

# T-VINE

Issue 10, 2018

Free

Top chef  
**Hus  
Vedat**

Landscaper  
**Nilüfer  
Danış**

An Ottoman  
history of  
vaccination

## Mem Ferda

The actor & producer talks about heartache,  
Hollywood & what's on the horizon in 2018

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# Hello / Selam!



There's no shortage of success in our community. Everywhere we look, there are people achieving incredible feats in every sector, from architecture to the creative arts, in business, civil society, and increasingly in politics. Part of the reason for launching T-VINE in 2013 was to celebrate these individuals, and to help inspire the next generation.

More often than not, many British Turks who have become leading lights in their professions have had to forge their own paths. In this issue, we home in on the lives of actor Mem Ferda, landscape designer Nilüfer Danış, and executive chef Hus Vedat. Their stories offer fascinating insights into their abilities, career struggles, and determination to succeed. Although they operate in very different fields, their Turkish heritage ever-present in their work.

A mention too about the record number of candidates from the community elected in the Local Elections. Nationwide, we now have 40 councillors, with representation in 11 councils across the capital. In two of these, either the Leader or Deputy Leader is of Turkish origin. It is a fabulous milestone for our diverse community, which includes Cypriots, Circassians and Kurds, and it's especially significant in this centenary year of Turkish Cypriots in Great Britain.

Whether through individual or collective endeavours our community profile and influence is growing. It's a great feeling!

Sevgiler,

*Ipek Ozerim*



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2nd Turkish Cypriot  
Cultural Festival



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Erdoğan's reign?



Hello you,  
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Nilüfer Danış's  
green world

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# Letters

## Dear T-VINE

### Re: UK's disgraceful treatment of Commonwealth citizens (Apr. 2018)

In relation to the recent outcry over the treatment of the Windrush Generation from the Caribbean, racist British immigration policy is nothing new!

My mother was born British in Cyprus when the island was a colony of the United Kingdom. She decided to move to the UK and arrived with her British Passport aged 17, but when she applied to renew this same passport many years later, her application was rejected!

How did she finally obtain a new British passport? By being acknowledged as a British Citizen through marriage to my father!

Sadly this is not the only experience my family has had of the disgraceful treatment of British Commonwealth citizens. My uncle, Hussein Mehmed Ramadan, was a British soldier in the Cyprus Regiment. He fought in World War II and was killed in action on 9 September 1944. He is buried in the Ancona War Cemetery in Italy.

Corporal Hussein Mehmed Ramadan died serving Britain,

yet the authorities could not even afford him the courtesy of issuing a death certificate! It was I who (with great difficulty) obtained one for him 50+ years later!

Shame on you UK Governments, past and present!

*Tina Kemran, London*

### Re: Embargoed! chair calls for CONIFA co-founders to receive Nobel Peace Prize (Apr. 2018)

I don't doubt the great work that CONIFA does, but Nobel Peace Prize, really? Let's be serious for a moment.

*Fevzi Hussein, London*

I put this story up on my page and lots of people are asking me where they can get hold of the TRNC football shirt. Can someone from the Turkish Cypriot Football Association or TRNC Embassy please let us know?

*Ahmet Orhan, London*

*We welcome all comments, including setting the record straight where we've made errors. Send your letter, including your full name, address, & daytime telephone number by post or email us at [letters@t-vine.com](mailto:letters@t-vine.com) or leave a comment on our Facebook page. Alternatively, tweet us @1tvine.*

## We Remember

### The Greco-Ottoman War, April-May 1897

The roots of this war 121 years ago lay in Greek nationalist irredentism – the ambition to unite the Kingdom of Greece with large swathes of Greek-populated territory that had remained part of the Ottoman Empire following Greek independence in 1832. The plan was known as the “*Megali Idea*” or “*Great Idea*”, and the Ottoman island of Crete was central to the start of the conflict.

When fresh Greek rebellions broke out in 1895, Sultan Abdülhamid responded by appointing a Greek as Crete's governor to appease the unrest. When Muslim subjects protested, the Sultan appointed a Muslim official, prompting the Greeks to demand unification with mainland Greece.

The Cretan Greeks continued to rebel through 1896 making Crete increasingly ungovernable. In 1897, they called for support from Athens, which sent troops to the island, a move opposed by the Western Powers. They called on Greece to withdraw in return for the Ottoman Government's granting autonomy to Crete, leaving the island only nominally under the Sultan's rule.

Athens, however, ignored the Western Powers, carried away by the irredentist fervour of the influential *Ethniki Hetairia* (National Society), which advocated the absorption into Greece not only of Crete, but also other Ottoman territories such as Epirus, Thessaly and Macedonia.

Ethniki Hetairia's volunteers, including Greek soldiers, gathered at the Greek-Ottoman border in Thessaly. This forced the hand of the Greek Government to mass its own forces there too. By February 1897, around 25,000 Greek



troops were ready to invade the Ottoman Empire.

Constantinople declared war on Greece on 17 April following several raids across the border by Greek volunteers. The war ended quickly with a decisive Ottoman victory in just over a month. The Ottoman military had undergone modernisation in the 19th century, with Berlin playing a significant role through General (later Field Marshal) Colmar von der Goltz, who was heavily involved in improving Constantinople's Military School known as the *Mekteb-i Harbiye*.

He served in the empire from 1883-1895 and would return to aid the Turks early in the twentieth century as Goltz Pasha.

During the 1880s, the Ottomans had also purchased much modern military hardware from Germany, meaning that at the start of the war in 1897 they were better equipped and trained than Greece, allowing them to smash through Greek lines and head south.

# Top 5s

## Albums

1. Anadolu'nun Güneşi  
*Burcu Güneş*
2. Confession  
*Karsu*
3. Senin İçin Değer  
*Koray Avcı*
4. Yıldız Tilbe'nin Yıldızlı Şarkıları  
Volume 1  
*Yıldız Tilbe*
5. Parmak İzi  
*Şebnem Ferah*



## Books

1. Turkey: A Short History  
*Norman Stone*
2. The Red Haired Woman  
*Orhan Pamuk*
3. İstanbul İstanbul  
*Burhan Sönmez*
4. The Turkish Psychedelic Music Explosion: Anadolu Psych 1965-1980  
*Daniel Spicer*
5. Turkish Proverbs: Translated Into English (Classic reprint 2018)  
*Author Unknown*



## Movies

1. Daha
2. In the Fade
3. ARİF v 216
4. Kelebekler
5. Mr Gay Syria



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# MEM FERDA:

## *To The Manor Born*

With two degrees under his belt, former male model Mem Ferda could have secured a steady, well-paid job. Instead the South Londoner plumped for the life of an actor and all the risks that this brings. And he's never looked back!







“With blue eyes, a tip-top physique & slick dark quiff, Mem was a certified hunk in hot demand”



Her death was hard for the entire family and it also changed Mem spiritually: “[It] nullified my faith in any form of belief system.”

As the baby of the family, he was always the centre of attention and seemed destined to act from a young age: “My mother would have me recite poetry, followed by a song and dance for family functions”, he explains.

Then, at the age of 19 while studying at university, he was approached by a talent scout in Covent Garden and booked for a photo shoot the very next day. A career in modelling beckoned.

With blue eyes, a tip-top physique and slick dark quiff, Mem was a certified hunk and in hot demand for photographic modelling and catwalk shows. He progressed to TV commercials and even appeared on MTV’s *God’s Gift* presented by Davina McCall. It was during this time that the acting bug bit Mem.

He enrolled on a course at the London Academy of Music and Dramatic Art (LAMDA) and, after graduating, was snapped up by a well-known acting agent, who opened many more doors for the budding thespian.

Mem had initially trained in theatre. While it was “a lot of hard work for less money than film or TV”, he admits treading the boards offers an “*amazing adrenalin rush*”, especially as “*the audience is right there in front of you, so the feedback is very immediate.*” Yet film remains his favourite medium, as it allows “*bigger budgets, more creativity and a slower, more controlled build-up of the storyline.*”

Making his acting debut in ITV’s *The Bill* in 1995, Mem went on to feature in 66 TV shows and movies, including box office blockbuster *Evita* and indie classic *The Big Lebowski*. His physical demeanour makes him the perfect villain, appearing in a slew of British gangster films including *Ill Manors*, *Hard Tide*, *Pusher*, and *Plastic*. He was badly injured while doing his own stunts in the latter, a true story about students doing a diamond heist. Squibs strapped to Mem’s body exploded as he got shot and crashed through a window, though the end result on screen looked, he tells me, “*awesome.*”

The first thing that strikes you when you meet Mem is his height. At 6ft 2in (1.88 metres), he is the ‘tall dark and handsome’ archetype.

Born in Lambeth Hospital in October 1963 to Turkish Cypriot parents, father Ferda (from Lefke) and mum Turkan (from Anglisides, near Larnaca), he is the youngest of three siblings, with sisters Şifa and Aydın.

They grew up in Kennington and Battersea, South London. Their father was absent for the first three years of Mem’s life, having returned to his native Cyprus to support Turkish Cypriots under siege during the civil unrest.

The tight-knit family suffered heartbreak when eldest daughter Aydın died of cancer aged just 26. Mem describes her as “*the most incredible person I have ever known. Extremely intelligent a solicitor, stunningly beautiful, and the warmest and most loving person you could ever imagine.*”



He has no problem being typecast as the baddie, as “no two villains are the same” and it’s helped him carve out a name, his intense onscreen presence making for compelling viewing. Yet he remains a versatile actor, taking on a wide range of roles, including a gentler character for *Miss You Already* (2015), where Mem appears as Achmed the taxi driver, confiding in his passengers (played by Drew Barrymore and Toni Collette) about losing his wife to cancer.

In 2004, Mem won Best Actor for *Elshera* at the Palm Springs Festival. In it, he plays Mustapha, a nasty criminal who abuses his cousin Elshera, an illegal immigrant of Iranian/Kurdish origin forced into his scams so she can help her family survive. The short film brings home the brutal life of many immigrants in modern Britain.

Another acting highlight is *The Devil’s Double* (2011), about Saddam Hussein’s sadistic son Uday. Mem plays Kamel Hannah – Saddam Hussein’s right-hand man who served as the dictator’s personal bodyguard, valet, food taster, and confidant. He explains his extensive research into Kamel’s life to get a sense of his physicality, from mannerisms, to speech patterns, dress sense, and personality. Director Lee Tamahori then

asked Mem to put on 42 pounds for the role and wear a very heavy prosthetic stomach – not easy to carry given that filming was during a super-hot summer in Malta:

*“It was filled with pig intestines and organs, all contained under a very thick layer of silicone. I had to wear this, strapped to my body all day, every day. It was cut open by a real sharp knife when Kamal was disembowelled.”*

The gruesome scene was one of the movie’s most memorable, mentioned by film critics and audiences worldwide. And gore is something Mem has increasingly pursued as he spreads his wings into producing.

He’s enjoyed critical success with half-a-dozen low-budget horror movies. Two recent ones, *Truth or Dare* (2013) and *Mania* (2015), won 13 film awards and were nominated for three others.

When talk turns to mentors, without hesitation Mem recognises the importance of his LAMDA coaches. He loved being at the drama school, surrounded by others who shared the same passion and desires, but it was his coaches who gave him: “a sense of purpose, and immense encouragement

and support.”

He says, “The techniques taught and the insight into developing one’s talent were invaluable. This was all the help I needed to channel my ‘God given talent’. And I sincerely believe you can’t learn to act: you either can or you can’t.”

Asked who he admires most in film, he lists Sean Penn, Dustin Hoffman, Robert De Niro, Al Pacino and Marlon Brando among his favourite actors. Of his contemporaries, he cites Tom Hardy, Idris Elba, Ben Affleck, Christian Bale and Johnny Depp, some of whom he’s had the chance to act alongside.

During his 22-year career, Mem has also worked with many leading directors, including Alan Parker (*Evita*), Guy Ritchie (*Revolver*), Joel Coen (*The Big Lebowski*), and Julian Gilbey (*Plastic*). Those he regards as “inspirational” include David Lynch, Martin Scorsese, David Cronenberg, Quentin Tarantino, and Michael Winterbottom.

Yet life could have turned out very differently for Mem. With two degrees – a Master’s degree in Business Administration and a Bachelor’s in psychology – it’s clear he is super-brainy. I ask if he was ever tempted to



“Hell, it hasn’t been a wide-open road of opportunity for me either, being of Turkish origin”



From top left clockwise: with Toni Collette & Drew Barrymore; with wife Rania; with *The Devil’s Double* co-star Dominic Cooper; and on set of *Legacy: Black Ops* with Idris Elba.



**Mem's parents Turkan and Ferda, originally from Cyprus, now in South London**

choose a career based on his academic studies rather than the unpredictable and often poorly-paid life of an actor. It seems initially Mem did suppress his desire to be an entertainer:

*"My father disapproved [of acting] given the uncertainty of the profession. I took heed and instead worked as an executive recruitment consultant in Piccadilly. I also tried my hand at various business opportunities and professions. It was the most monotonous, soul-destroying and unhappiest period of my life."*

*"If someone is destined for the arts, then that's where they should be left to flourish. One thing I've learnt in life is that it's impossible to be the best at what you do if you have no passion for what you're doing."*

Still his work as a producer draws on numerous skills he developed as a student, from planning to finance. He explains that the multi-faceted role starts with selecting a script that could be turned into a great film, then finding the right cast along with the casting director. He also helps pick the artistic and technical team, which includes the all-important director and, most critical of all, arranging investment.

*"It gives you a real sense of achievement and fulfilment when a film you've produced is completed and out in the public domain, and you see it on a shelf in Sainsbury's as you go about your weekly shopping",* he says laughing. Given the difficulties ethnic minority actors have in Britain, I ask if he's ever been tempted to relocate to America,

**“It's impossible to be the best if you have no passion for what you're doing”**

like fellow actors Idris Elba and David Oyelowo have done. Mem says it's not for him:

*"I spoke with Idris on this matter when we were filming Legacy together. It's hard for me to set up over in the USA, at this stage in my life as I have my elderly parents that are dependent on me. Dad is 90 years old and mum is 84. Also my wife and I are very happy living in London. I don't feel going to live in the US will create more opportunities for me. My manager and agent are US based, so I have both the UK and US covered."*

However, he admits the lack of diversity and 'whitewashing' – where white actors are cast for roles better suited to people of colour – remain significant issues in the film industry. While TV is improving, his own journey in film illustrates the bigotry and ignorance black actors are up against:

*"Hell, it hasn't been a wide-open road of opportunity for me either, being of Turkish origin. Even though I was born, educated and lived in London my entire life, and worked in the industry for over 20 years, there are still casting directors that think I'm not fluent in English and that I talk with a heavy accent. It's fucking*

*unbelievable! Yes, I do have an accent, it's called a South London accent!!" he exclaims.*

Talking to Mem, you quickly learn one thing: you can't pigeonhole him. When we discuss interests outside of work, he lists music as a big one. One of his favourite bands is Thin Lizzy (and there's me thinking he'd be a soul boy), but he also loves pop, reggae, classical and Turkish music.

His biggest passions are photography and fast cars (he drives a black Audi S3 Saloon and is looking to get an Audi R8 next). And a friend is currently teaching him how to play golf. To keep fit, he has taken up Krav-Maga – a form of martial arts developed by the Israeli Army.

Family is important too. He laments the lack of time to see his relatives, now spread across Britain, Cyprus and Australia. He lost two elderly uncles in a matter of weeks in 2016, a sad reminder that however good social media is for connecting with family, there's no substitute for seeing them.

The actor is on the go non-stop, describing the last few years as "manic", which he "thrives on". He's produced three television series for the US: *Dystopia*, *No Easy Days*, and *Age of the Living Dead*. He also released *K-SHOP* (horror in a kebab shop – British binge-drinkers beware!) and *Monumental*, while starring in multiple films.

Looking ahead, Mem is set to headline in two exciting thrillers. He plays Frank Mitchell, an associate of the Kray twins, in 1960's gangster film *Jailbird* (2019). This true story, directed by multi-BAFTA winning David Blair, is about Mitchell's escape from Dartmoor Prison. Mem's second project is *Gunfather* (2020), a dark crime-drama similar to the cult film *Get Carter*. Mem takes on the leading role of Mike Demir (a Turkish Brit), a one man vigilante who goes in search of his missing son.

He's also promised to finish his long-overdue autobiography titled *Happy Agony*. Progress, he says, has been "extremely slow", but he is "progressively getting there". We can't wait!

 **MemFerdaOfficial**

 **@memferda1**



A photograph of a man with dark hair, wearing a blue shirt, hugging an older man with white hair, wearing a yellow shirt. The man in blue is smiling and has his eyes closed. The man in yellow is seen from the back/side. The background is slightly blurred.

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# Are you ready for the 2nd **Turkish Cypriot Cultural Festival?**

---

Pop star Eylem headlines the June 17th festival, which also features Cem Kafkas, Group SOS, Arif Edizler, Turkish folk dancing, fun fair, stalls, face-painting & more!



*In twelve incredible months, the voluntary-run Council of Turkish Cypriot Associations in Britain has organised three brilliant events that not only celebrated Turkish Cypriot roots, but also showed how the community in Britain is thriving.*

British Turkish Cypriots are the oldest and largest of the groups that form the half-million diaspora whose roots hail from Turkey and Cyprus. Yet for years they have been barely visible, let down by so-called community leaders who preferred to focus on matters 'back home' in Cyprus than on championing the needs and interests of those living in Britain.

Things started to change when Aysin Yilmaz took over the running of the national body, the Council of Turkish Cypriot Associations in Britain (CTCA UK), in January 2013. Inheriting a broken organisation that was in debt and disrepute, she patiently started rebuilding its reputation and creating a strong co-ordinating hub for its member groups, which includes Turkish schools, along with elderly, women's and cultural associations. When Cetin Ramadan took over the reins in 2015, things were already on an even keel, and under Leyla Kemal's (pictured below with BBC Dragon Touker Suleyman) direction the organisation has reached for the stars.

Kemal's first big project was holding a major outdoor cultural festival for Turkish Cypriots, something the communities from Turkey had enjoyed for years. As soon as she announced the first details, the naysayers were out in force criticising the event. We at T-VINE knew it was going to be a huge success when our preview stories went viral, shared by thousands of people. And so it was. On Sunday 25 June 2017, the BBC reported that the roads into northeast London were gridlocked. Hardly surprising as some 20,000 Turkish Cypriots had descended on Chingford Rugby Club for the first-ever Turkish Cypriot Cultural Festival.

Taking place on the first day of *Ramazan Bayramı*, it was the perfect occasion for a multi-generational gathering, allowing long-lost friends and families to be reacquainted. This all-day jamboree showcased the very best of Turkish Cypriot heritage from live music and folk dancing, through to stalls selling



delicious sweet and savoury dishes, trinkets, books and handicrafts, and stands promoting the work of CTCA members and commercial sponsors.

T-VINE columnist Ertanç Hidayettin captured the spirit of this milestone event in his online review: *"By all accounts, the CTCA has achieved a coup by organising this brilliant festival... I have been in this country for 47 years. Never do I remember seeing so many Cypriot Turkish people together. It was heavenly"*.



In October, CTCA scored its second big success of the year, holding a gala dinner in central London to recognise the community's high achievers. It was the first time an awards ceremony had been held for Turkish Cypriots and the night also marked the official start of the community's centenary year in Britain. The Council ended 2017 with a special one-day exhibition at the prestigious Victoria and Albert

Museum, charting migration of Turkish Cypriots to the UK through pictures and a new documentary called *My Heart Belongs to...*

The 2nd Turkish Cypriot Cultural Festival is moving to Enfield Playing Fields, on Donkey Lane, to better accommodate the expected large number of visitors. As with the first year, expect the festival to offer a fabulous mix of traditional and contemporary music, theatre, and dancing, a funfair, and lots of freshly-cooked food, from kebabs to lokma.

This year's headliner is London-born pop singer Eylem, whose platinum-certified 2006 debut album *Aman* made her an instant star in Turkey. More recently, her music was used on smash US series *Homeland*. After a few years off, she is back in the studio recording new material, to be released on her own label.

Talking to us in advance of her performance, Eylem told T-VINE: *"I can't express enough my joy and happiness that my home city London is to host the 2nd Turkish Cypriot Festival, and that I will be headlining!!! Growing up here we didn't have many events catering for the Cypriot Turkish community and celebrating our identity."*

So get your dancing shoes on and head across to Enfield on Saturday 17 June. Doors open at 11am. To better manage numbers, this year's festival is by ticket entry only. It's just £2 per person, which includes a bottle of water too. Car parking tickets are also available at £5. Buy online from Eventbrite and jump the queues on the day.



Passport of grandparents and father of Alan Hickmet



# Previews

## Film

### In The Fade

Katja's life falls apart in the blink of an eye when neo-Nazis kill her Turkish husband and 6-year-old son in a bomb attack. The police investigation into their murders often seems more concerned with her husband's shady past than in catching his killers. When the suspects are finally apprehended and put on trial, the pressure pushes Katja (Diane Kruger) to the edge of her limits.

This unforgettable thriller is written and directed by leading Turkish-German filmmaker Fatih Akin (*Head-On*, *Crossing the Bridge*) and is inspired by the true story of neo-Nazi attacks in Germany. Between 2000 and 2007, eight Turks were murdered, but the media and authorities preferred to present their cases in terms of ethnic stereotypes.

The suspects were dubbed “*kebab killers*”, wrongly assumed to be Turkish or Kurdish mafia targeting victims caught up in their own seedy underworld, even though there was significant evidence and intelligence



pointing to the far-right's involvement. A chance police discovery of the actual killers came in 2011 following a bungled bank robbery, which identified the neo-Nazi cell that committed the murders and other crimes.

Akin shares his community's rage at the huge police incompetence, and also draws on his personal experiences of racism in Germany in crafting this

powerful drama. His casting of Kruger, a tall blond German goddess, is vital, moving the story beyond its ethnic minority roots.

*In The Fade* won the Golden Globe Best Foreign Language winner, while Diane Kruger, who is electric on screen, was awarded Best Actress when the film debuted at Cannes last year. The film opens in UK cinemas on 22 June.

## Art



### Money without Nationality by Fahrettin Orenli

Pi Artworks, London, ends 09 June

Dutch Turk Fahrettin Orenli's solo exhibition encompasses drawings, paintings, sculpture, photography and poetry, examining the psychological and physical aspects of cities as living organic structures, perceiving them as control towers for the distribution of mass information. He explores how humanity has become blinkered and lost in man-made nature, hypnotized by the power of synthetic sunsets placed by their own hands on the horizon, and by choosing not to recognize certain truths in the name of economic interests. [piartworks.com](http://piartworks.com)

## Music



### Istanbul Sessions

Ronnie Scott's, 8-9 June

NYC-based Swedish Turk İlhan Erşahin created his Istanbul Sessions collective in 2008. The renowned musician and record label head invited leading Turkish musicians he'd jammed with over the years to record a free-flowing music project with a dance edge. They've released three albums to date, each one a sonic adventure that refuses to be contained by geographical or musical boundaries. Erşahin (saxophone), Alp Ersönmez (bass), İzzet Kızıl (percussion) and Turgut Alp Bekoğlu (drums) return to the capital for a 2-date residency at Ronnie Scott's. Go! [ronniescotts.co.uk](http://ronniescotts.co.uk)

## Theatre



### Enough is Enough

Gracepoint, 8pm, 3 June

Described as “*intelligent and subversive*” by The Stage, this gritty production about real people and sexual violence is presented in the form of a gig. Written by Meltem Arian and directed by Memet Ali Alabora, with music by Maddie Jones, its all-female cast members Maddie Jones, Pinar Öğün, Francesca Dimech and Holly Mallett tell their traumatic stories through song and dark humour. It was first staged in 2017 with a 22-date run in Wales. The play, in English with Turkish surtitles, comes to Islington for one night only. [enoughisenough-theplay.com](http://enoughisenough-theplay.com)



# Previews



## North Cyprus among favourites to lift the 2018 CONIFA World Cup

On 31 May 2018, the alternative world cup will kick off in the British capital and one of the sixteen teams competing in the tournament is North Cyprus.

Sponsored by Paddy Power and organised by the Confederation of Independent Football Associations (CONIFA), the 2018 CONIFA World Cup in London is a chance for countries and regions not represented by FIFA to participate in a competitive international tournament.

Last year, North Cyprus hosted the CONIFA Euros and progressed to the final, where it was beaten 5-3 on penalties by reigning champions Padanisa. Managed by Bülent Aytaç, the Turkish Cypriot side is among the favourites to lift the trophy in London this time round.

The yet-to-be announced squad is set to include star striker, 18-year-old Ahmet Sivri who was signed by Galatasaray last summer after scoring 52 goals in 66 games in a mixture of senior and B team games for Lefkoşa's champion-winning club Yeniciami AK.

### North Cyprus group games

North Cyprus has been drawn in Group B against Karpatalya from the Hungary/Ukraine border region, Tibet from the

Far East, and Abkhazia in Northwest Georgia. All three matches will be played at Queen Elizabeth II Stadium – the home ground of Enfield Town FC. The dates and kick-off times for each match are:

Thursday 31 May, 3pm:  
**North Cyprus v Karpatalya**

Saturday 2 June, 5pm:  
**North Cyprus v Tibet**

Sunday 3 June, 3pm:  
**Abkhazia v North Cyprus**

Two teams from each of the groups will progress to the quarter-finals. Should North Cyprus progress to the later stages, these matches will also be played at Enfield Town FC. The dates for the knock-out rounds are:

**Quarter-finals – Jun 5**

**Semi-finals – June 7**

**Final – June 9.**

### Tickets

Enfield Town's ground has a capacity of 3,000. There is no ticket allocation by country. Instead, they are on sale to the public on a 'first come, first served

basis', so North Cyprus fans should buy their match tickets soon, as these games are expected to sell out in advance of match day.

Tickets are priced at £11 for adults and £5.50 for under-18s. £1 from each ticket sale will be donated to the team of your choice, so make sure to select North Cyprus when booking online. Tickets are available from Eventim – visit the tickets section of the CONIFA website to pick which match you wish to attend, click on Buy Tickets and follow the instructions.

### Getting to the venue

Address: Enfield Town FC, Queen Elizabeth II Stadium, 3 Donkey Lane, Enfield EN1 3PL

Enfield Town FC is located on the outskirts of North London, very near to the A10 and M25. The ground has an extensive car park, which holds around 300 cars. Alternatively, you can get an overground train to Enfield Chase (Zone 5) and catch the 191 bus from Windmill Hill/Enfield War Memorial (Bus Stop CD) to Baynes Close, about 24 minutes away. The stadium is a few minutes' walk from there.

To read more about the CONIFA World Cup and the teams competing, visit the CONIFA website, [www.conifa.org](http://www.conifa.org).

## Gaye Su Akyol's Hologram İmparatorluğu: pure Turkish art rock

A sensation in her own country, Gaye Su Akyol's reputation is rapidly expanding. At the forefront of Turkey's new underground music scene, Gaye's stunning stage performances at festivals like Roskilde (Denmark), Le Guess Who (Netherlands), Mantra Festival (Spain), Rush Rouen, and Balkan Trafik Brussels are winning her a legion of fans across Europe.

The daughter of acclaimed Turkish painter Muzaffer Akyol, Gaye studied anthropology and worked as an artist before her musical passion took over. A chance meeting with the band Bubituzak marked a turning point in her career, leading to her debut, critically acclaimed album *Develerle Yaşıyorum* [*I'm Living with Camels*]. She's influenced by artists as diverse as Nirvana, Nick Cave, Einstürzende Neubauten, Selda Bağcan and Joy Division and it shows.

Gaye's second album takes you to places that no current Turkish artist has done before. It's not just the diversity of sounds that you find on *Hologram İmparatorluğu* that makes it so unique, but how she has beautifully melded Turkish classical music, Anadolu pop, surf music, dub, punk and psychedelic rock on individual tracks to create something entirely new.

As you journey across Gaye's unconventional musical universe, you feel the mood change, from playful to passionate, as well as urgent and defiant. Her clever, enigmatic lyrics capture the zeitgeist of Turkey and the wider world. The album opens with *Hologram*: in which frenzied Oriental strings lead an uplifting song about falling head over heels in love. Changing



pace throughout, first eager and then hesitant, Gaye re-lives the pain of failed relationships.

*Kendimin Efendisiyim Ben* [I Am My Own Master] is slow and deliberate. At a time when the Turkish government tries to dictate all, Gaye firmly pushes back: she is her own master, 'free to choose to make love or fight, to win or lose or share...' *Fantastiktir Bahti Yarimin* [My Lucky Lover is Fantastic] starts with dark, brooding rock guitars. These cease as soon as the vocals kick in to deliver a warm and familiar slice of Turkish classical music – think Zeki Müren and Müzeyyen Senar – interspersed with psychedelic guitar riffs in the middle.

One of the album's standout tracks is *Dünya Kalesi* [World Calash]. Reverberant electric guitar and hypnotic drum beats throb in the background as

Gaye sings this modern *Türkü* (folk song). Calash is an old world for an open-top carriage, the metaphor befitting a song about how we perceive those different to ourselves. Slice us open and we are all the same: "I am Roma, I am Armenian, Turkish, Kurdish, Ah does it matter? I am a blue apple, What would it matter?"

Surf music comes to the fore in *Eski Tüfek* [An Old Hand], a romantic, upbeat ditty that opens with a gong. Its Western-meets Anadolu rockabilly vibe is the perfect foil for spacechick Gaye's sultry vocals.

There is never a dull moment on this strange and blissfully original album. Gaye calls it "*Turkish art rock*". It is, for sure, the freshest sound to come out of Turkey. *Hologram İmparatorluğu* is released on Glitterbeat Records. Look out for Gaye playing in London later this year.



## BaBa ZuLa's XX captures sonic adventures of the past

BaBa ZuLa's ninth album celebrates their 20th anniversary with a neon blue cover of a naked electric saz-playing woman bearing an X on each nipple. It's a twin disc 'Best Of' with a difference: instead of repackaging old material, the band have dug into their archives to deliver unreleased remixes, live track versions, re-recordings, and collaborative dub re-creations of 28 essential tracks, from Cecom and Biz Size Aşık Olduk (both 2002) to Özgür Ruh (2005), and a slew of songs from their last album Do Not Obey / 34 Oto Sanayi (2014).

Collaborators include Sly & Robbie, Mad Professor, Dr. Das, Turkish opera singer Semiha Berksoy, and Can drummer Jaki Liebezeit. The kaleidoscopic sound has delicious layers of Turkish psychedelic rock, Anatolian folk music, Krautrock, electronica, reggae and lots of experimentation. Hear the electric saz, oud and guitar, alongside their acoustic relatives, peppered with rich percussion including darbuka, bender, cymbals and spoons, and effects (synths and assorted electronic machines). XX is out now on Glitterbeat Records.



# Reviews

## Food



### **Yosma. Baker Street, London W1**

By Zeren Wilson

"I'm going to Yosma tonight", I tell my Turkish Cypriot mum. She raises an eyebrow and lets me know that the translation of *yosma* can mean a 'flirt', 'coquette', and more insinuatingly, 'scarlet woman'.

Yosma, a big site in the middle of Baker Street, is owned by Levent Büyükgur and Sanjay Nandi of the Good Food Society. Bringing on board Hus Vedat (British Turkish Cypriot) as Executive Chef, the team are raising the profile of Turkish food in the capital. Hus has a solid background – *Ceviche* and Jamie Oliver's *Barbecoa* – and has received critical acclaim from the likes of Fay Maschler in *The Evening Standard*.

Attention to detail at this self-styled '*mangal, meyhane and rakı bar*' is shown from the very start: beautifully-plated *pancar* (pit roasted golden beetroot), home-cured beef *pastırma*, and a refreshing *levrek* (seabass) carpaccio with a perky dressing of grapefruit, fennel, lime and green chilli. The large mangal is put to excellent use with superior versions of *Ali Nazik*, *kuzu* (lamb) *kaburga*, and barbecued daily fish.

They have taken the humble *mantı* and thrust it into the limelight: lamb neck and scrag filling in dumplings, doused with yoghurt sauce, chilli oil and mint – it's a star dish. A clay oven pumps out *börek* filled with spinach, feta, pine nuts and mint, as well as Antakya *durum köfte* kebab, and *tepsi kebab* served with pit-roasted onion, charred tomato and *sivri biber*.

Turkish wine is also having a 'moment': the big burly red *Vourla* (Urla Winery), Pasaeli's Papaskarasi, and the aromatic Muscat (Prodom Misket). Or pile into Yosma's extensive *rakı* selection. Its strength lies in re-styling classic Turkish dishes, and modernising the way a Turkish restaurant is presented to a UK audience. Şerefe! [www.yosma.london](http://www.yosma.london)

## Leisure



### **The Queen's House, Greenwich.**

By Muhsin Mustafa

To celebrate its 400th anniversary, the Queen's House has re-opened, featuring new artwork by Turner Prize winner Richard Wright.

The 17th-century building, originally designed in 1616 for Anne of Denmark (wife of James I) in the grounds of Greenwich Palace, is the birth place of Henry VIII and his daughters Mary and Elizabeth.

James I gave the land to his Danish queen in apology for losing his temper after she accidentally shot his favourite dog, Jewel. After calming down, he sent her a diamond worth £2,000 and later commissioned architect Inigo Jones to build a house where the incident took place – the Queen's House.

Anne died three years later, and the Queen's House was given to Henrietta Maria, wife of Charles I, who became the first queen to live there.

Highlights of this – the first-ever British building to be designed in the Classical style and a landmark commission for the young Inigo Jones – are the Tulip Stairs, the Great Hall and the Queen's Presence Chamber with its fabulous painted ceiling. It also houses a very famous painting – *The Armada Portrait of Elizabeth I* – recently acquired for the nation from Sir Francis Drake's descendants.

Richard Wright became the first artist to work on the Queen's House in almost 400 years. His artwork comprises a gold leaf, ornamental design on the Great Hall ceiling.

The Queen's House is a must-see for anyone interested in history, architecture and art. Over 400 paintings and artworks are on display, including some by Canaletto, William Hogarth, Peter Lely, and L.S. Lowry; also Orazio Gentileschi's *Joseph and Potiphar's Wife*, on show for the first time since the 1650s. [www.rmg.co.uk](http://www.rmg.co.uk)

## Music



### **Orhan Pamuk's The Red Haired Woman**

By Mergim Ozdamar

When Orhan Pamuk's name is mentioned Turkey, Turkish Literature, the Nobel Prize, the East and West, history and politics all come to mind. Translated by Ekin Oklap, *The Red Haired Woman* is an exciting journey into the unknown with its multi-layered structure and originality.

Pamuk puts the 'father' figure at the centre of his latest novel. Cem Çelik is the teenage son of a leftist in 80s Turkey who starves his son of affection, leaving Cem constantly disappointed. After his father finally leaves home, Cem goes to Öngören to dig a well with Master Mahmut, resulting in a struggle for Cem to assert his independence under the 'authority' of a father figure he so craves.

We see the world of a young boy with Oedipal instincts. The well is a great symbol here: the deeper they dig, the more they plumb the depths of Cem's subconscious and his fascination with patricide.

Pamuk hints at the current secular-conservative divide in Turkey, when during Cem's trip to Iran the question "*Will Turkey become like Iran?*" arises. He also criticises wealthy Westernised Turks who "*forget to be themselves*".

Turkish politics apart, what made me enjoy the novel was the Eastern mysticism, which Pamuk presents alongside Western narratives, demanding both are equally appreciated. And finally we meet the mysterious red-haired woman.

Interweaving contrasting values and ideologies through great imagery, symbolism and representations from the literature of ancient worlds, *The Red-Haired Woman* is a profound pronouncement on the importance of balance: East and West, individualism and authoritarianism.



# Classics

## Gaye Su Akyol's Turkish Classics

*Avant-garde singer Gaye Su Akyol shows her love of all things experimental with her choice of Turkish classics.*

### Music



#### Mesafeler

Erkin Koray, Istanbul Plak, 1973

Psychedelia, Punk, Anatolian Pop, Arabesque, Rock and Turkish traditional music all come together for the making of this precious album. For me, Mesafeler is one of the most important albums in Turkish rock music history of all time. Erkin Koray's revolutionary music vision was not just a great influence on Turkish music, but also Rock music around the world.

### Book



#### Paraboller

Ferit Edgü, 2007

Edgü's experimental style made him a leading light and reformer of Turkish literature. His minimal use of words and the melodic form of his writing are really exciting. This book, written sometime between 1956 and 1959, was thought lost, but then found and published in 2007. His synesthetic poems make my brain hear the voices and see the colours of his words.

### Film



#### Sevmek Zamanı

Dir. Metin Erksan, 1965

This film is such a great inspiration for symbolic art. It reminds me of Luchino Visconti's Death in Venice (1971) and the metaphoric language of David Lynch's films, but Sevmek Zamanı predates both of these. A man falls in love with a girl's photograph, but he is not interested in the girl. The scenes and the dialogue are so psychedelic, as if they are from a dream or an illusion.

## Mem Ferda's British Classics

*A mix of contemporary and older works forms the British classics choices for Hollywood actor and producer Mem Ferda.*

### Music

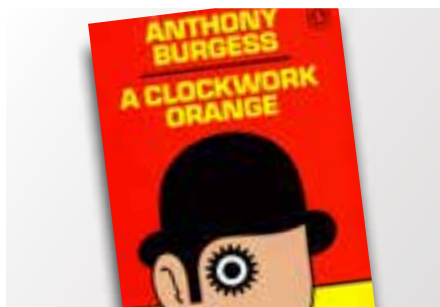


#### X

Ed Sheeran, 2014, Asylum Atlantic

I really enjoy Ed's music and find it very relaxing. He has a very distinguished sound and I particularly like his heart-warming acoustic guitar ballads. I'm an irresistible romantic and, as a teenager, I used to write songs and play acoustic guitar too, so Ed's music and style suit me perfectly. My favourite tracks from this album are: Photograph, The Man, and One. I also really like his recent single Shape of You.

### Book



#### A Clockwork Orange

Anthony Burgess, 1962

This story, set in a dystopian near-future Britain, left a profound impression on me. It was by far the most insightful book I had read. I loved Burgess' originality, mixing Cockney rhyming slang with Slavic words, and his own invented words. Most of all I liked its moral themes: the individual against the state, the punishment of young offenders, youth gangs, and other social and economic problems, which are just as relevant today.

### Film



#### Kes

Dir. Ken Loach, 1970

I was thrilled by Kes – one of the first feature films I saw on the big screen. Billy Casper, aged 15, is bullied by his half-brother, abused by his teachers and schoolmates, and told he has 'no hope in life'. He strikes up a friendship with a kestrel and develops an interest in falconry. Kes forces young audiences to question the importance of not alienating each other because of differences, and their relationships with people and wildlife.

This issue's weird and wonderful photos come courtesy of YeniDüzen's web editor Ülviye Akın Uysal, taken in North Cyprus.



*'Hello you' – wild Karpaz donkey*



*Hanging gardens of Girne*



*Blue shoe*



*Tree, Street art, Old Lefkoşa*



*Who has the key? Street art, Old Lefkoşa*



*Friendship, Old Lefkoşa*

## Propa Turkish

### The big ol' snip, snip

*Eray & Koray*



There's nothing worse than being forced to host a party when you're not in the mood. Especially when it means watching people celebrate the fact that you have just had the snip!

Two hundred people dancing, eating and having a good time while you sit there dressed as a camp, flamboyant little soldier, struggling to walk let alone sit down.

Why do we Turks see this experience as an excuse to invite hundreds of people to a hall, feed them a three-course meal

and turn it into the 'party of the year'? It's like a wedding without the bride and groom.

Having a sünnet should be a private affair that goes under the radar, not a public spectacle with you paraded around the köy on a donkey! Or on a golden throne in north or southeast London.

Ps. How much money does a sünnetçi actually make?.... Not much, but they get to keep the tips! (you can have that one for free).



# - MY - WORLD



Turkish Garden of Paradise, Hampton Court

An international landscape architect and multi-award winning garden designer, Nilüfer Daniş has brought the essence of Turkish gardens to Britain. In 2015, she designed the first-ever Turkish show garden at the prestigious Hampton Court Palace Flower Show, winning a gold medal in the process. She talks to T-VINE about turning the world green and sustainable.

## Nilüfer Daniş

### **Tell us about your family roots**

I am from Çorlu, Tekirdağ, but I have been living in London for over 16 years now. I have two brothers and one sister. I am the youngest in the family.

### **How did you get into this profession?**

I was always good at maths and art as a student. My school careers adviser told me to pursue architecture. However my sister suggested landscape architecture as she read about this popular new career. I thought “That sounds more exciting and colourful”, because I love nature. After studying landscape architecture I realised what a great choice I had made, as I can have more impact on people’s lives on a bigger scale, especially with global warming issues these days. We need more landscape architects to make the world a greener and healthier space.

### **So what’s the difference between a landscape architect and a landscape gardener?**

Although there is overlap between the two disciplines, a landscape architect has more formal training and a broader range of capabilities than a garden or landscape designer.





Garden or landscape designers just need to complete one year at college. They are not required to be licensed, nor are they regulated. However garden designers tend to have more training in planting design, best horticultural practises and plant identification. They fall somewhere in the middle between landscape architects and horticulturists, and typically work on residential projects.

### ***What would you say are the key ingredients to making a successful, sustainable garden?***

The first step is to understand a client's needs and how they would like to use the space. The second is their budget, and the third is educating your client about the importance of sustainability and how we can achieve that in their space. Generally speaking, sustainable gardens cost less than non-sustainable ones and they are more interesting too. These rules apply to both large and small spaces.



*Commonwealth Park, Gibraltar*

### ***How do you find inner London living?***

There are impressive sustainability efforts in London, with many parks and green spaces, use of renewable resources, recycling, local city farms and allotments etc. The government and local councils are forcing architects, urban designers, landscape architects and housing developers to create more sustainable and green spaces, and to reduce carbon footprints with planning guidelines.

However, more could be done to create fewer hard landscapes and impermeable surfaces by ensuring project budgets are sufficient to create healthy green spaces, rather than just providing a grass area with poor planting because developers have spent all their money on luxury doors and windows, but nothing for proper landscaping outside. All housing developers should produce high quality, sustainable public spaces with increased numbers of species and water features, rather than just throwing up blocks of flats without consideration for the public and the environment.

### ***Do you have a signature style?***

My approach in design is modern and minimalistic. I believe that we create environments for people and each place should have its own character, style and soul which suits its users, rather than just having designers' signatures on them. At the end of the day, the people who use the space are the owners: they will live there, not the designers.

### ***Which of your awards has given you the most satisfaction?***

In 2015, I created a *Turkish Garden of Paradise* at Hampton Court Flower Show, which won a gold medal and also the Best World Garden award. It was my third show there and I was over the moon. I love all my show gardens as they all have different characters and beauty, and have all been awarded a gold medal by the Royal Horticultural Society. However I had a deeper connection the *Turkish Garden of Paradise* given my roots. It represented rich Turkish culture and flora, which will encourage people to visit Turkey as a horticultural destination. Last year, my Green Oasis Garden at EXPO 2016 Antalya was awarded the Innovative Garden Special Prize. It was my first project and first award in my motherland. I was honoured.

To get a license to practice, an applicant must have an accredited degree in Landscape Architecture and have worked the required amount of years alongside a registered Landscape Architect. They also have to pass a chartered exam set by the Landscape Institute to practice in Britain. These credentials allow them, among other things, to identify and resolve complex grading and drainage problems, have expertise in construction methods and materials, and understand plant materials in the context of local eco-systems. Their knowledge equips them to work on complex projects.



Green Oasis Garden, Antalya

### **Do you have any favourite projects?**

Well, I have a long list here then... I love all the projects I have done since I formed Lotus Design Studio. I put my heart and my soul into my work to create high quality gardens and landscapes to give my clients maximum satisfaction. Some have had a big impact on my life, increasing my professional confidence and helping me to believe in myself because my hard work is being noticed, valued and appreciated. Some of my most significant projects include:

- *'Our first home, our first garden'* for the Hampton Court Palace Flower Show 2012, was my first design competition, and was awarded Best Show Garden. I was so surprised and happy – I wasn't expecting a result like that. It was designed for a young professional couple and built with a very small budget. I had to be more creative, using reclaimed scaffold boards for walls, steps and decking, and recycled ceramic gravel in the garden, which kept the costs down and also lowered the carbon footprint.
- *The Commonwealth Park in Gibraltar* was the island's first public park, designed for the Gibraltar Government. It was the first time I worked as a lead designer to create a park. During the design process I walked, ran, and felt the space. I basically lived in every corner of the park in my mind before it was built to ensure I didn't miss anything. Fortunately the result was very successful. The Gibraltarians love the park: families come with their picnic baskets, and allow their little babies and children to run through the park. Everybody looked so happy and excited. I was so emotional when I saw that on the opening day. That is the best award that a landscape architect could have.
- For *'Turkish Garden of Paradise'* at the Hampton Court Palace Flower Show 2015, I did a lot of research about early Turkish gardens. It made me realise what fantastic gardening history we used to have. The gardens were shaped by Turks' nomadic lifestyle in Central Asia, who lived in places according to the suitability of the landscape around them, for example near rivers. After accepting Islam in the 10th century, Turkish Sultans developed the idea of 'Gardens of Paradise', which influenced other gardening styles around the world: the Renaissance, Moorish and Roman gardens. The concept for my Turkish garden was based on this amazing heritage, with a modern approach, capturing the essence of these early Turkish gardens and what life means to Turks.
- *The Green Oasis Garden* at EXPO 2016 Antalya, Turkey, is based on a 'Green City' concept that covers 1045m<sup>2</sup>. It was awarded The Innovative Garden Special Prize, and is a permanent space that's open to the public. The design aimed to demonstrate the value of 'living green' and encourage investment in sustainable green spaces, and provide ideas for city designers, planners and homeowners, showing how to make our cities truly green. The garden includes 21 trees, water fountains, a green roof, a rain garden, a pool, permeable pathways, solar panels, sculptures, a planted table and insect hotels. Its key features aim to lessen the urban heat island effect/global warming, capture air pollutants, produce oxygen, save energy, and promote biodiversity. I hope we will see more projects like this in Turkey and elsewhere.

### **Given the country's construction boom, is there enough emphasis on green living in Turkey?**

It is a very good question. Unfortunately I can't say that Turkey has an efficient strategy for green living. It is hard to find green spaces in the cities to breathe and relax. The government and the Landscape Institute should work harder to make developers, architects and landscape architects create more green and sustainable spaces with low carbon footprints, and have strict guidelines, like in the UK, to pass planning before the construction phase begins.

### **Which gardens and human-made landscapes do you love most?**

I really love High Line Park in New York and Queen Elizabeth Olympic Park in Stratford, London. They successfully made redundant and forgotten spaces alive again, changing the surrounding environment significantly for the better. Queen Elizabeth Olympic Park especially has a high sustainable approach with plenty of trees and meadow planting, which provides a rich biodiversity.

### **What are your interests outside work?**

I love socialising with my friends, discovering new trendy places, going to see plays, musicals, movies, gigs, visiting art exhibitions, walking in beautiful gardens and parks in Britain. Travelling is my most favourite thing – it is great to escape and get to know the world better, and enjoy diverse cultures.

### **What's the hardest thing about your job, and the best?**

The hardest is preparing design fee proposals for clients. The best thing is seeing my projects when they are completed in real life, rather than on paper, and also seeing the satisfaction on my clients' faces.

### **What space would you love to work on and what would you do with it?**

I would like to design a show garden for the Chelsea Flower Show. I have really good ideas and it needs sponsorship. It would be a Turkish garden. I cannot say more for now (she says smiling).



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# Hus Vedat

ON THE  
RECIPE  
TO  
SUCCESS



**H**us Vedat is a ‘Hackney boy done good’. Along with partners Levent Büyükuğur and Sanjay Nand of The Good Food Society, the 41-year-old Executive Head Chef runs two West End restaurants. In a short space of time Yosma and new venture Hovarda have helped push the boundaries of what we have come to expect of Turkish cuisine.

We meet in Yosma, a cool modern ‘meyhane’ in the heart of Marylebone. Hus is confident and charming, but initially exudes a tough exterior. The armoury soon comes down as in time-honoured fashion we share our Turkish Cypriot credentials. Both our mums are from Baf (Paphos), and Hus’s dad is from Isklele. His maternal *nene* was an “*amazing cook*”, serving up traditional Turkish Cypriot fare such as *bezelya* (peas), *börülce* (black eyed peas), *bulli magari* (chicken macaroni) and *kolokas* (colocasia).

An only child, Hus was born in Hackney. Soon after the family uprooted to Palmers Green where Hus still lives, now married with 9-year-old twins, who determine “*his social life*”.

He was introduced to the food industry at a young age through Seagraves, a traditional butcher’s shop in Wood Green that his parents ran for 35 years before selling it in 2015. From sweeping up saw dust to accompanying uncle to Smithsfields Market, Hus acquired an expert understanding of handling meat early on in life.

“ It was a military operation. There was discipline, organisation and structure ”

After leaving school, he opted for the vocational route, studying Hotel Management and Catering at Brighton University, where he excelled. In Hus’ own words, he was “*self-driven and still thirsty for knowledge*”. Getting a job as a demi chef under Nigel Frost at the Hilton Metropole was a pivotal moment in his life. He was thrust into a huge catering

operation, dealing daily with 3,000 covers as they fed the hotel’s overnight guests and cooked for banquets.

“*It was a military operation*”, explained Hus. “*There was discipline, organisation and structure. The business element has to be tick-tock: ordering, rosters, health and safety. [It was] more clipboard than cooking.*”

He remained at the hotel for three and a half years, where he was promoted to sous chef. Eager to broaden his experience, Hus set off to work in other kitchens, including at Britain’s most expensive restaurant The Fat Duck. It was when he was recruited to head up the kitchen at Caxton Grill, located within St. Ermin’s Hotel, Westminster in 2010 that Hus started to establish his reputation as a chef. Given free rein by the owners, within six months of the restaurant’s opening and Hus’ critically acclaimed modern British menu, the Caxton Grill received two AA Rosettes and a mention in the Michelin Guide.

After a little over three years, Hus moved on again, and while mulling over plans to open his own restaurant, “*kismet*” came knocking with a “*monster opportunity*”.



Hus Vedat (centre) with partners Levent Büyükuğur (right) and Sanjay Nand of The Good Food Society





# YOSMA

Jamie Oliver asked Hus to run his Barbecoa Steakhouse in St Paul's, allowing his meat-handling talents to come to the fore. Boasting 220 covers, the American diner regularly served 1,000 people a day. Hus' association with a celebrity chef helped open other doors.

He left Barbecoa to join forces with another pioneering chef, Peruvian Martin Morales. The South American was making major culinary waves at the time, and during his brief stint as Group Executive Chef they added a third restaurant (Ceviche Old Street) to award-winning Ceviche Soho and Andina. Morales' ability to take classic Peruvian dishes and give them a 21st Century makeover got Hus thinking about doing something similar with Turkish food.

Cue a chance meeting with serial restaurant entrepreneur Levent Büyükuğur and City banker-turned-investor Sanjay Nand. The pair were keen to add a Turkish eatery to their London portfolio, which includes high-end Italian diner Frescobaldi. An *Istanbullu*, Levent was confident a Turkish *meyhane* (tavern) concept would work in the British capital. The

trick was which elements to keep and which to dispense with.

*"People get stuck with the old traditions, like fasıl (music). Yes, we love the meyhane in the backstreets of Beyoğlu, but that won't translate to London,"* Hus explained.

“ The name ‘yosma’ means flirty, free-spirited and confident ”

Pointing to the spacious restaurant's contemporary monochrome décor and pink marble tops with cool illustrations on the walls, including one of psychedelic rock band BaBa ZuLa, he proudly states, *"This is a modern meyhane. The name 'yosma' means flirty, free-spirited and confident."*

Yosma doesn't do döner or lahmacun, and those expecting traditional Anatolian fare of the North London variety will be disappointed – as some online reviews from Turkish diners

show. But for those of us after a culinary evolution in a cool cosmopolitan setting, Yosma is a delight. This upmarket raki bar-cum-mangal eatery with chilled dance beats playing in the background offers a twist on well-known recipes. As he's remarked elsewhere, Hus treats *"fire as an extra ingredient"* reflected in his delicate charring of octopus and the smoking of key Turkish ingredients like aubergine. Foodies, be prepared for tantalisingly fresh flavours!

Modernising palettes has continued in Hus' second enterprise Hovarda (which means 'rogue') in Soho, which opened in November last year. Fashioned on Aegean (Greek-Turkish) fusion culture, the menu again reworks classic dishes, from crab-filled *börek*s to *fırın* kebab (*kleftiko*), which comes not as a whole leg, but as various cuts of lamb.

Hus Vedat's Turkish heritage, his love of food (check out his Instagram profile for evidence) and early lessons in business have clearly helped chart his path to success. He's setting the bar high – about time someone in the community did!

*Article by İpek Özerim. See Zeren Wilson's review of Yosma on page 17.*



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# Soner Sabriler begs Haringey Council: "Please don't let me die here"

A man with severe mobility problems and heart disease is pleading with his local authority to rehouse him before bad health kills him. 62-year-old Soner Sabriler contacted T-VINE to say he was hospitalised again after another heart attack – his sixth in as many months – and fears he will die before Haringey finds him suitable accommodation:

"If [Haringey Council] don't sort out my housing soon, they will be carrying me out in a coffin. I don't know how much more my body can take. Please don't let me die here," Mr Sabriler implored T-VINE's editor Ipek Özerim.

Mr Sabriler was rushed to North Middlesex Hospital on 23 April, after experiencing breathlessness and chest pains while visiting his GP, Dr Gor. Doctors say his heart attacks are brought on by a lack of exercise and stress.

He is currently a virtual prisoner in a first floor flat in Harringay, North London. His local council is unable to make essential mobility adaptations to the building, as Mr Sabriler is a private tenant and does not own his home. He has been on Haringey's waiting list for four years, but an acute shortage of social housing means the Sabrilers must stay in their two-bedroom home, where Mrs Sabriler and their 16-year-old daughter share a bed.

Originally from North Cyprus, Mr Sabriler used to be a driver, but chronic back problems caused by a slipped disc ruled this out. Multiple spinal operations have reduced his mobility: he currently uses morphine and a dozen other drugs.



He told T-VINE: "My back problems mean I can barely stand up. I need two people to help me to get down the stairs and to bring my wheelchair. I can't always find neighbours to help my wife, who now suffers from arthritis. There's been times when I've been unable to leave the flat for weeks.

"I feel like a prisoner trapped in the flat. No fresh air or daily exercise, just me and four walls. The lack of activity means my arteries get clogged, and the stress of

having no independence is driving me crazy. No one should have to live like this. We've told Haringey Council and even my GP has written saying that my current home is 'unsuitable', but still we are stuck here".

The family visited Haringey Councillor Zena Brabazon in April, who has promised to act on their behalf, liaising with Homes for Haringey – the council's external management agency for social housing.

## Lib Dem peer raises rights of Turkish citizens to remain in Britain

By John Oakes



The rights of Turkish citizens to remain in the UK under the Ankara Agreement (1963) between Turkey and the EEC were raised in the House of Lords on Monday April 30. The issue formed part of a wider discussion around the rights of EU citizens in Britain whose future remains uncertain due to Brexit.

The Liberal Democrat Peer Baroness Smith of Newnham, a Senior Lecturer in International Relations at Cambridge University, put down a motion requesting the Government to "make provision to maintain, preserve and protect the

rights of any citizen of an EU member State who was lawfully resident in the United Kingdom immediately before exit day, and in particular to continue their right to be lawfully resident in the United Kingdom."

Baroness Smith asked her fellow Peers: "What are the Government doing about the rights of Turkish nationals, who also have rights associated with the Ankara Agreement, which of course we are linked to as a member state of the European Union? Once we leave, what rights will those citizens have?"



## T-VINE Columnists

See online for the full articles

**Fevzi Hussein** Hussein calls on British Turks to get stand up to racism, citing the growing threat from the far-right. In an article titled **Community spirit, please step forward...** he writes, "I seek not to oversensationalise this issue. I don't need to. The Muslim community is under threat like it has never been before here in the UK. Many of you will have seen the 'Punish a Muslim Day' letters, sent out to British Muslims urging people 'to attack Muslims on the 3rd April'. It is quite frankly sickening."



**Guest writer Zeynep Nil Suner** pens a piece about the UK government's decision to suspend the right of residents covered by the Ankara Agreement to apply for Indefinite Leave to Remain (ILR): "So here I am, just a month away from my ILR application, having complied with every rule and regulation that the British Government insisted upon as part of this Agreement, being denied the right to apply for ILR, even though this "right" is expressly stated in my Approval of Extension letter, signed and sent by the Home Office."

"I appreciate that situations are ever-changing... Yet one would expect at least a decent level of common sense... on legal matters and decisions made by a government which claims to be one of the oldest and strongest democracies on the planet." Read her full article online in **Ankara Agreement suspension – will you stand by or stand up?**

**Former TRNC Chief Negotiator Ergün Olgun** explains why the discovery of offshore natural gas in the Eastern Mediterranean has meant the Cyprus Issue now transcends the island's borders. But instead of serving as a stimulus for resolving this decades-old problem, he argues "Greek Cypriot greed for hydrocarbons exploration will be the final nail in the rotting coffin of bi-communal federal partnership," in his exclusive article for T-VINE, **Cyprus – unilateralism on hydrocarbons will result in permanent division.**



## A picture tells...

Abdullah Özcan addresses the crowd and media outside Barking Town Hall a few days after his son, 19-year-old Hasan Özcan, was murdered near their East London home on 3 Feb. 2018



Photo © Halil Yetkilioğlu



Photo © David Jensen

Composer Can Atilla takes the applause following the moving performance of his *Gallipoli Symphony - the 57th Regiment* by the Royal Philharmonic Orchestra at Cadogan Hall on 5 April. The concert, part of this year's ANZAC commemoration, was organised by the Yunus Emre Institute and attended by the Duke of Kent, patron of the Commonwealth War Graves Commission, which maintains 50,000 graves on the Gallipoli Peninsula.

## Heard it on the T-VINE...

- Onur Saylak's "raw" human trafficking movie **DAHA** has won **Best Film at the East End Film Festival**. The Turkish actor's directorial debut focuses on a quiet and sullen teenager in a coastal town in Turkey whose life is corrupted by his father's people-smuggling business. Adapted from Hakan Günday's award-winning novel, the film is a brilliant and harrowing portrayal of Europe's refugee crisis.
- When **Vodafone** announced in April it was moving Turkey to 'Roam-further' status, thousands of affected UK customers threatened to ditch the network over the prospect of having to pay a daily fee on top of their monthly plan while in Turkey and North Cyprus. The outcry prompted the telecoms giant to do a U-turn, with a spokesperson telling T-VINE that, "Turkey will remain on the Roam-free list."



40 councillors whose roots hail from North Cyprus or Turkey. A total of 63 candidates from the community were on the ballot papers, standing in 18 different boroughs across the capital and one in St Alban's. Of these, 11 now have Turkish-origin councillors. Separately **Cllr Emina Ibrahim** has been selected as Deputy Leader of Labour-run Haringey Council. Already the vice-chair of Momentum and a member of Labour's powerful National Constitutional Committee, her new appointment makes Ibrahim one of the most senior Turkish-origin politicians in the UK.

- The 3rd May **Local Elections** saw a record number of British Turkish candidates elected: 39 councillors won beating 2014's historic figures of 30. It brings the national total to

- Relatives with loved ones interred at **Tottenham Park Cemetery** have aired their disappointment following the reopening of the burial ground on 19 March. The cemetery was closed in February after Enfield Council and Health and Safety officers inspected and found urgent repairs were needed. While some improvements have been made, the dismal state of the cemetery continues to cause upset.



# President Akıncı repeats “fundamental” parameters of Cyprus Talks

Having been under attack from his own side for supposedly diluting the vital elements of the Turkish Cypriot negotiating position, particularly on the issue of security and Turkey's guarantees, President Mustafa Akıncı has been at pains to stress nothing could be further from the truth.

Speaking at the Akıncılar Festival on 6 May, the TRNC leader claimed his position on the guarantees had been misunderstood and that *“there are many distortions regarding this issue nowadays”*, taking aim at comments from the Greek Cypriot side which seemed to misrepresent the framework established by the UN Secretary General António Guterres on 30 June last year.

President Akıncı also stated it was not possible to reach a solution when Greek Cypriots insisted on *“zero troops, zero guarantees”*, adding, *“Nothing like that exists either in our plan, or in our programme, or in the recommendations of the UN”*. He reiterated that any demands to exclude Turkey from Cyprus' future security arrangements would not be accepted by Turkish Cypriots.

At another event on Monday 14 May, President Akıncı called on both sides to respect the core principles of the talks while adapting to the current realities on the island. He criticised the Greek Cypriot side for constantly seeking to dilute these



principles and distorting his statements.

The president underlined that political equality is of paramount importance to Turkish Cypriots, reflected in a rotating presidency and their effective participation in all aspects of decision-making. He emphasised it was vital that one side did not try to impose its will on the other, and the need to help Turkish Cypriots feel secure.

Responding to statements made by the Greek Cypriot leader Nicos Anastasiades that *“Turkey must give up its provocations*

*in the Eastern Mediterranean, and the Turkish Cypriot side must give up its extreme demands,”* Mr Akıncı said, *“Equality, freedom, and security are not exaggerated demands, but fundamental requirements.”*

He also censured Mr Anastasiades for asserting that the search for natural resources off the coast of Cyprus was the sole prerogative of the authorities in the South. President Akıncı said, *“The riches in the Eastern Mediterranean are common [to both peoples]. They do not belong only to the Greek Cypriots.”*

## Officials seize toxic tomatoes and peppers



Tests conducted by North Cyprus' Department of Agriculture between 27 April and 3 May 2018 found the levels of pesticides used on most imported and home-grown produce to be within legally acceptable levels. However, 6% of produce failed their toxicity tests.

A list issued by the Department of Agriculture showed the pesticide levels of red and green chilli peppers imported by SVS Ticaret Ltd, and tomatoes produced by Mağusa farmer Fatma Gül Aykut to be over the legal limit and deemed harmful for human consumption. As a result, the peppers were seized and destroyed by officials, while Aykut was banned from further harvesting her crops until additional tests were completed.

The produce was tested in the TRNC State Laboratory using standards set by the European Union. Of the 31 batches of imported produce tested, 29 were found to be clean while two were above permitted levels of pesticide use. The produce tested by the lab included apples, pears, carrots, cherries, grapes, strawberries, and peppers imported by eight different companies.

Fourteen batches of fruit and vegetables from twelve different domestic producers were also tested. These included melons, watermelons, fasulya (beans), cucumbers, broccoli, and vine leaves. Only the batch of tomatoes from Fatma Gül Aykut failed.

## News in brief...



Photo © Arnoldius / Wikimedia CC BY SA 2.5

**North Cyprus: 33 electricity prices hikes in 18 years.** On 1 May, the TRNC coalition government announced that electricity prices were again increasing. The increases came into force immediately and will mean utility bills rise between 6.6% and 15.3%. Ahmet Hüdaoglu, head of the state-owned Cyprus Turkish Electricity Board (KIB-TEK) said on average a 100 TL bill would now cost 114 TL. The news was criticised by businesses, trade unions and consumers. Metin Atan, General

Secretary of the Public Workers Union (Kamu-Sen), said many people were already experiencing difficulties given, the plunging value of the Turkish Lira. He added that workers on the minimum wage would also struggle to pay their way.

**Local elections** will take place across North Cyprus on Sunday 24 June to determine the new leaders and councillors for 28 councils. At least seven parties are expected to contest the elections, with the full list of candidates announced on 2 June. Among those definitely standing is Cyprus Turkish Football Federation chairman Hasan Sertoğlu. He is the National Unity Party's (UBP) Mayoral candidate for the capital Lefkoşa.

At least **11 refugees have been found dead off the coast of Karpaz.** On the morning of Monday 14 May, a local villager saw the bodies of two males on a beach in Dipkarpaz and alerted the authorities. A doctor from the neighbouring Yeni Erenköy Health Centre quickly attended the scene and confirmed both men had died, most likely through drowning, their ages



estimated to be 25-30 years old. During the day, more bodies were found along the top part of Karpaz panhandle, thought to be Syrian refugees who had departed from Mersin on a boat that capsized during the journey. Local police investigating the deaths stated that various personal items had also been recovered, such as a wristwatch, mobile phones, cash, identity cards and a passport, all thought to belong to the refugees.



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# Could June elections spell the end of AKP ?



Recep Tayyip Erdoğan broke a pledge he made to the electorate by calling snap elections. On 24 June 2018, the country will head to the polls to decide Turkey's new President and Parliamentarians, more than a year earlier than scheduled. The Turkish leader claims the early elections are vital to dispel the political uncertainty. Citing its military operations in neighbouring Syria and the need to make important decisions on the economy, Erdoğan said it was necessary *"to remove the election issue from our agenda"*.

If successful, he will oversee Turkey's transition from a Parliamentary system to an executive Presidency, which follows last year's referendum that Erdoğan narrowly won. Significantly, the country's biggest cities Istanbul, Ankara and Izmir all voted against the change. Since then, the Justice and Development Party (AKP) leader has forced mayors in Istanbul, Ankara and other towns to step down and be replaced by his own preferred candidates, which has created further tensions in his own party.

In power for 15 years, there is no doubt Erdoğan has transformed Turkey from a relatively poor NATO ally into a major emerging market with significant

clout in global affairs. In recent years though, his term in office has been marked by authoritarianism. After the failed coup attempt of 2016, Turkey has been under a state of emergency, resulting in some 160,000 people being detained and a similar number of civil servants dismissed.

Despite the security crackdown and the difficult campaigning climate for opposition parties, they have good grounds for optimism. Erdoğan is dogged by economic worries: the lack of democracy has scared off foreign investment, while the Turkish lira continues to decline in value, currently worth 6 lira to the pound. Polls suggest his popularity has peaked. Bizarrely, he recently gifted his opponents a new slogan when he declared, *"If one day our nation says 'enough' [tamam], then we will step aside."* Instantly, #TAMAM became a trending topic worldwide on Twitter, with over two million tweets sent telling the Turkish president 'enough'.

The opposition parties seem to be campaigning far more smartly than before. Unlike 2014, each one has put up its own presidential candidate so as not to alienate its support base with an ideologically ill-fitting joint

representative. The idea is to force Erdoğan into a run-off, with everyone getting behind his opponent.

The most likely person for that is Muharrem İnce, who is the candidate for centre-left main opposition party CHP. A popular MP and former teacher, İnce is renowned for his sharp wit and is proving a good match for Erdoğan, while also reaching out to unlikely allies on the left and right of the party. İnce visited Selahattin Demirtaş, the jailed leader of the pro-Kurdish HDP, and demanded he be released until his trial is over. After refusing to admit the HDP into a broad coalition against AKP, Meral Akşener the hawkish leader of the new right wing İyi (Good) Party, has echoed İnce's demand that Demirtaş be freed.

Akşener is also standing for the Presidency and her İyi Party is attracting conservative voters away from AKP and its ally, the nationalist MHP. The smaller faith-based Saadet Party is also chipping away at the discontented pious AKP block. Will it be enough to end Erdoğan and AKP's grip on power? That is the million-dollar question, and it is likely this election will push the incumbent party harder than it's ever been pushed before.

## Modanisa wins award for helping suppliers reach global market

Modanisa.com was named the winner of the E-commerce and Digital Experience Award at the 2018 International Business Excellence Awards. The modest fashion e-tailer beat leading Gulf retail chain Aswaaq and UAE's RAKBank to pick up the prestigious prize at the awards ceremony held at Jumeirah Beach Hotel in Dubai.

CEO Kerim Türe said: *"Winning the IBX E-Commerce Award is fantastic*

*recognition for us. Innovation and investment in technology have been central to Modanisa's growth from an e-commerce start-up into a global marketplace that offers our 500 suppliers endless opportunities."*

The company became Turkey's first shopping website after launching with 50 suppliers in 2011, aiming to give conservatively-dressed women more

choice with on-trend clothes that worked within Islamic dress codes. Today, its supplier numbers are up ten-fold and form a core part of Turkey's thriving modest fashion sector. Emerging labels and manufacturers signing up to Modanisa have instant access to a global customer base with a multi-lingual website that attracts 15 million visitors per month and distributes globally to 120 countries.

## President Trump appoints Dr Oz as health advisor



Dr Mehmet Oz is one of twenty nominees put forward to be Members of the President's Council on Sports, Fitness, and Nutrition for a two-year term. The announcement was made by the White House on 4<sup>th</sup> May. Other advisers on President Trump's list include New England Patriots coach Bill Belichick and former bodybuilder Lou Ferrigno, who became famous for playing the Hulk in the television show *The Incredible Hulk* during the 1970s and '80s.

The President's Sports and Fitness council forms part of the Department of Health and Human Services. According to the HHS website, the council *"engages, educates, and empowers all Americans to adopt a healthy lifestyle that includes regular physical activity and good nutrition."*

Born in Cleveland, Ohio, to Turkish parents in 1960, Dr. Mehmet Oz is a cardiothoracic surgeon and TV

personality whose show Donald Trump appeared on during the 2016 Presidential campaign to discuss his personal health.

Now based in New Jersey, Oz catapulted to fame after regularly appearing as a health expert on The Oprah Winfrey Show for five seasons. He was given his own programme, *The Dr. Oz Show*, in 2009, which is co-produced by Oprah Winfrey's Harpo Productions and Sony Pictures Television, and has an estimated weekly global audience of 15 million.

The physician uses his daily TV talk show to discuss a variety of health topics. Oz has hit controversy before for challenging conventional medical wisdom and the practices of the food and pharmaceutical industries, which he believes have an adverse effect on people's health, or have more effective alternatives.

In 2011, Dr Oz highlighted the toxic levels of arsenic in apple juice. At the time, there were no legal guidelines in America on the use of arsenic in fruit juices, only water. Following the broadcast, the US government's Food and Drug Administration (FDA) said it would continue to research the levels of arsenic in fruit juices and other foods, with a view to implementing limits.

## Swedes confess national meatball dish is actually Turkish



A post on Sweden.se, the country's official website, at the beginning of May stated that its national meatballs dish originates from the Ottoman Empire nearly sent social media into meltdown. The unexpected announcement said the popular Swedish staple köttbullar was introduced to the Scandinavian country by King Charles XII, who had lived in exile in the Ottoman Empire for five years in the early 18th-century,

where he acquired a taste for köfte and brought the recipe back to Sweden when he returned in 1714.

Unlike Turkey's version, 'Swedish meatballs' are usually served in gravy and lingonberry jam, made globally famous by IKEA, Sweden's iconic furniture brand, which serves them in its restaurants worldwide. On hearing the news, one Swede, Örjan, tweeted, "My whole life has been a lie."

## Galatasaray women's basketball team win EuroCup

Leading Turkish female sports club Galatasaray picked up the EuroCup basketball trophy in April after beating rivals Reyer Venezia. The final score over the two legs totalled 155-140 in Galatasaray's favour. The Turkish team lost the return game in Venice 72-65, but

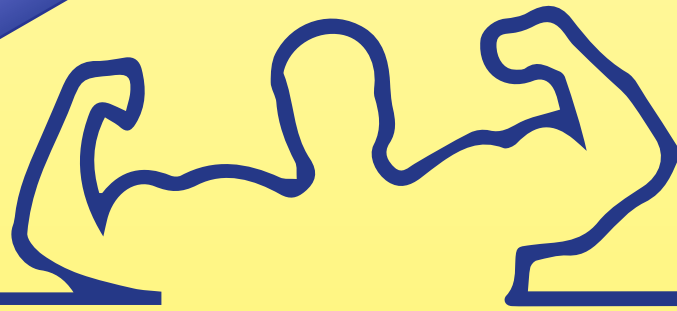


emerged victorious overall after building up a commanding lead with their 90-68 win in Istanbul the week before.

The EuroCup is Galatasaray's third European trophy in the past nine years. They became the first Turkish women's club to win in Europe when they first won the EuroCup in 2009. Five years later they were crowned champions of Europe, winning the Euroleague Women's championship in 2014.



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## BARBECUE TIME!

It's summertime and that means one thing for most Turkish households get the mangal (*aka barbecue grill*) out! Here's our essential guide to outdoor entertaining.





# Plan Ahead to Escape the Winter Blues

**By John Oakes**

*The New Year may seem months away, but it pays to book ahead, ensuring you have a fabulous winter getaway to the sun. We have three special destinations for you.*

Any winter holiday search has to begin with North Cyprus. Get more for your pound at any number of 5-star or smaller hotels. And if you choose the right one, you could find an international pop-concert thrown in for free.

Indeed, the Turkish Republic has established itself as a real mecca for those seeking the high life, with gambling, nightclubs and spas among its specialities. And its drier

north coast even boasts a premier golf course – the Korineum – ideal for small-group golfing holidays, with firm, sunny playing conditions that Brits can only dream about in winter.

The island offers stunning castellated views and seascapes to reward both the walker and the driver, and plentiful monuments to its tempestuous history, such as Kantara, Salamis, Girne and Gazimağusa, its harbour citadel recently restored by

the EU to the condition Leonardo da Vinci once admired.

Temperatures are typical for the Eastern Mediterranean: expect an average of 17 degrees in December and January, with plenty of sunshine to go with it.

*Flights (Pegasus Stansted to Ercan), 7-day stay (27 Dec-2 Jan) Cratos Premium, £698 per person based on two people sharing standard room, Cyprus Paradise*

Lizard Island, Great Barrier Reef, Queensland. © Delaware North Companies c/o Tourism Australia



For the more adventurous, beautiful Barbados beckons: just 21 miles long and 14 miles across, and surrounded by crystal clear turquoise water. Often referred to as “Little England”, having gained independence from Britain back in November 1966, Barbados offers a truly warm and safe Caribbean welcome, unbeatable beaches, and a coaxing sun-soaked climate. And of course, reggae and rum punch.

Barbados boasts practically every holiday theme under the sun, from sailing and fine dining at The Cliff, to swimming, submarine tours of its lavish underwater vistas, surfing, ziplining, fascinating heritage tours, hiking, or simply poolside-lounging.

From Gospel tours to distillery-sampling, Barbados has it; lacking only casino-gambling, which is illegal. If it's a flutter you want, horse-racing at Savannah Garrison will provide your thrills.

The island is world-renowned for big game fishing, with seasoned crews waiting to help you land that elusive marlin or sailfish. It's great all-year weather and immaculate golf-courses, such as Sandy Lane and Royal Westmoreland, are another attraction.

Expect a high level of sophistication and service on this dollar-orientated island, and if you eat flying fish on your first visit, you are bound to return.

*Flights (Virgin Atlantic) from London Gatwick to Barbados & 7-day stay at Ocean Two on the South Coast, £2,255 per person based on two people sharing from Virgin Holidays*

If you've been planning to see friends and family Down Under, the New Year is the ideal time to get away to Australia. Start the year with a bang in Melbourne, on the southern coast, catching one of several dazzling fireworks displays across the city on New Year's Eve. Among the best is Docklands, or take the family for a night-time party and picnic at Footscray Park.

Visitors to Sydney can start the first day of 2019 at one of the city's globally-renowned New Year's Day parties on the beach. Once the hangover has subsided, head up the Gold Coast, in the east, to Byron Bay (a beach paradise, perfect for scuba and surfing), or the stunning 74 Whitsunday Islands (think crystal, aqua blue water, secluded bays, beach camping and bush walking).

One of the wonders of the natural world, the Great Barrier Reef stretches some 1,800 miles, running almost parallel to the Queensland coast, from near the southern coastal town of Bundaberg, up past the northern tip of Cape York. This brilliant marine park is full of vivid coral and unusual sea species, from giant clams to humpback whales, and 1,500 types of tropical fish, providing divers with the most spectacular underwater experience imaginable.

And if driving's your thing, Australia's magnificent scenery and vast open spaces are the perfect ingredients for an epic road journey – those who've sampled a driving holiday often claim they were the 'experiences of a lifetime'. Popular routes include the Great Ocean Road (158 miles from Torquay to Warrnambool, both Victoria) passing the 12 Apostles rock sculptures, Port Campbell National Park and Lorch Ard Gorge. If you have more time, do the 5-day Red Way Centre, a 671 mile journey which starts and ends at Alice Springs, taking you to Uluru (Ayers Rock) and King's Canyon.

The 641-mile, South Eastern Coastal Drive, linking Oz's two most popular cities, Sydney and Melbourne, has all you'd want from a road trip: relaxing coastal towns, enormous national parks teeming with wildlife, and solitary beaches. You're also bound to spot a kangaroo or two.

*Return flights (Singapore Airlines) from London Heathrow to Melbourne International, £934 per person (outbound 24 Dec 2018, return any day 09-15 Jan 2019)*



Cratos Premium Hotel North Cyprus (above) and Apes Hill Golf Course, Barbados (top right)



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After the day's gastronomic opening, head over to see Serhat Baş from Vela Yachting, the proud owner and captain of an impressive and traditional two-masted wooden gulet, docked in Girne harbour. A man made for the water, Serhat calls this boat home, as well as opening it up to visitors who want to spend a day cruising the sparkling Mediterranean Sea. Departing at 10am and returning around 4.30pm, the decked out sailing vessel accommodates an intimate maximum of 26 people,

with the seafaring venture including a home-cooked Turkish Cypriot lunch of salads and mezes, charcoal-grilled sea bream, marinated chicken or lamb, and seasonal fruits, all prepared fresh each morning by Serhat's mother. Dip into the turquoise waters and laze under the shady canvasses, as you spend a glorious morning and afternoon bay-hopping around the Northern Cypriot coastline.

All that sunshine and salty sea air can be tiring. Once you've returned to the harbour, make the short 15 minute car journey to the Acapulco Resort, and take advantage of their recently refurbished, upgraded, and high-end spa facilities. Rivalling any other on the island, the site boasts nineteen luxury wooden treatment rooms, and three hammams each with their own steam room. An extensive array of indulgent services are available to help unwind, relax and beautify, from Indian head massage and a traditional Turkish bath, to a fresh seaweed wrap and chocolate hydro body treatment.



**Acapulco Resort Spa**

After returning to your luxury Green Walnut guesthouse to get ready for the evening's activities, wander over to Bellapais Abbey in time for sunset, for a dose of the rich culture and history to be found in this part of the island. Against the backdrop of a breathtaking sky, you'll discover the ancient ruin of a monastery built by priests in the 13th century, also known as "The Abbey of Peace". If you don't quite make it in time for their opening hours (9am - 7pm in the summer), you can still enjoy from the

outside, what is one of the finest examples of French Gothic architecture from the medieval Eastern Mediterranean, whilst soaking up the sweeping views down over Girne and the Mediterranean Sea.



**Bellapais Abbey**

## A typical day in North Cyprus will always be flanked by two great meals,

with a third often popping up somewhere in the middle. Now a good few hours since your maritime lunch, appetites will be ready to experience what Turkish Cypriots are particularly good at - barbecuing meat. Dökme et in Girne is a grill-house specialising in fresh meat cooked over charcoal and sold by weight. On the menu you'll find kofte, lamb and chicken shish, lamb chops, beef steaks, liver, and much more. As is the tradition, you'll be presented with a tapestry of mezes covering the table before the meat even arrives; don't forget to save room!

To get into the true spirit of things, make like the locals and sip on a cloudy glass of Turkey's national drink with your meal, Raki. Also known as Lion's Milk, this go-to-spirit of Turks and Turkish Cypriots is made from twice-distilled grapes and aniseed, and is mixed with a splash of water before drinking. It's not for the faint-hearted, and don't be surprised if it sparks soulful discussions, joyful celebrations, and the occasional dancing on tables.



Photography and words  
by Leyla Kazim



# An Ottoman history of vaccination

By Dr Egemen Tezcan



*Vaccination, one of the most important medical discoveries in history, is the method of injecting a weakened form of an infection into the body to prevent getting the disease later in life. Our body meets the deactivated form of the virus or bacteria in the vaccination, builds up the immune system against it and is able to fight off the infection if it ever meets it again.*

The first-ever vaccine was for smallpox, a deadly infection once feared across the Earth. It was introduced in 1798 by an English doctor called Edward Jenner. So what did the Turks have to do with this?

I first heard of Edward Jenner from my GCSE biology textbook – a name to memorise along with the other famous scientists who made discoveries. Many years later I came across this name again, but I learned of a few details that weren't mentioned in my textbook. It seemed that when, in 1798, Edward Jenner first described the vaccine for smallpox, people in the Ottoman Empire had already been doing something similar for at least a hundred years.

Lady Mary Wortley Montagu, wife to the English Ambassador to Constantinople, had written letters in 1718 describing social meetings between the Ottoman women, who would bring their children together and by making a scratch on their arms, introduce pus from the smallpox wounds of an infected person. After this procedure, known at the time as 'variola', the child would get a mild version of the disease and then become immune.

Lady Mary, who had already survived a disfiguring attack of smallpox, had her own children variolated in Constantinople and brought this miraculous procedure back home to England. Being an educated lady of high social standing she wrote

about it to the Royal family, which prompted the Princess of Wales to have her children variolated.

So that's the story of how this method of variolation, the intentional spreading of the smallpox virus to healthy people for immunity, spread to Europe. There is evidence to suggest that the Ottomans probably learned this from other civilisations in Africa and Asia, with knowledge of the smallpox virus travelling across the world during the eighteenth century.

Ironically, Edward Jenner himself was variolated against smallpox as a schoolboy in Gloucestershire. The reason that he is credited with the development of the first vaccine is because of his pioneering technique. He realised that you didn't need human smallpox to make somebody immune (the method used in the Ottoman Empire carried a risk of death), as it could be achieved by using a similar version of the disease suffered by cows.

'Cowpox', when injected into the skin of humans, had a much safer record. Jenner observed that milk-maids seldom caught smallpox – perhaps because they usually caught cowpox first. But it was more than just this that sets Jenner apart: he performed scientific studies and wrote research papers about his findings – something the Ottoman doctors failed to do.

A Greek doctor once told me, "We Greeks and Turks do ten things, but write down only one. We must be like the Germans: they do one thing and write it straight down!" He was referring to good documentation, something which struck a chord with me immediately. The work that Jenner did rightfully earned him his celebrated place in medical history, but how many of us knew about the people along the way that contributed to this discovery?

Would the Renaissance have been possible without the Arab scholars who preserved the ancient Greek texts? Hadn't they developed the ideas for centuries before they were translated from Arabic to Latin and studied in Europe? Science and discovery does not happen overnight – it matures slowly over centuries.

The lesson from this piece of history is evident. History is determined by those who write it down. Inquisitive minds must look into every new detail tirelessly, record meticulously and publish with determination. This is the true innovation that has changed the fields of science and medicine in the last few centuries.

We can also take a glimpse into the life of the Ottomans in the 1700s, which mesmerised Orientalists like Lady Mary Wortley Montagu. We see that, even then, Constantinople had access to the latest medical techniques, a lead which is being developed once more in certain fields by Turkish doctors today.

*Dr Egemen Tezcan is a junior doctor working at Luton and Dunstable hospital.*

*Images (LR): Edward Jenner, Ottoman coat of arms, & Lady Mary Wortley Montagu.*



# Wellbeing

## Your guide to vitamins and minerals

By Feriha Ibrahim



*Our bodies need a variety of vitamins and minerals to work properly and stay healthy. These nutrients help turn food into fuel, fortify bones, tissues and eyesight, produce skin, and enable the body to carry out hundreds of other vital functions. Most of our nourishment comes from eating a balanced diet, but there are occasions when we need to take extra vitamin and mineral supplements to maintain a healthy level. Easily accessible supplements over-the-counter make us prone to self-medicate, but without the right supervision, we could be doing ourselves more harm than good.*

Informed by scientific research, the Department of Health put together the Recommended Dietary Allowances (RDAs), which tell us the daily intake of each vitamin and mineral a person needs to stay strong and avoid deficiencies. You can find the RDA guidelines online on the NHS and other good healthcare websites, or ask your local pharmacy. The amount varies according to our age, size and gender. Women who are pregnant or breastfeeding, athletes, young people, those suffering from a chronic illness, or who are aged over 60 often need additional vitamins and minerals. However, too many nutrients can be toxic to the body, so it's good to check the government guidelines for the 'Safe Upper Levels for Vitamins and Minerals'.

Vitamins are organic and plant-based, which means they can be broken down by heat, air, or acid, making them more fragile. Their effectiveness can be impaired through cooking, storage, and even simple exposure to air. Minerals

however, are inorganic: they originate from the earth, but cannot be made by living organisms, so their chemical structure remains intact when they enter our bodies through the plants, fish, animals, and fluids we consume.

We need to feed the body 13 essential vitamins to ensure normal cell function, growth, and development. These help with the release of energy and keep tissues healthy. They maintain our eyes, skin, lungs, gastrointestinal tract, and nervous system in good repair, and also prevent a host of diseases, such as scurvy, blindness and rickets.

There are two types of vitamins, fat-soluble and water-soluble. Fat-soluble vitamins (A, D, E, and K) are absorbed via fat in our diets, enabling them to be stored for later use. Those on a low-fat diet, trying to lose weight or with renal disease and kidney impairments can easily become deficient, but over-consumption could result in toxic levels. Water-soluble vitamins include biotin

(B7), vitamin C, niacin (B3), folic acid (B9), and pantothenic acid (B5). The body can't store these types of vitamins and flushes them out daily, so water-soluble vitamins must be replenished more frequently. The body can also tolerate higher doses of them.

Minerals are split into two groups: macrominerals and trace minerals. As their names suggest, the body needs large doses of the first type, but only tiny amounts of the latter. The human body contains several important minerals: calcium, magnesium, phosphorus, potassium, sodium and sulphur. One of their major tasks is to maintain the proper balance of water and other chemical elements in the body; another is to keep bones healthy, while sulphur helps to stabilize protein structures which form, amongst other things, hair, skin, and nails. Too much of one mineral can create imbalances elsewhere. Magnesium, for example, is important for nerve function, muscles and energy, but excessive amounts can have an adverse impact on the body including the heart.

The quantities needed are minute, but trace minerals such as copper, fluoride, iodine, iron, manganese, and zinc also play a vital role in the body. For example, iron carries oxygen throughout the body, fluoride strengthens bones and wards off tooth decay, zinc helps blood clot and bolsters the immune system, while copper forms enzymes that assist with iron metabolism and the creation of haemoglobin, which carries oxygen in the blood.

Before you start adding supplements to your daily intake of nutrients, review your diet and lifestyle. Are you consuming a range of fruit, vegetables, nuts, pulses, fish and dairy that could naturally feed your body with essential vitamins and minerals? Are you getting enough rest? If not, it's always better to make changes here first. If you still need a boost, talk to your local pharmacist or GP who can guide you on what adjustments to make to improve your health without creating new problems.

**About the author:** Feriha Ibrahim is a fully-qualified pharmacist who, together with her family, runs Woodside Pharmacy – both branches are located in Leytonstone, London E11.



# Ask The Uzman



## Education matters

*Education matters – a student's future career and a teacher's livelihood depend on it. So who would you turn to if your rights as a parent, pupil or teacher were adversely affected by a decision at your local school, college or university?*

T-VINE talks to Match Solicitors – one of the most widely respected education law practices in England and Wales. A top-tier Legal 500 and Chambers & Partners firm with over a decade of experience, their team of specialist education lawyers are considered leaders in their field.

### 1. *If we get lawyers involved, won't that make things worse for my child?*

This is a question we get asked quite often. As a specialist education law firm that has been practicing for over 10 years, we have dealt with almost all universities and many hundreds of schools: often, they have dealt with solicitors before. Whilst it may be that an institution will not be pleased by you instructing lawyers, the reality is that institutions often don't take unrepresented parents or students seriously. A lawyer can help in the event of a stalemate, or work with a helpful institution to finalise an agreement and secure the best provision for your child.

### 2. *Can I afford to employ an education lawyer?*

Costs are not prohibitive and employing an education lawyer can make all the difference to a child's future, or give a student another chance to complete their degree. Ultimately, the decision to instruct an expert is always your own. But in our experience it really can make a difference.

Sadly, a school or university sometimes fails to take your case seriously: it is only when you involve a lawyer that they really take notice. Or, it may be they are breaching their duties towards you or your child, but this has gone unnoticed: again, an expert education lawyer can identify these breaches and achieve a fair resolution. Employing an education lawyer can make all the difference.

### 3. *When's the best time to involve a lawyer?*

Experience shows it is better to seek legal assistance sooner rather than later. At the very least, it will guide how you deal with any issue that arises. There may be procedures that you need to follow, deadlines to meet, or tactics that can be employed. Failure to take the right steps at the right time could end up damaging your case in the future.

### 4. *Can you give examples of "unwinnable" cases that you have won?*

Over the years we have succeeded in many cases that appeared to be very difficult. However, we will always be very honest with our clients and advise them genuinely and objectively as to what we think.

We have successfully appealed Statements of Special Educational Needs (now called Education and Health Care Plans) helping children with special educational needs to secure places paid for by their local authorities at specialist schools costing hundreds of thousands of pounds. We have enabled children to get into the schools of their parents' choice; and secured favourable settlements with independent schools seeking fees from parents.

We have won tough admission appeals cases where the parental grounds were rather limited; and university appeals where students failed to inform the university about circumstances that led them to fail exams, and many, many more.

Even if a case seems a difficult one at first glance, it is still worth showing to a lawyer, as we may find a factual or legal argument that can turn the tide in your favour. This is where experience and knowledge of the sector are crucial.

### 5. *Do you work with teachers and their union reps?*

We have undertaken Employment Law cases where we have liaised with a teacher's union representative, often where that representative is due to accompany the teacher to a hearing where legal representation has not been allowed. The unions do not, in our experience, cover our fees.

We are also extremely specialised in defending teachers being brought before the National College for Teaching and Leadership (NCTL). These cases involve us being instructed by the teacher directly, without union involvement. The importance of such cases to the career and future of a teacher means that preparation is paramount and, often, if the matter does proceed to a hearing, we would look to instruct a barrister to represent the teacher.

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## Ask Your Abla • how can I tell them?

### Dear Abla,

I am a 22-year-old male. I've just moved back home after studying away at university for the past four years and it's doing my head in. The problem is I'm gay and my family doesn't know.

From the outside, I am the archetypal macho Turk: I go to the gym and pump iron, I'm into cars, and I play football. But I'm also into men and I can't find a way to tell my family. They are so traditionally minded, and it would kill my dad to know his son is gay.

I've heard my parents talk about other homosexuals, and their ignorance is shameful and upsetting. They see things in religious terms – that being gay is sinful. Dad's even commented that 'people should be wary having kids around gays in case they are influenced'. My oldest sister and her husband are even worse!

I love them dearly. They've done so much for me, and so I've never pushed back. And also, I've never wanted to attract interest about my own sexuality. I'm still not sure that I want to come out. But I'm also paranoid it will be noticed, and I am so depressed about it all. Please help!

Name & address not supplied

### My dear young man,

Being gay is not a crime! If you feel you are not yet ready to come out, you really don't have to. Speak to someone who you really trust about your feelings. Alternatively, talk to your GP or the LGBT Foundation in total confidence, and they can



steer you in the right direction for additional support.

If you do decide to come out, it may be a good idea to move out of your parents' home until they come to terms with who you are. This will give you the time to find yourself and live your life as a gay man without being afraid. And your family may also surprise you – the fear of losing you permanently may help them overcome their prejudices.

Being gay is now more acceptable in our community. You should find more support from the younger generation of Turks, who will not judge you like the older generation.

You can also contact the Samaritans about your depression: they can listen, explore options and support you through this tough time, so please don't suffer alone.

Pembe Abla x

Pembe Osman is filling in while Yonca Ali is away.

Got a problem? [Email Yonca@t-vine.com](mailto:EmailYonca@t-vine.com) and she will try to answer.

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## Şeftali Kebab



Prep: 30 mins   Cooking Time: 10 mins   Total Time: 40 mins

*This month's recipe is one Naciye Nene would definitely approve of: the super-tasty Şeftali (pronounced shef-ta-lee) kebab that is delicious whether cooked over charcoal during barbeque weather or under the grill.*

Our recipe is taken from Gonul Daniel's new cookbook *The Turkish Kitchen*. She says this popular Cypriot dish evokes fond memories of her mum making the şeftali under a gazebo in their London garden as the children played and her husband stoked the charcoal on the barbeque.

*Banna* (or caul fat) is not a commonly used ingredient, except in haggis. You can find it in any good Turkish continental store and it is worth seeking out, as it adds fantastic flavour and natural juices to the şeftali. If you buy too much, the unused *banna* can be frozen to be used on another occasion.

### Ingredients serves 4:

- 500g lamb mince
- 500g of sheep banna (caul fat)
- 1 onion
- Flat leaf parsley, handful
- 1/2 tsp cinnamon
- 1 tsp salt
- 1/2 tsp pepper
- 1 tsp chilli flakes or fresh chilli

### Sides:

Pide (*pitta bread*)

Çoban (*shepherd's*) salad - cucumber, tomato, onion, and flat leaf parsley

### Preparation:

1. Wash the fresh caul fat in a bowl filled with lukewarm water. If the *banna* is frozen, use boiling water to wash and defrost.
2. Finely chop the onion and flat leaf parsley, and add to the mince.
3. Season the mince with salt, pepper, cinnamon and chilli.
4. Mix the ingredients well with your hands.
5. Roll a handful of the meat mixture in your hands to make a sausage shape about the size of a fat finger. Repeat the process until all the mixture is used and you have a stack of sausages.
6. Stretch out the *banna* on a chopping board so that it is a thin (*single layer*) skin.
7. Taking one mince sausage at a time, wrap in the *banna* until it is fully covered with the skin. Cut off the excess *banna*.
8. Repeat until all the sausages are wrapped.
9. Grill or barbeque them for approximately 10 minutes, turning a few times.
10. Serve with warm pide, sliced cucumber, tomato, onion and flat leaf parsley salad. Afiyet olsun!

Recipe taken from *The Turkish Kitchen* by Gonul Daniels, priced £14.99.

For visual tips on the making of şeftali kebab, see Gonul's clip online: [www.theturkishkitchen.co.uk/seftali](http://www.theturkishkitchen.co.uk/seftali)

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## Personal & Family

### Anniversary

- **Happy 80th birthday** Oktay Hamit. Well done for navigating through 80 years of life! We wish you a fabulous birthday, & many more happy & healthy years ahead. Ipek, Inci, Sajeev, Sini & Suzi.

### Deaths

- **Şenay Firat passed away** peacefully on 3rd May 2018 aged 78. Adored wife of the late Fikri, treasured mother to Fisun, Candan & Mete, a devoted nene to Elif, Kaya, Nalân, Tolga, Daniyal & Pasha, & büyük nene to Keir, she was a source of love, inspiration & laughter for us all.



## Jobs

### Writers needed for T-VINE Magazine

We are expanding our editorial team and are on the lookout for talented British Turkish writers. If you love arts, culture, food, fashion, or film, and have a good writing style, get in touch! Our independently produced magazine needs reviewers to cover the places and activities involving our community. While contributions are voluntary, there are lots of perks too. Interested writers should send an example of a review, along with brief details about themselves to [editorial@t-vine.com](mailto:editorial@t-vine.com), putting 'T VINE New Writers' in the subject line.



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