100 g milk
 - 5g granulated sugar
 - 2 g flour
 - 2 g butter
 - 1 apple
 - 3 g brown sugar
 - 1 g ground cinnamon

Directions:

Boil milk and sugar. Roast flour and butter. Add it to boiling water and keep stirring. After it cools down, rest it in the fridge for about 2 hours. Cut the apple into slices and cook it with brown sugar and cinnamon. Leave it to cool down. After taking the milk pudding out of the fridge and whisking it, fill it into serving bowls. It is ready for service after the apple mixture, which has cooled down, is poured on it.



