

# BEYOĞLU

ANATOLIAN IMAM-HATIP HIGH SCHOOL

2017 ISSUE 2





**PUBLISHER**

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**WORKUP**

**ENGLISH CLASS**

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# BEYOGLU ANATOLIAN IMAM HATIP HIGHSCHOOL

Beyoglu Anatolian Imam Hatip High School is one of the most influential high schools in Turkey. The history of Beyoglu Anatolian Imam Hatip High School dates back to 2006. It first started functioning as a branch of Istanbul Anatolian Imam Hatip High School in 2006. Many students were transferred from other imam hatip schools from all over Turkey and officially started functioning as an individual high school in 2007. Since then we have been working constantly to actualize our vision and simultaneously increase our quality. The school is located in Sutluce Beyoglu. Access to the school is open to students with a high Nationwide High School Entrance score. Education consists of a blend of Turkish, Arabic and English curricula.

Our mission is to raise individuals who acquire the knowledge rather than memorizing, who use the knowledge rather than storing it, who are successful not only at examinations, but also at interschool culture, art, sports, science events, who think freely and can express their ideas explicitly, who have an international vision, are committed to local values and open to universal ones, who have acquired a foreign language at the level of conducting scientific studies and who are the bright leaders of the future. At Beyoglu there is a tradition of respecting the elder brothers. The elders protect the younger brothers while the younger ones respect the elders.. After graduation, this relationship continues regardless of age, status or geographic location.



Beyoglu Imam Hatip High School provides for the students with variety of clubs, social, cultural and sportive activities.

## CLUBS

-Music club : The mission of the Music club was to give students the opportunity to exercise their musical talents with other students .

-Drama Club improves our students' self-esteem, ability to work in a group, ability to give a speech and their personal development. It enables our students' to improve their skills and imagination.

## VISUAL ARTS CLUB

The idea behind the Visual Arts Club is to bring together all the students who love painting, photographing, designing, and other artistic skills

-Calligraphy -Marbling Art -Software club

## SPORTIVE ACTIVITIES

Beyoglu Imam Hatip High School students participate in many different sports including basket ball, football, volley ball, lounge football, archery, wrestling, Ping-Pong, badminton, swimming and athletic sports.

## ARCHITECTURE

The building of the school was designed in Seljuk architecture style. The school includes a football field, a basketball field, a mosque and a cafeteria near the main building.



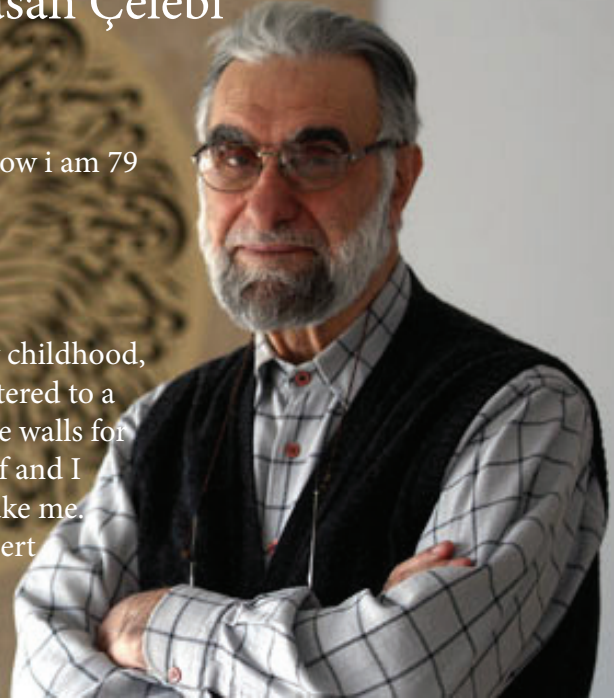
# Interview With Calligrapher Hasan Çelebi

## 1- When did you start writing calligraphy?

I started doing this art when i was 24 years old. Now i am 79 years old, and im still doing it.

## 2- How did you decide to be a calligrapher?

There is no specific reason for that. But from my childhood, I was always fascinated by pen and paper. When I entered to a mosque, I used to inspect the calligraphic texts on the walls for hours. By the time passed, I started to write by myself and I loved doing it. I had no idea where this love would take me. In essence, it was this love that threw me into the desert of calligraphy art.



## 3- Is it necessary to be talented for doing this art?

In my point of view, being talented is not important, I had a lot of students that were unable to write properly in the beginning but just because of their love and hard work, they improve their abil-ity to write calligraphy. So, if you want to be into this art, you must love it and work hard.

## 4- Can you share one of your experiences with us?

Sure. Let me think a bit. Before the rebuild of Marmara İlahiyat Mosque. They asked me to write the verses that will be placed on the dome for the old mosque. But when I went there, I saw that almost half of the work have finished and only the text is missing. But when you are building a mosque, after the construction, you should put the verses first, and then the other details that co-vers the verses. But this time, I saw that they already did them. Which was a problem for me. But I still accepted it and wrote the verses. By the way, when you are going to apply a text to a wall, there is some hard steps you will be facing. And one of them is to prick the edges of each word in the line, which takes a lot of time. But my time was limited and I have just completed 2/3 of the en-tire text. There was no way for me to finish the work in time by myself. So, I told my daughters to take the completed parts of the text to the mosque and do the pricking step so I could finish writing rest of the text.

When I was writing the rest, my daughter called me and said that they have lost the papers. I was shocked and asked her where did they lose the papers. And she told me that they forgot them on the bus. And then I called the transportation authority and explained the situation. And they made an announcement for the all the buses on that line. In the evening, the transportation authorizer called me and said that they have found the bus, but the papers were gone.

So, I wrote the verses again and did the pricking part and went to the mosque. But when we put the text on the wall, I noticed that it was 10 cm longer than it had to be! So, I wrote the verses one more time and pricked the edges and took the papers to the mosque for the last time. And this time, it was all good.

This is a memory that I cannot forget. And if you wonder what happened to the text that turned out to be longer than it had to be, it is now at the Selami Ali Mosque. You can go and see it there.

5- At the present time, number of big artists is so little compared with the past. What's the reason for that?

In 1928 the government dammed up the Islamic Arts and this lasted until 1960s and because of that, people became afraid of doing these arts and most of the existing artists found different jobs and that oppression caused a creation of a gap in the history of Islamic Arts in our country. And one of the artists that are affected from that oppression was my teacher Mr.Halil. He stopped writing calligraphy and got a new job. And I was just in the beginning of this work. And after this happened, I was all alone and I learnt %90 of my knowledge about Islamic Calligraphy art by study-ing and keep trying in patience without any teacher.

Shortly, disappearance of the master and apprentice dual can be shown as a reason for this problem.

6- Do you have a thought in your mind saying "I wish I did that in past" in your art history?

Of course, every artist has this thought about something. For me, I always regret not starting to put a number for my works after finishing them. This came to my mind after I nearly wrote 20 Hi-lyes and since then, I have written 295 Hilyes. Same thing goes for Surat Al-Yasin, I have written 15 of them. Wish I started doing this from my first work.

7- Do you have any advices for those who want to do this art?

If you want to do this art for art and if you really love it from your heart, then do it. But if you have a purpose of earning money or being famous, you won't have good results. Because learning calligraphy is a very long and serious way, to complete in success you have to spend years, you cannot learn it in a short time. My teacher always told me that, "Being good at Islamic Calligraphy Art requires 200 years of experience. 100 for learning, 100 for mastering it" .

His Grandson Hasan Behi Çelebi



# Turkish Culture in Central Asia

## Social Structure

A) Family (Ogush): Family contains mother, father and children. So it was the root of social life among Turks. It's linked to blood relativity. Because of this strength of link they protect their presence even though split up to all over the world.

When boys get married they were given some goods with a tent and they leave the "father-home". Even though the least boy get married he can't leave the home to continue the blood.

When girls get married they can't benefit from heritage because of taking the dowry. And of course this marriages can't happen without permission of the girl.

B) Family Union (Urug): In this union everyone is linked to each other by blood. This Union's purpose is helping each other by social, economical and secular means.

C) Tribe (Boi): The chief of a tribe usually is known by justice and solidarity. Also the chief can provide his tribe's interests by weaponed forces. Thus they have political authority.

D) Union of Tribes-Nation(Bodun): Bodun's can be independent or depend to "The Country" which is sacred among Turks. Bodun is a political union because they bring The Country together.

## Ruling System

The Ruler is the most proper man in the dynasty and he usually called Shan-yu, Tanhu, Hakan, Han Yabgu, Eltabar Idi-kut or Erkin. They believe in Kut so they -think- that the ruling authority comes from Tengri.

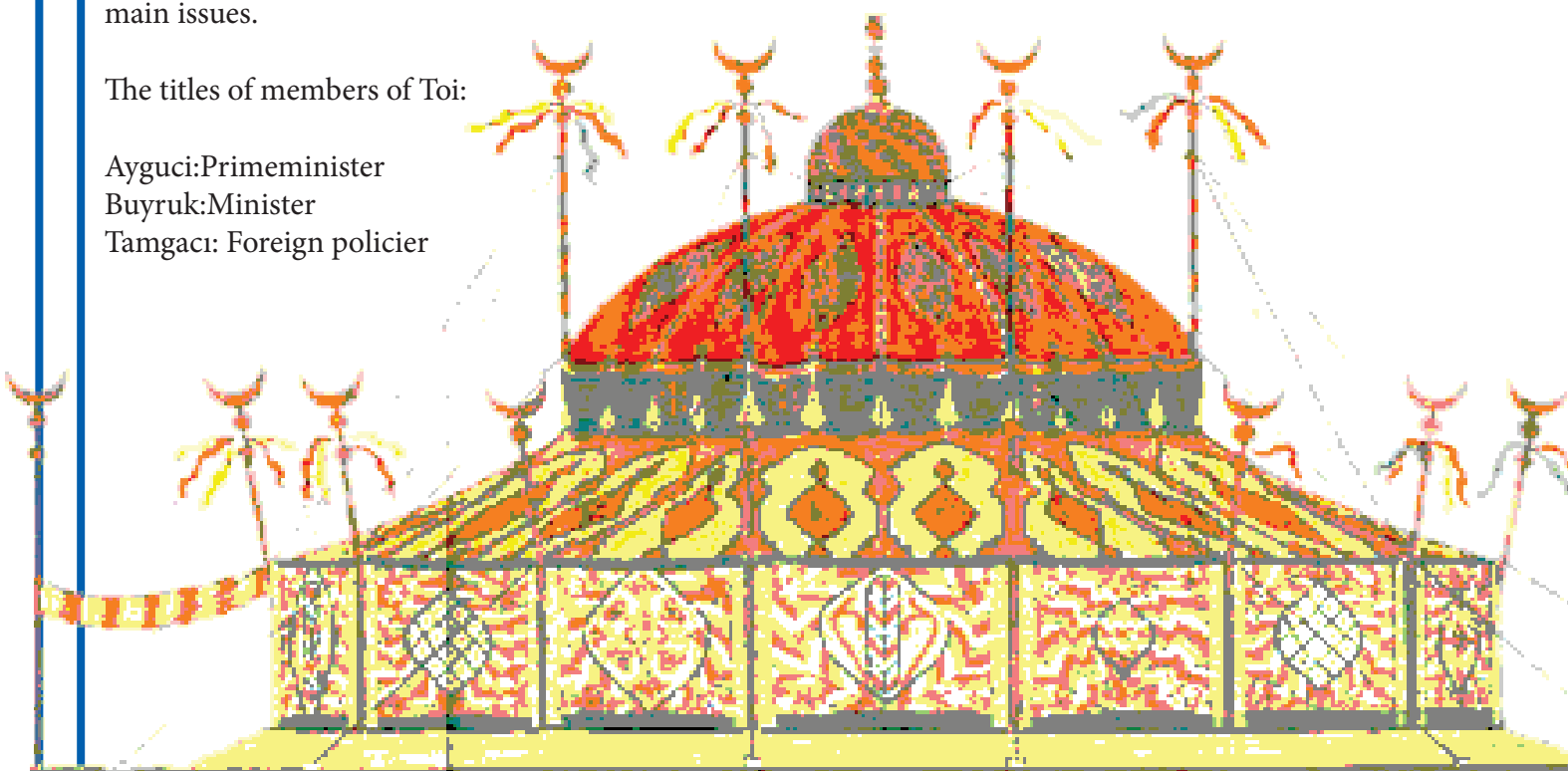
Council and Government: There are some responsibilities of Hakan. One of them is uniting the "Toi". Tois are being united when a ruler die, in time of war or national disaster. People were discussing country's main issues.

The titles of members of Toi:

Ayguci: Primeminister

Buyruk: Minister

Tamgaci: Foreign policier



# Army

"Army nation" mentality is common among Turkish society. Military service was not an occupation. Every person who can fight is a soldier with no discrimination of women-men.

By Asian Hun Emperor Metehan, an organized army was established at the first time in 209 BC. This organizational history of the Turkish army was adopted as the foundation of the Turkish Land Forces. Metehan established decimal system for the Turkish army. In this organization, name of division was included in the literature of the largest contingent of 10,000 people. There are 1,000, 100 and 10 divisions, including the gradual and systematic ones in Central Asia, taking place in a structure, the effect has continued till today.

The army was being commanded by Hakan. When Hakan does not participate in the invasion, his brother or his son takes the command.

The fundamental of the army is cavalries. However there are some pedestrian forces. Soldiers were using arrows, bows, spears, bayonets, swords, shields and javelins. Also Mete Han invented the "whistling arrow". This invention would make enemies lose their motivation.

Turkish fighting system used to depend on movement and swiftness. The horses are basics of this system. The pioneer forces act like defeating and start to retreat to ambush. When they get ambushed they get surrounded. This tactic is called "Turan" , "Hilal" or "Wolf Trap".

## Law and Judgement

There was no written rules but all the people follow the customs(Tore). Who disobeys these rules, get punished by levels. For example, adultery is one of the high-level crime. The person who did was being punished by isolation from Tribe .

Because of nomadism, jail punishments usually takes 10 days and this is a mid-level punishment. Low-level punishment is exclusion from the people.





## Religion and Belief

There were Shamanism, Naturalism and Goktengri beliefs. The most common belief was Goktengri Religion. According to this belief, the Tengri is the most powerful one. It created the world. Because they believe in resurrection they were buried with their horses, belongings and weapons. Heaven is called "Uchmagh" and hell "Tamu". After the burial they were organizing funerals called "Yogh" and they mourn.



## Central Asian Turkish States

Asian Hun Empire (Unknown-5th Century B.C.)

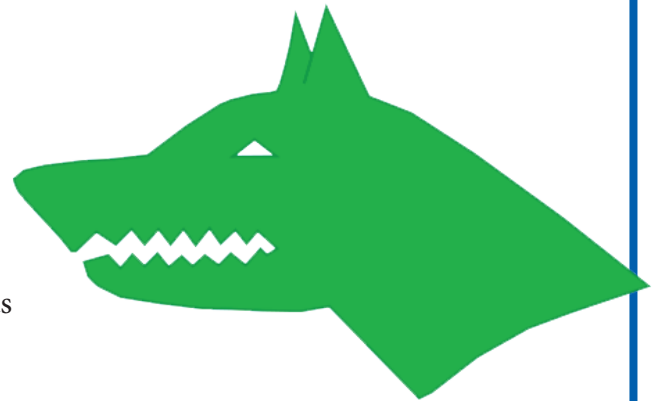
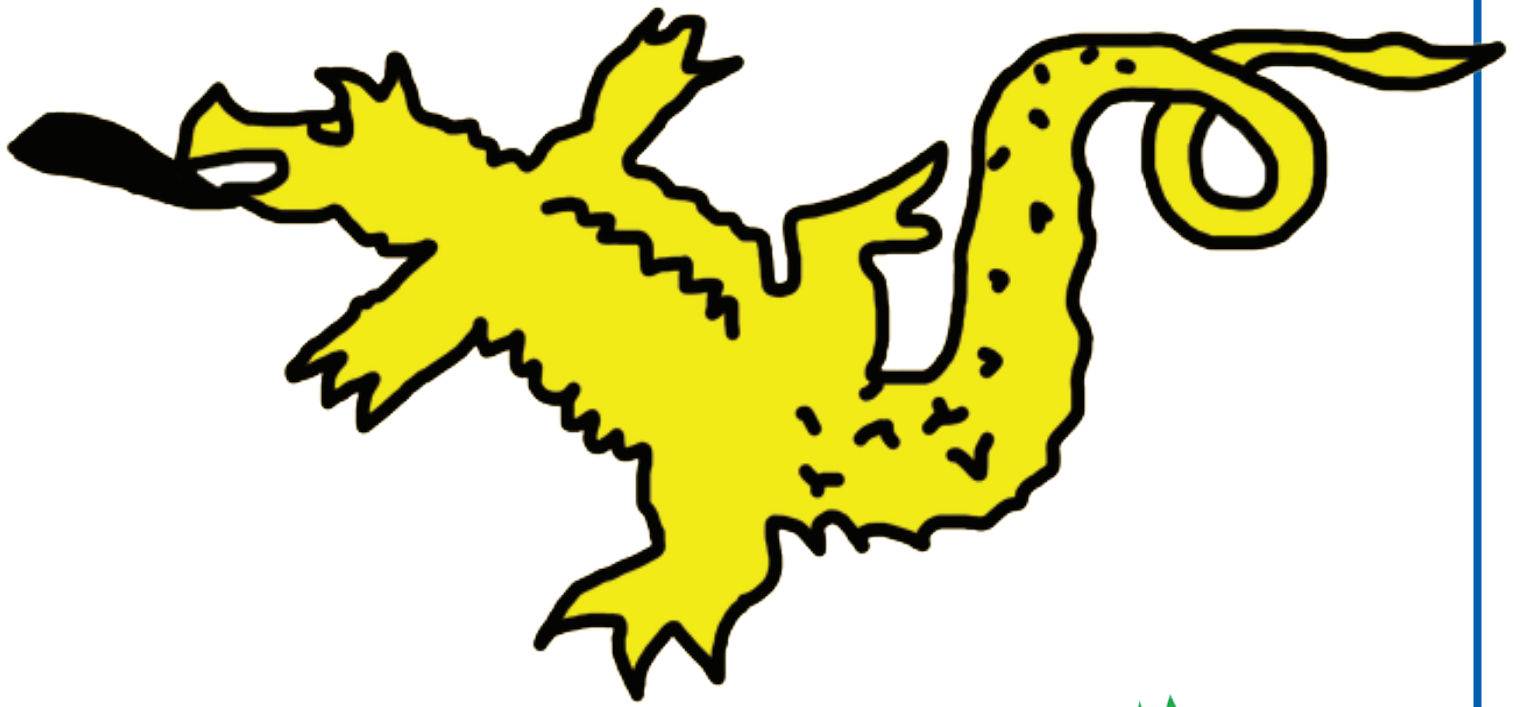
According to Chinese annuals Asian Hun Empire reaches to 1000 B.C..

Huns got stronger in later 3th century B.C. against China. To prevent Turks invasion, China started to build walls to their northern borders. Building walls, as it is now known "The Great Walls of China", was finished in 214 B.C..

Mete Han's main idea was neutralizing the China. Mete Han who forced China to pay annually taxes, married a Chinese princess as a symbol of his greatness. To avoid from assimilation among overpopulation of China, Mete preferred to make a treatment and stay as an ally with China.

After Mete's death Hun Empire got weak. In this period, Turks Bois got wrangled among each other by Chinese propagandas and divided as East and West, after that North and South.





## Gokturk State (552-630)

Gokturk State is the first country which uses name of Turk. Their capital city was in Otuken, and first ruler was Bumin Kaghan.

Istemi Yabgu who ruled West side of the State, started some conquest activities towards West. Against Akhuns, united with Sasanis and shared this state with them. After interference of China to Gokturk's interior, the Country divided into West Gokturks and East Gokturks. East Gokturks entered to Chinese sovereignty in 630 and West Gokturks in 659.

Kutluk State(682-745)

Kutluk State's most powerful era was during government of Kaghan the Wise and his brother Kul Tighin. Vizier Tonyukuk took major part in Kutluk State's politic as a counselor. After Kaghan the Wise's death, chaos began in Kutluk State.

Uyghur State(745-840)

Uyghurs who settled up to Eastern Turkistan, take other Turkish Bois under their sovereignty. Most important feature of Uyghurs is being the first Turkish Country which choose the settled life. Thus the farming, arts and trading are developed in Uyghurs. The temples of Mania are signs of development in architecture.

Uyghurs, accepted Genghis Khan's hegemony in 13th century. After that Mongols gave parts to Turks in important missions. Uyghur Alphabet became Mongol Alphabet.

## NORMAD OLYMPIC GAMES



If you think nomads haven't got a special culture , you are wrong or you haven't watched the World Nomad Games 2016 yet. Yes, they have got different cultures but they are not uneducated or illiterate.

In last September, the second World Nomad Games was organized in Colbanata (Kyrgyzstan). Nine establishments gave financial support to the games and one of these corporations is Turkish Airlines.

Over 1400 athletes and coaches ( I don't even mention about animals which were used.) came from forty countries to participate in competitions.

The games started with three hours program. The opening program included parade where athletes of participating countries exhibited local clothes and dances, Kyrgyz president Almazbek Atambayev's speech , fireworks and live shows also .Besides of many administrators , American artist Steven Seagal joined the program and he was wearing traditional warrior costume.

The games started on the day after the opening program and continued four days. Celestial Mountains in Calbonata where the games were played, offered the beautiful landscape for participants in this four days.

300 Turkish tents and military towers were built in the area where the games were played and the area became a nomad city.

Frankly World Nomad Games were designed to celebrate the nomadic heritage of the Central Asian nations and intended to showcase ethnic sports of Central Asia, featured things you have never heard of, athletes you'll never learn about and sports that sound absolutely terrifying

There were 16 sports with medals up for grabs. These are the ones that are the absolute wildest.



### Cirit:

This Turkish equestrian sport involves teams of riders chasing each other and throwing javelins at each other while on horseback. Yes, seriously.

### Er Enish:

It's wrestling, except you're on a horse. You win by pulling your opponent off their horse.





### Kok-boru:

There's no delicate way to explain Kok-boru. It's horseback basketball using a goat carcass. You win by tossing the dead goat into your opponent's well. It comes from a tradition of beating up wolves that attacked your herd of sheep and throwing a dead wolf to your friends who went wolf hunting with you.



### Ordo:

I watched the entire 14-minute rule video on Ordo and I'm still not sure what Ordo is. It seems like reverse curling. Instead of trying to get your shell in the center of the circle, you're trying to knock your opponents' shells out.



### Traditional Archery:

This has to be the biggest misnomer of the World Nomad Games. They say “traditional,” but really they mean on horseback and also this.

World Nomad Games ended in september. and it was amusing for audiences but the reality is that all of these sports are ludicrously difficult and totally hardcore also athletes were using traditional equipments and dresses.

The games will be organized every two years with the decision of the countries using Turkish language ( Kazakistan , Turkey, Kyrgyzstan,Özbekistan,Azerbycan) and the next World Nomad Games will be held in 2018. Now it's should be on every body's radar.



# JULY 15 COUP ATTEMPT DEMOCRACY TRIUMPHS IN TURKEY

## What happened?

A group within the Turkish army associated with the Fethullah Terrorist Organization (FETO) attempted a coup in Turkey on July 15. On that day many people lost their life because of attacks of this group. The attempt failed spectacularly when Turkish citizens showed a resistance in support of democracy.

## What is FETO:

The Fethullah Terrorist Organization, which is led by US based preacher Fethullah Gülen. FETO is claimed to be a provider of education, and its members, promote themselves as volunteers of education and peace. However, when we look at the organization, they conceal their real identities in Turkey and other relevant countries as they settle into critical state institutions like army, judiciary, security, and intelligence units and bureaucracy with a variety of identities. This situation reveals the actual aim of the organization, which present themselves as the "Hizmet (Service) Movement" in the countries where it operates.



## What is FETO's aim?

It infiltrates the strategic institutions by “seemingly” functioning as a school, educational or cultural center, professional organization or non-governmental organization and with the aim of seizing control of the state. Under their deviant religious ideology, FETO considers it legitimate to engage in all kinds of self-defensive deception, trap and illegal activities to achieve its objectives. With years of confidential training and activities, members of the terrorist organization have gained a level of professionalism beyond the comprehension of ordinary people. Its members operate with a radical “devotion” and see themselves as the “chosen ones” they switch identities and commit all types of illegal acts, including murder if needed.

## What happened on July 15?

On July 15, 2016, a FETO group nesting within the army attempted a coup through force using Turkish fighter jets, tanks and helicopters. The attacks were directly aimed at killing unarmed innocent people. Tanks ploughed over citizens on the streets who were protesting against the coup. FETO bombed the Presidential Palace, parliament, police and public buildings. People on the streets who protested against the coup in Ankara and Istanbul were shot and bombed by fighter jets and choppers. They also tried to assassinate President Recep Tayyip Erdogan. During the coup attempt a total of 179 civilians, 62 policeman and 5 soldiers martyred.





# TIMELINE 15 July



10.00 pm: Soldiers took control of the state broadcaster TRT and General Staff HQ in Ankara as troops seize Istanbul's FSM and Bosphorus Bridges.

11.05 pm: Prime Minister Binali Yıldırım, speaking by the phone to television channels, describes the events as an insurrection.



11.24 pm: An explosion was heard at the Police Center in Golbasi district in Ankara.

11.30 pm: Chief of General Staff Gen. Hulusi Akar was held hostage by coup soldiers.



**16 July**

12.00 am: Security sources said the coup attempt was being conducted by FETO.

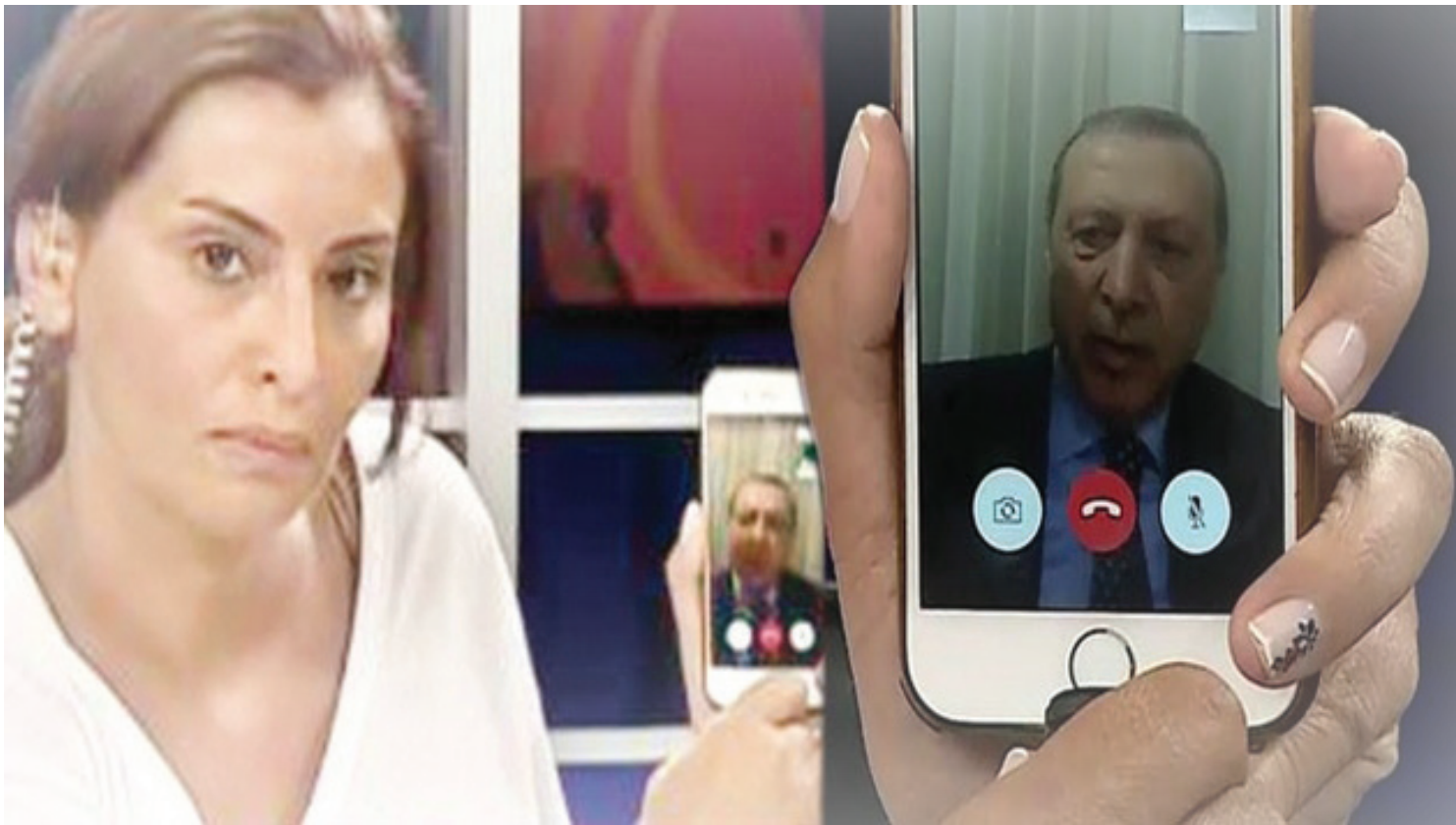
12.01 am: President Recep Tayyip Erdogan left Marmaris for Istanbul Ataturk Airport.

12.09 am: Military helicopters opened fire on MIT Headquarters.





12.13 am: TRT news anchor forced to read a declaration by pro-coup soldiers claiming they had taken control of the nation.



12.26 am: President Erdogan addressed the country via mobile telephone, urging the people to resist the coup attempt and defend democracy.



12.30 am: Turkish citizens took the streets to protest against the coup.





12.57 am: A military helicopter bombed the Turkish satellite agency TURKSAT.

01.00 am: Fighter jets and helicopters attacked the Ankara Police Department.



02.42 am: Parliament was bombed, injuring a number of police officers and staff and damaging the parliament building.

02.49 am: Parliament building was bombed again.





03.20 am: President Erdogan arrived in Istanbul.



04.40 am: Helicopters opened fire on hotel in Marmaris where President Erdogan had stayed before leaving at around midnight.



06.30 am: Soldiers who had occupied Istanbul's Bosphorus Brigade surrender.



06.43 am: Fighter jets operated by FETO dropped two bombs near the Presidential Complex, in front of the Millet Mosque.

06.52 am: 1st Army Commander Gen. Umit Dundar appointed as acting chief of general staff in Gen. Hulusi Akar's absence.



07.10 am: Ministry of Interior confirmed 336 FETO members detained.

08.32 am: Chief of General Staff Gen. Hulusi Akar arrived at Prime Ministry in Ankara.

09.56 am: A total of 1.563 armed FETO members are detained across the country.



10.37 am: PM Yildirim announces that Gen. Akar has resumed duty at Cankaya.

12.57 pm: PM Yildirim arrives at Cankaya Palace and appears at news conference. "The insurrection has been suppressed," he says, adding, "We have 161 martyrs and 440 injured until now." He also announces that 2.839 soldiers are detained.



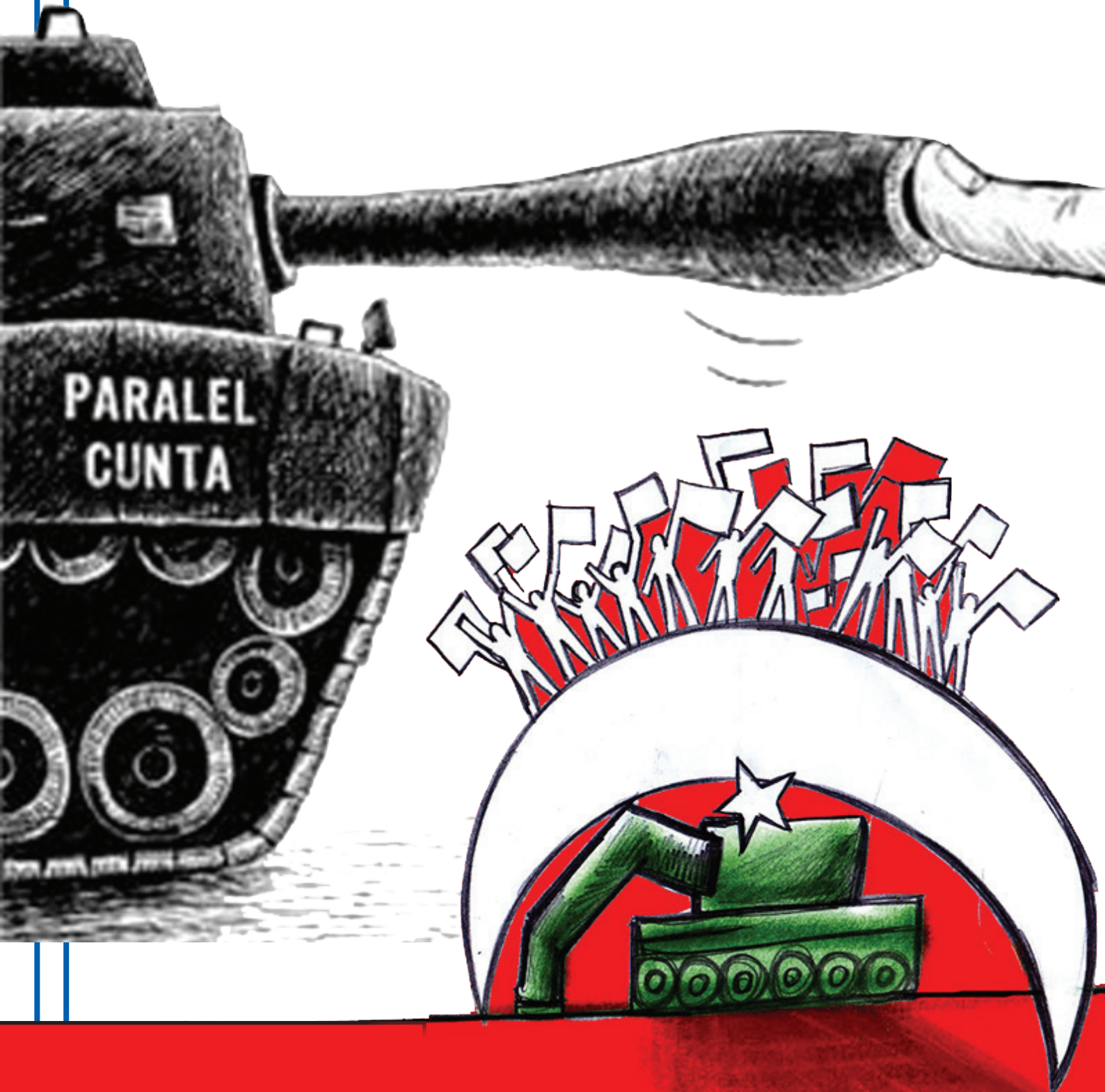


# 7 August





*Thank you hundreds of  
unknown heroes.*



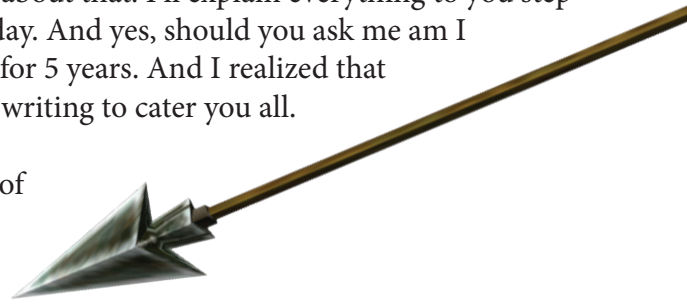


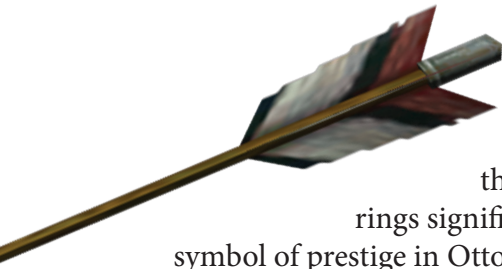
## Archery

Most of the people around the World knows what archery is. Yep, archery is one of the oldest arts practised today. But human being lost his memory about the archery. They don't know where it comes from. Nowadays guns are far more popular than the archery. Maybe that's why we are paying attention on the archery because it replaced by guns. But do not worry about that. I'll explain everything to you step by step. Like the begging of the archery and how it's going today. And yes, should you ask me am I an archer my answer will be yes. I have been doing this sport for 5 years. And I realized that people should know more about the archery. That's why I am writing to cater you all.

First of all, the evolution of archery began at the start of mankind's history, and evidence of ancient archers has been found around the world. Although archery probably dates back to the Stone Age – around 20,000BC – the earliest people known to have regularly used bows and arrows were the Ancient Egyptians, who adopted archery around 3,000BC for hunting and warfare. In China, the earliest evidence of archery dates to the Shang Dynasty – 1766-1027BC. A war chariot of that time carried a three-man team, a driver, a lancer and an archer. During the Zhou (Chou) Dynasty that followed – 1027-256BC – nobles at court attended archery tournaments that were accompanied my music and interspersed with entertainment. When Chinese people introduced Japan to archery in the sixth century it had an overwhelming influence on culture. One of Japan's most well-known martial arts, originally known as "kyujutsu" (the art of the bow), is known as "kyudo" (the way of the bow). Modern kyudo is practised primarily for physical, moral and spiritual development. After certain ritual movements, a kyudo archer steps onto the shooting line to shoot at a target 36cm in diameter, 28 metres away, set in a roofed bank of sand. The kyudo bow is 2.21 metres long and made of laminated strips of bamboo.

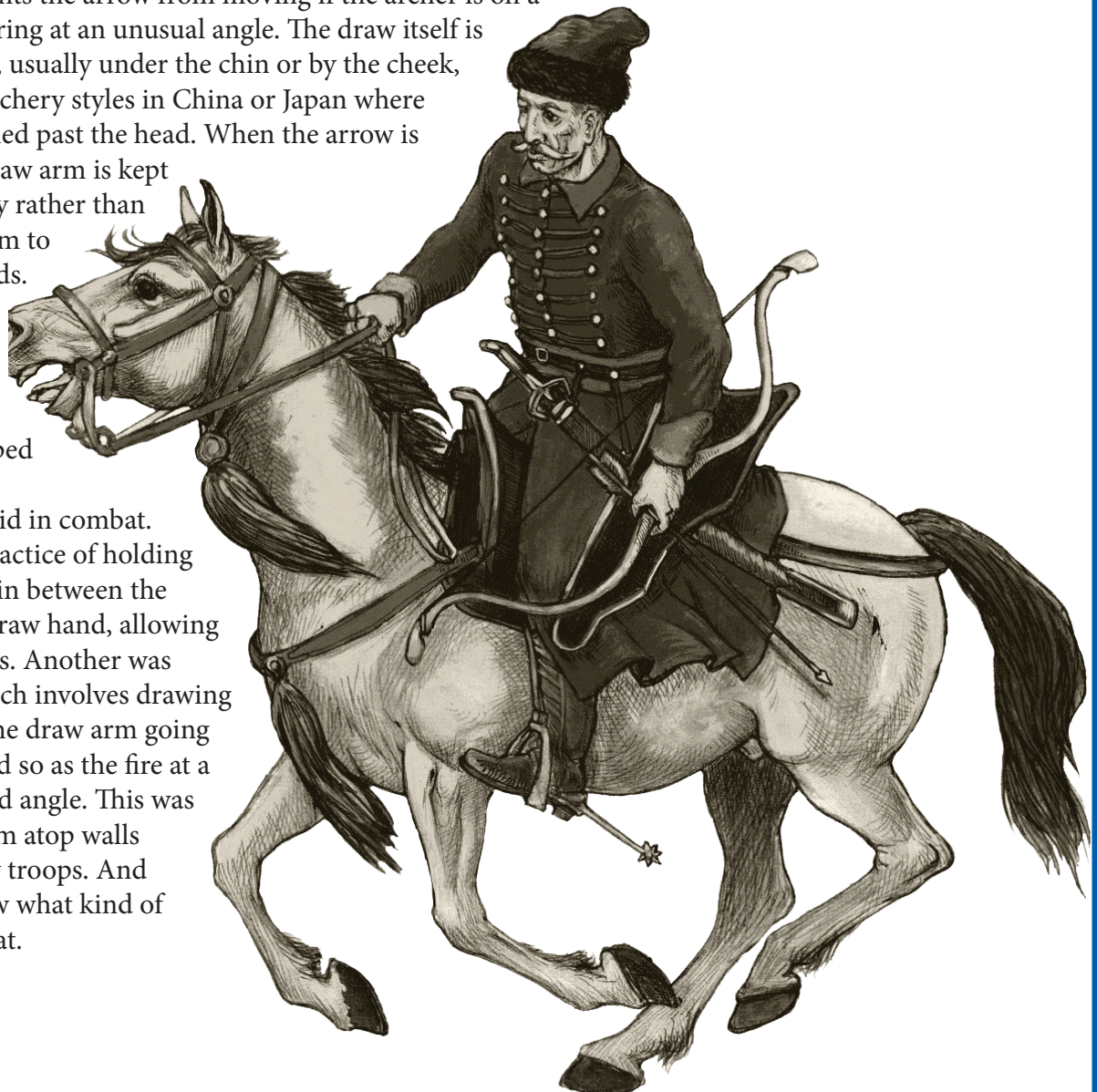
Secondly, the history of archery in Europe. Now we are getting close to modern life or should I say the time of the emperors? The popularity of archery in European warfare seems to have waned after the fall of Rome and the onset of the early medieval period (c 410 CE), though they resurfaced by 1066 when King Harold and his opponent William are known to have used them in the Battle of Hastings. They were also popular with some Viking groups around this time but by-and-large the short bow was more likely to be used for hunting than against an enemy. The short bows of the time were only three feet long and against medieval armour, had little effectiveness. More effective versions of the weapon would soon emerge however and both the crossbow and the longbow became popular in Europe during the latter middle ages. Native American tribes were relatively late inventing the bow and arrow and while the exact date is unknown, archery did not emerge there until around 500 CE. By beginning of the early modern period in Europe and America, the firearm had begun to replace the bow and arrow on the battle field though in the Far East, it continued to be an important part of warfare up until the nineteenth century. In some parts of the world, in particular areas of South America and Central Africa, the popularity of the weapon never waned and it is still used today for both hunting and fighting amongst the tribes. Now you should be saying why you called this like the modern life ? You see that we are still hunting with bow and arrows or crossbows. It seems to me so similar.

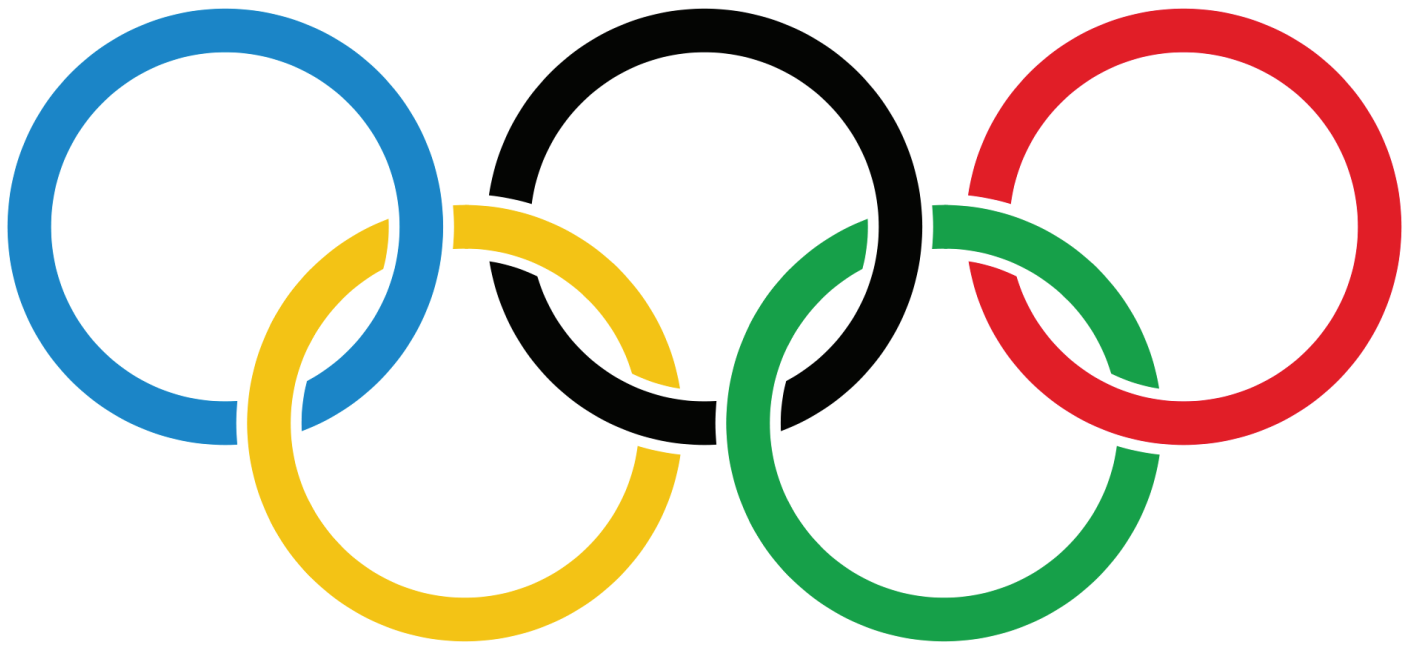




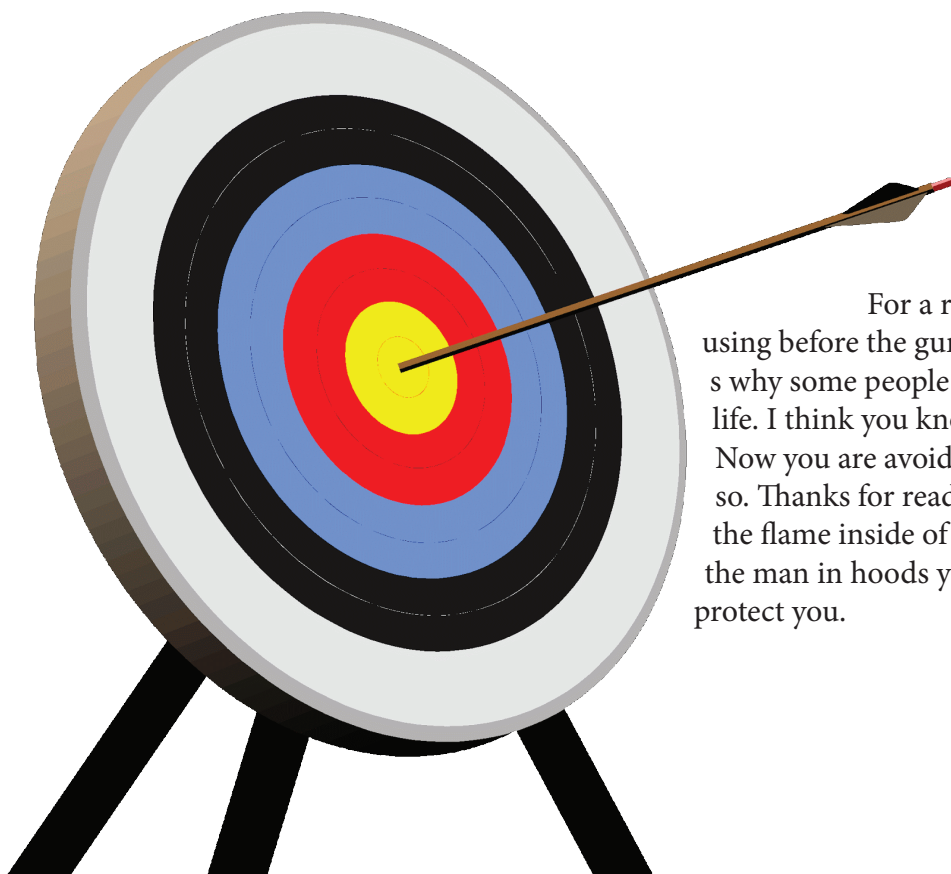
Now, it's time to have chat about the archery in our precious Ottoman Empire. In our art, we did this job in a different way and different equipment's. For example, Zihgir. Zihgir is the Turkish word for the thumb ring used to draw the bow in the Ottoman Empire. Turkish thumb rings were made of wood, metal, ivory, bone, horn or leather. These rings signified that the person wearing them was a warrior. In time they became a symbol of prestige in Ottoman society, and some later examples have so much ornamentation on the surface from which the bowstring slides that they could not be used to shoot with. Surviving examples are often made of precious metals and richly decorated. Some are carved from precious stones. And also we can't forget Siper and majra. The siper and majra are devices used to draw arrows past the bow's front limb where the arrow would normally rest. The siper is a type of shelf strapped to the archer's bow hand, which allows the archer to pull the bow back to extreme lengths in order to get the maximum amount of force behind the arrow. They are most commonly used for Flight Archery, to achieve the greatest distance. The Majra is a thin piece of wood with a channel cut in it and small loop for the archer's draw hand. The device allows the archer to pull back arrows that are much shorter than were intended for the bow. There is some debate among historians if this device was designed to shoot arrows that were too short for the enemy to pick up and shoot back, or if it was a way to reuse bolts fired by Chinese crossbowmen. In modern times they are primarily used in Flight Archery to shoot shorter arrows to cut down on weight. Like exactly in the story. We all know the story about Kemankeş, used to called as archers in Ottoman Empire, shoots 2 arrows with a one arrow on the sky. In my opinion, there is an archery skills sleeping in our cells. What kind of technique is that right ? Ottoman archery uses a "thumb draw," employing a type of grip called "mandal." This grip prevents the arrow from moving if the archer is on a horse and/or firing at an unusual angle. The draw itself is relatively short, usually under the chin or by the cheek, compared to archery styles in China or Japan where the nock is pulled past the head. When the arrow is released, the draw arm is kept relatively steady rather than allowing the arm to swing backwards.

Ottoman archers developed several unique techniques to aid in combat. One was the practice of holding several arrows in between the fingers of the draw hand, allowing fast repeat shots. Another was "Jarmakee" which involves drawing the bow with the draw arm going behind the head so as the fire at a steep downward angle. This was used to fire from atop walls down at enemy troops. And know you know what kind of technique is that.





And now let's get more information about modern archery which I do. I am going to explain the most popular archery in modern life, Target Archery. It takes place both outdoors and indoors, over distances of up to 90 metres and using the traditional five-colour, 10-ring target. International target archery includes two bow styles: recurve and compound. Recurve target archery is included on the Olympic Programme, compound target archery is featured at the World Games and both are included in the Paralympic Games. Target archery is practised in clubs in over 150 countries around the world and is a fast growing sport. World Archery international target archery events include the World Archery Championships, World Archery Indoor Championships, World Archery Youth Championships, World Archery Para Championships, Archery World Cup and Indoor Archery World Cup. If should you ask me which I am using, I am a user of compound style.



For a result, we know what people were using before the guns or nuclear bombs. Maybe that's why some people prefer ancient time to modern life. I think you know a lot of things about archery. Now you are avoided from being Jon Snow I hope so. Thanks for reading this essay. I hope I activated the flame inside of you for archery. Greetings from the man in hoods you loving people. May god protect you.

## IN THE WAKE OF LOST HEALING “HACAMAT”

Many people suffer from various ailments such as severe headache or backache that prevents them from working efficiently throughout the day. Thankfully, there is a quick and painless old-age remedy called “Hacamat”,cupping, that requires no bed rest.

The process of blood collection in certain parts of the body in order to get rid of any disease or to protect health is called “Hacamat” (which we can call it “Cupping” in English). Then word Hacamat originally comes from the Arabic word “hacm” which means to absorb, in other words bloodletting.

Hacamat is a general treatment used in preventive medicines and to treat diseases. Many people know that hacamat is one of the Sunnah and apart from being the treatment of a specific disease, hacamat is a method used to withdraw blood from patient to cure or prevent illness and disease.

Hacamat opens blockages in blood vessels. Improves the nutrition and the oxygenation of tissues, solves stiffness and edema. Stimulates the organs which are responsible for blood production. Strengthens the immune system. Confers resistance to the body. Relieves pains and prevents disease. Unfortunately, in our country hacamat hasn't been in use for years also has been insulted, forbidden and finally this profession has been faced with extinction. Researches and pursuance are made in USA and in Europe on behalf of “the new applications of the modern medicine”. At least by this way we would gain back our values presented under foreign brands.

The blood that is withdrawn from the body is not arterial blood, but dark, coagulated, dirty blood from under the skin. Body does not throw out clean blood unless dirty blood is completely exported. This means in wounds or injuries the priority is dirty blood. So, you don't have to worry about in such cases, you can see this as a little healing. These are natural hacamats and its good to not stop them immediately. Let your body have a break. So, that ancient physicians, in such cases have not inferred until to the fainting signs. With fainting heart rate and blood circulation slows down so all kind of bleedings stop spontaneously. Nowadays, nosebleeds are very common among children who consume fast food and junky food. These bleedings are our bodies way of self-defense.

This kind of bleedings exposes on 13th, 14th, 15th of lunar months (full moon) or on 29th,30th,1st of lunar months (new moon). On these days' earth's surface is cleaned by the influence of the moon. Rains, strong winds strike down the sick and old trees. On these days like the earth is cleaned by its own satellite our body cleans itself by its own ways. Diseases and pains become stronger, chronic bleedings multiply, women menstruate... Dealing with these bleedings cause harm to our body and to our health seriously. Poisonous and toxic substances which are not exported by bleedings, accumulate in the body and causes serious diseases and embolism(infarction).





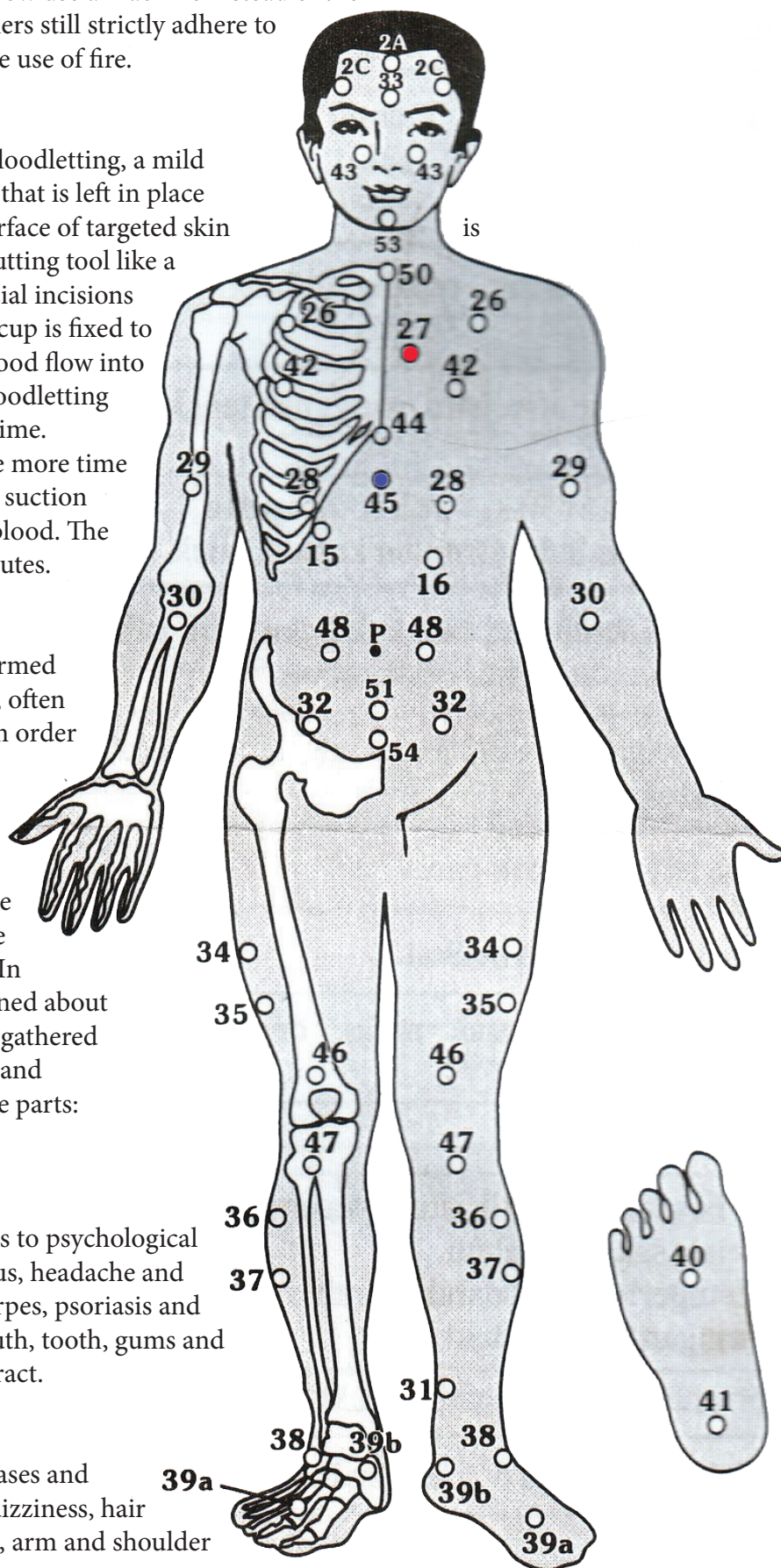
There are two methods used to perform this treatment: Dry cupping (suction only) and wet cupping (combination of suction and controlled medicine bleeding). During the both types of cupping, a flammable substance such as paper or cotton is placed in a cup and set on fire. As the fire goes out the cup is placed upside down on the patient's skin. As the air inside the cup cools, it creates a vacuum. This causes the targeted skin to rise and redden as blood vessels expand. The cup is generally left in place for 5 to 10 minutes. Some practitioners now use a machine instead of the manual cups. Some practitioners still strictly adhere to the Prophetic method with the use of fire.

But if the purpose is bloodletting, a mild suction is created using a cup that is left in place for about 3-5 minutes. The surface of targeted skin is scratched with the help of a cutting tool like a small scalpel to make superficial incisions after removing the cup. Then cup is fixed to the body in order to let the blood flow into the cup. After 5 minutes of bloodletting this action repeats one more time. Practitioner scratches you one more time and finally performs a second suction to draw a small quantity of blood. The procedure takes about 30 minutes.

Hacamat can be performed almost anywhere on the body, often at the site of an ache or pain in order to ease or alleviate it. A more conservative approach warns against over use of cupping and suggests only that seven optimal points on the body are all that is required to clean the entire cardiovascular system. In the following we have mentioned about these parts of body where are gathered toxic and harmful substances and treatment's benefits from these parts:

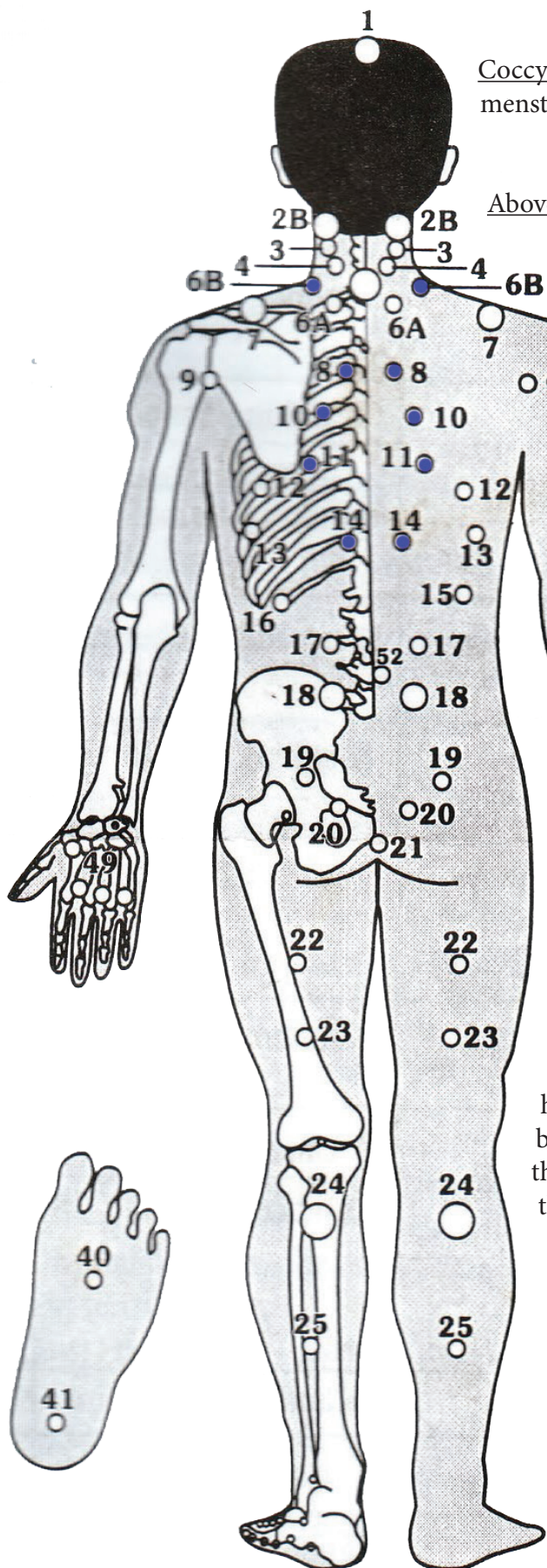
Back of head(lifeguard): Salves to psychological problems, ear pain and tinnitus, headache and dizziness, wound, eczema, herpes, psoriasis and hair loss, eye and eyelids, mouth, tooth, gums and nose problems, beginner cataract.

Shoulders: Salves to lung diseases and hypertension, headache and dizziness, hair loss, neck arthritis and hernia, arm and shoulder pains, hormone imbalance.



Shoulder blades: Lung, heart, pancreas, liver, stomach and gall bladder diseases, also good for back pain and to slipped disc.

Waist: Urinary imbalance, backache and slipped disc and kidney diseases.



Coccyx: Prostate, lymphatic fileriasis, hemorrhoid and menstrual irregularities.

Above and below the knee(internal and external): Knee pain, menstrual irregularities, hemorrhoid, varicose veins, leg and foot wounds, stomach, liver, gall bladder, and kidney diseases.

Ankles(internal and external): Menstrual irregularities, hemorrhoids, varicose veins, gout and elephantiasis.

NOTICE: Indeed, the best hacamat is the hacamat which has made before illness!!

After hacamat you cannot take a shower for 24 hours, you cannot eat and sleep for 2 hours. During hacamat you shouldn't talk unless there is an urgent situation, or you cannot watch TV or listen to music. Some of these prohibitions protect the patient and some of them protect the practitioner.

Although they are really serious prohibitions. Besides hacamat has some secrets which cannot tell to everybody. By some scholars hacamat is considered a form of energy medicine because it has been claimed to unclog the meridians in the body and is viewed by some practitioners as a cure that can alleviate black magic and possession.

In emergency hacamat could be done every Sunday, Monday, Tuesday and Thursday. But the most suitable time zone is on 17th, 19th, 21st, 23rd, of lunar months with Mondays and Thursdays. For the hour, best time is the three hours after sunrise. Hacamat must be done on an empty stomach. There is no exact information concerning when and where hacamat began but rumors tell us it was a technique used in ancient civilizations in Mesopotamia, Egypt and Asia. Hacamat was used systematically in ancient Mesopotamia in order to purify the body, and there are some documents still in existence that depict medicinal bloodletting. It is also possible to find evidence in the Ebers Papyrus, an Egyptian compilation of medical text dating to around 1550 B.C., one of the oldest known medical works. Besides we know that hacamat has been applied in the age of our Prophet Muhammad (PBUH) according to hadiths and from Islamic scholars' sources. Numerous hadiths show us the importance of the hacamat. Some of these hadiths are as follows:

## Sup.-1 Hacamat Hadiths

- 1) Anas ibn Maalik y reported that the Messenger r said, "Indeed the best of remedies you have is cupping (hacamat)..." [Saheeh al-Bukhaaree (5371)].
- 2) Abu Hurairah t reported that the Messenger r said, "If there was something excellent to be used as a remedy then it is cupping (hacamat)." [Saheeh Sunan abi Dawud (3857), Saheeh Sunan ibn Maajah (3476)].
- 3) Abdullah ibn Abbas y reported that the Messenger r said, "I did not pass by an angel from the angels on the night journey except that they all said to me: Upon you is cupping (hacamat), O Muhammad." [Saheeh Sunan ibn Maajah (3477)].
- 4) In the narration reported by Abdullah ibn Mas'ud y the angels said, "Oh Muhammad, order your Ummah (nation) with cupping (hacamat)." [Saheeh Sunan Tirmidhee (3479)].
- 5) Anas ibn Maalik y reported that the Messenger r said, "Whoever wants to perform cupping (hacamat) then let him search for the 17th, 19th and 21st day (of the Islamic, lunar month) and let none of you allow his blood to rage (boil) such that it kills him." [Saheeh Sunan ibn Maajah (3486)].
- 6) Anas ibn Maalik y reported that the Messenger r said, "When the weather becomes extremely hot, seek aid in cupping (hacamat). Do not allow your blood to rage (boil) such that it kills you." [Reported by Hakim in his 'Mustadrak' and he authenticated it and Imam ad-Dhahabi agreed (4/212)].
- 7) Jaabir ibn Abdullah y reported that the Messenger r said, "Indeed in cupping (hacamat) there is a cure." [Saheeh Muslim (5706)].
- 8) Abu Hurairah t reported that the Messenger r said, "Whoever performs cupping (hacamat) on the 17th, 19th or 21st day (of the Islamic, lunar month) then it is a cure for every disease." [Saheeh Sunan abi Dawud (3861)].

9) Ibn Umar y reported that the Messenger r said, “Cupping (hacamat) on an empty stomach is best. In it is a cure and a blessing. It improves the intellect and the memory. So cup yourselves with the blessing of Allah on Thursday. Keep away from cupping (hacamat) on Wednesday, Friday, Saturday and Sunday to be safe. Perform cupping (hacamat) on Monday and Tuesday for it is the day that Allah saved Ayoub from a trial. He was inflicted with the trial on Wednesday. You will not find leprosy except (by being cupped) on Wednesday or Wednesday night.” [Saheeh Sunan ibn Maajah (3487)].

10) Abdullah ibn Abbas y reported that the Messenger r was cupped on his head for a unilateral headache while he was in Ihraam. [Saheeh al-Bukhaaree (5701)].

11) Abdullah ibn Abbas y reported that the Messenger r was cupped while he was fasting. [Saheeh al-Bukhaaree (5694)].

12) Anas ibn Maalik y was asked: “Did you dislike cupping for the fasting person?” He said, “No except for the reason of one becoming weak.” [Saheeh al-Bukhaaree (1940)].

13) Abdullah ibn Abbas y reported that the Messenger r was cupped on his head. [Saheeh al-Bukhaaree (5699)].



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- 2) <http://www.dailysabah.com/feature/2014/12/31/an-ancient-treatment-from-the-pages-of-the-ebers-papyrus>
- 3) <http://www.WebMD.com/balance/guide/cupping-therapy>
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- 5) <http://www.bbc.com/news/health-32653971>
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The Balkan Peninsula, or the Balkans, is a peninsula located in Southeast Europe with many different countries. The region takes its name from the Balkan Mountains that stretch out from the Serbia-Bulgaria border to the Black Sea. The Balkan Peninsula is surrounded by the Adriatic Sea to the west, the Mediterranean Sea (including the Ionian and Aegean seas) and the Marmara Sea to the south and the Black Sea to the east. There are many countries in this region.

Before talking about these countries I would like to inform you about the history of the Balkans. The Balkan region was the first area in Europe to experience the arrival of farming cultures in the Neolithic era. The Balkans are also the location of the first advanced civilizations. The identity of the Balkans is dominated by its geographical position; historically the area was known as a crossroad of cultures. It has been a juncture between the Latin and Greek bodies of the Roman Empire, the destination of a massive influx of pagan Bulgars and Slavs, an area where Orthodox and Catholic Christianity met as well as the meeting point between Islam and Christianity.





In pre-classical and classical antiquity, this region was home to Greeks, Illyrians, Paeonians, Thracians, Dacians, and other ancient groups. In the 14th century The Ottoman Empire began their raids to Balkans and in the early part of the 15th century the Ottoman Empire had become the biggest force in the Balkans. Most of the Balkan nation-states emerged during the 19th and early 20th centuries as they gained independence from the Ottoman Empire or the Austro-Hungarian empire





(Greece in 1821, Serbia, Montenegro in 1878, Bulgaria in 1908, Albania in 1912). In 1912–1913 the first Balkan War broke out when the nation-states of Bulgaria, Serbia, Greece and Montenegro united in an alliance against the Ottoman Empire. As a result of the war, almost all the remaining soils of Ottoman Empire in Balkans were captured by enemies and Albanian State announced his independence from Ottoman Empire. With the start of the Second World War all Balkan countries, except from Greece, were allies of Nazi Germany. During the occupation the population suffered considerable hardship due to repression and starvation. with the early and extremely heavy winter of that year (which caused hundreds of thousands deaths among the poorly fed population), the German invasion had disastrous effects in the timetable of the planned invasion in Russia causing a significant delay, which had major consequences during the course of the war. Finally, at the end of 1944, the Soviets entered Romania and Bulgaria forcing the Germans out of the Balkans. They left behind a region largely ruined as a result of wartime exploitation. During the Cold War, most of the countries on the Balkans were governed by communist governments. However, despite being under communist governments, Yugoslavia (1948) and Albania (1961) fell out with the Soviet Union. As the only non-communist countries, Greece and Turkey were (and still are) part of NATO. From the dissolution of Yugoslavia six republics achieved international recognition as sovereign republics, but these are traditionally included in Balkans: Croatia, Bosnia and Herzegovina, Macedonia, Montenegro and Serbia.

After this dissolution Bosnia and Herzegovina which consists of muslim people had sufferings from Serbian Army. The world witnessed this genocide but done nothing. Horrible deaths occurred in Bosnia. In 2008, while under UN administration, Kosovo declared independence.

Now I want to talk about Balkan countries and their features. The countries that entirely in the Balkans: Albania, Bulgaria, Montenegro, Kosovo, Bosnia and Herzegovina, Macedonia. Mostly or partially within the Balkans: Serbia, Turkey, Slovenia, Italy, Greece, Romania, Croatia. I will talk about the countries which we visited as BAIHL.







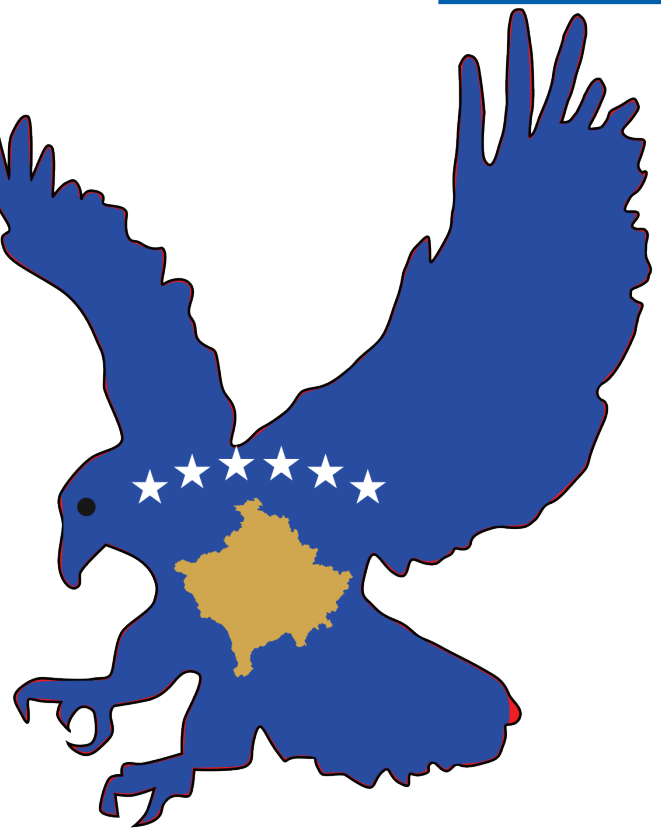
## Albania

Albania is a country in Southeast Europe, bordered by Montenegro to the northwest, Kosovo to the northeast, the Macedonia to the east, and Greece to the south and southeast.

Capital city of Albania is Tirana. Ottoman Empire conquered most of Albania in 1431. After the Balkan Wars Albania declared their independence. Although it is a small country, Albania is distinguished with its rich biological diversity. The total number of plants is over 3250 species, approximately 30% of the entire flora species found in Europe. Significant part of Albania's national income comes from tourism. There are lots of beaches and historical places that attract tourists. For instance Pogradec, Apollonia, Shkodra, Vlore, Muradiye Mosque etc.

## Montenegro

It has a coast on the Adriatic Sea to the south-west and is bordered by Croatia to the west, Bosnia and Herzegovina to the northwest, Serbia to the northeast, Kosovo to the east, and Albania to the south-east. Its capital and largest city is Podgorica. Population of Montenegro is approximately 1 million. Montenegro is famous for its beaches especially in Kotor. Lots of famous people all around the world come to the Montenegro every year for summer holiday. Also you should go to Pljevlja Mosque and Clock tower, Sveti Stefan, Budva and Kotor



## Kosovo

Kosovo is located in the centre of the Balkan Peninsula.

Its capital city is Pristina. Population of Kosovo is approximately 2 millions. Kosovo was a part of the Ottoman Empire from 1455 to 1912, During this time, Islam was introduced to the population. The province of Kosovo was an area much larger than how it is today. Ottoman Empire built lots of constructions in Kosovo. Such as mosques, social complexes, fortresses, bridges, tombs etc. But the most important building in Kosovo is the mouseloum of Sultan Murat. He is the third Sultan of Ottoman Empire and he died in first Kosovo war in 1389. Also there are some other important landmarks in Kosovo. Such as Terzijski Bridge, Kaljaja castle, and Prizren castle. If you end up in Kosovo you must see these structures.



# Bosnia and Herzegovina

Bosnia is a country in SouthEastern Europe located in the Balkan Peninsula. Sarajevo is the capital and the largest city. It is bordered by Croatia to the north, west, and south; Serbia to the east; Montenegro to the southeast; and the Adriatic sea to the south. Population of Bosnia is approximately 3.5 millions. The Ottoman conquest of Bosnia marked a new era in its history and introduced drastic changes in the political and cultural landscape. Ottoman Empire did a lot of things for Bosnia. Such as Mostar Bridge, River Buna Spring, Bazaar in Sarajevo, Kravice Waterfalls, Gazi Husrev-bey Mosque, etc. You must also see martyrdom of Bosnia and mausolom of Aliya İzzet Begovic. Bosnia suffered a lot during Serbia-Bosnia war. Mostar Bridge was destroyed in this war but Bosnia Government rebuilt it.



# Republic of Macedonia



It is a country in the Balkan Peninsula in Southeast Europe. It is one of the successor states of the former Yugoslavia, from which it declared independence in 1991. Its capital city is Skopje and it is the largest city in Macedonia. Macedonia was my favourite country in our trip because almost everyone knows Turkish. Turkish is a lesson in their schools. Skopje is divided into 2 sides: traditional side and modern side. People are mostly muslim in traditional side but in modern side people are mostly christian. In Skopje there are several statues of Alexander the Great. You must see old Bazaar, Stone Bridge, Memorial house of Mother Theresa but also you must go to Ohrid. Ohrid is a beautiful and peaceful city in Macedonia. Lake Ohrid is amazing. so you must definitely go there.

# Serbia



Serbia is a sovereign state situated at the crossroads of Central and Southeast Europe, Serbia is landlocked and borders Hungary to the north; Romania and Bulgaria to the east; Macedonia to the south; and Croatia, Bosnia-Herzegovina and Montenegro to the southwest. Population of Serbia is 7 millions and its capital is Belgrad. Ottoman Empire conquered Belgrad in 1521. Ottoman Empire Built lots of structures in Serbia but most of them were destroyed during wars. Now there is only one mosque in Belgrad and it is Bayraklı Mosque. There were 250 mosques in Belgrad but now we have only this mosque. Anyway you must see these places though: Nikola Tesla Museum, Knez Mihailova Street, Kalemegdan Park etc.

# Alija Izetbegovic

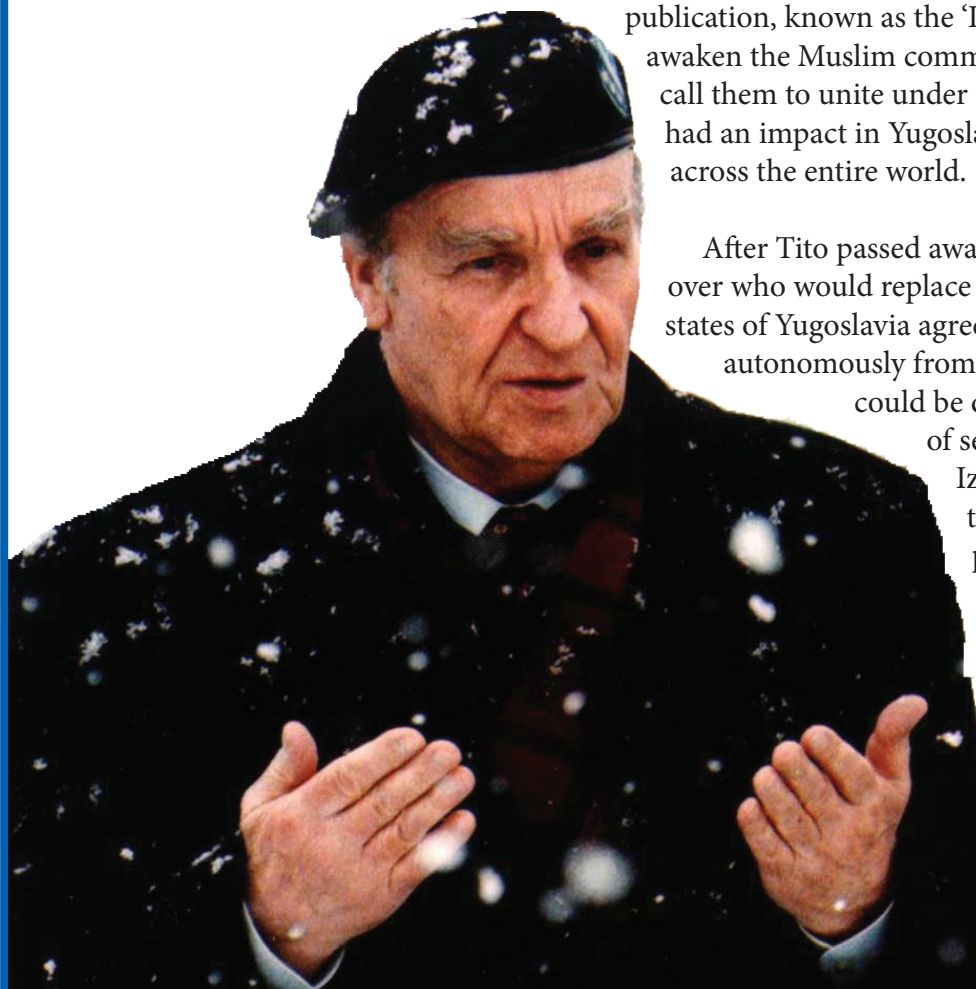
**Alija Izetbegović's outstanding bravery and zealousness led the Bosnian people to victory after four years of war. Even when it was being bombarded, he never abandoned his beloved Sarajevo. Books documenting his political leadership and intelligence carry his legacy on to the future.**

Nicknamed 'the Wise King', Alija Izetbegović was born on 8 August 1925 to a Muslim family. When he was in college he became curious about his religion and joined a Muslim youth club, before becoming a member of an organization for the development of ideas when he was just 15 years of age. This organization, which was originally founded for the debate and exchange of ideas, later became a leading organization for education and charitable works.

In those days, Serbian communists and Croatian nationalist were in a state of conflict, whereas Bosniaks would avoid becoming involved. However, in 1945 the communists entered Bosnia and power in the region was ceded to Josip Broz Tito. Tito first targeted opposition coming from the Croatian nationalists, and then shifted his focus to the Bosniak Muslims. He began a campaign of Soviet communist propaganda, banning the activities of Muslim organizations and arresting their members. Alija Izetbegović was among those who were arrested. He was sentenced to five years in prison. This was his first, but certainly not his last encounter with a prison cell.

While Tito was busy trying to wipe all traces of Islam out of Bosnia, Izetbegovic busied himself with the problems of the Muslim world and thinking of solutions for them. In 1970 he began publishing works to spread awareness of the plight of the Muslim world. This publication, known as the 'Islamic Bulletin', was set up to awaken the Muslim community, revive their struggle and call them to unite under the banner of Islam. It not only had an impact in Yugoslavia, but also sent shockwaves across the entire world.

After Tito passed away in 1980, a disagreement arose over who would replace him as leader. All the federal states of Yugoslavia agreed to temporarily operate autonomously from one another until a new leader could be decided on. This brief period of semi-freedom allowed Aliya Izzetbegovic to pen a book called the 'Islamic Manifesto', which was published in 1983. As a result he was accused of wanting to establish a radical Islamic state in the heart of Europe, for which he was given a 14-year prison sentence. However, this only spread the word about his book even more, allowing it to be read across the entire Muslim world.





He was released after being pardoned in 1988. Meanwhile, the communist states were seeing their power decline and Izzetbegovic started predicting the downfall of Yugoslavia. While the concept of independence became more and more relevant across the Yugoslav states, Izzetbegovic founded the Democratic Resistance Party for the independence of Bosnia-Herzegovina. On 5 December 1990, the party won the Bosnian elections and Aliya Izzetbegovic became the president of the federal state. The other states followed suite and one by one they all started declaring their independence. Izzetbegovic took the idea of independence to referendum, and with an outstanding 'yes' vote, declared Bosnian independence in 1 March 1992. Following this, Serbs and Croats began to invade Bosnia-Herzegovina in a joint mission. In front of the entire world, Serbs and Croats slaughtered and raped hundreds of thousands of people including women and children. The west largely remained silent about the massacres. Muslims around the world protested, but their governments also remained relatively quiet. The Bosniaks, who were being wiped off the face of the planet, seemed almost hopeless.

Through these tough times, Alija Izetbegović led his people with great bravery. Despite Serb bombardment of Sarajevo reducing it to ruins, he refused to abandon the capital city. He fought side by side with his soldiers and led them on the battlefield. At the same time, he represented his people in diplomatic relations, seeking a peaceful solution to the end of the war. The war was finally ended when he signed the 1995 Dayton Treaty in the US. As the enemy forces retreated, Bosnia-Herzegovina celebrated its independence, founded on the struggle and sacrifices of some 200,000 martyrs. After the Dayton agreement, Izzetbegovic was re-elected as the president of Bosnia and continued to serve his nation until 1998.

**Alija Izetbegović passed away on 19 October 2003. He will forever be hailed as a hero in Bosnian history.**

## MY DEAR ISTANBUL

They have melted my soul and frozen it in a mould;  
 They have named it Istanbul, and put it on earth.  
 There's something smoking inside me; air, colour, grace, and climate;  
 That's my beloved who came from beyond time and place,  
 Its flowers are golden stars, its water is sweet;  
 The moon and the sun have always been Istanbulian.  
 The sea and the earth have reached their union in her  
 And the dreams have turned reality in her.  
 Istanbul is my life;  
 my motherland in my motherland...  
 Istanbul,  
 Istanbul...  
 History has eyes, the riddles on ancient walls;  
 Cypresses, cypresses are of fine stature, they are the curtains of two worlds...  
 A steed rears up on the clouds;  
 Diamond domes, perhaps there are billions of steeds...  
 The minarets are index fingers pointing to the sky.  
 In every embroidery a meaning: we must die.  
 Death is more alive than life, mercy is greater than sin;  
 When Beyoglu is drowning in worldly pleasures,  
 Karacaahmet weeps..  
 Seek the meaning, find it!  
 Find it in Istanbul!  
 Istanbul,  
 Istanbul...  
 The Bosphorus, the silver brazier of the Bosphorus, boils the coolness;  
 The depths of heaven on earth are in Camlica.  
 Playful waters are the guests in the basement of the sea-side house;  
 A photo of the sad face of a former diplomat hangs on the wall.  
 Every evening flames on the windows in Uskudar,  
 A haunted house, big as the city...  
 A song from the Ud or the Tanbour?  
 It sings "Katibim" behind the bay-windows...  
 Its women are like sharp knives,  
 Warm like fresh blood,  
 Istanbul,  
 Istanbul...  
 Time on the seven hills embroiders  
 Seven colours, seven voices, endless manifestation...!  
 Eyup is orphan, Kadikoy is dressed up, Moda is haughty,  
 Wind in the Island plays tricks with the girls.  
 Each dawn, the arrows fly from their bows.  
 Cries come from Topkapi Palace still.  
 The mothers are the best of sweethearts, Istanbul is the best of palaces;  
 Never mind the cheerful crowd, those who cry are happier.  
 Its night smells hyacinth,  
 Its Turkish the nightingale's voice.  
 Istanbul,  
 Istanbul...



# NECIP FAZIL KISAKÜREK



Necip Fazıl Kısakürek was one of the most effective Turkish poets, novelists of the 20th century. He influenced many people with his talented wording and Islamic ideology. And he is still being read and remembered as "The Master". To understand his thoughts, firstly we should focus on his lifetime.

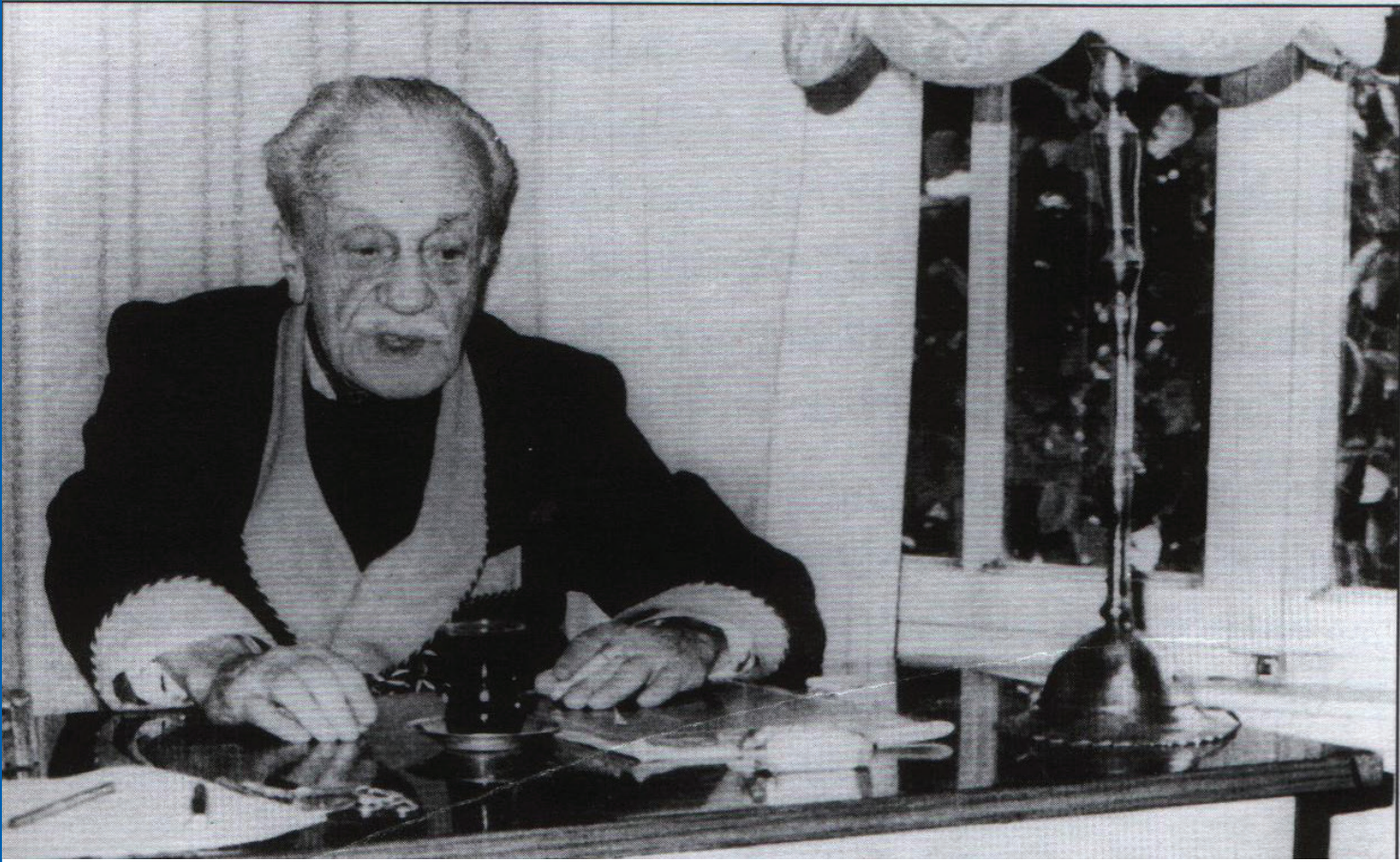
Necip Fazıl Kısakürek was born on 26 May 1904 in a mansion in Istanbul. His childhood passed in that mansion with his family and grandparents. His grandfather was really taking care of his education, even they were reading east classics together when he was around 6 years old. In the meantime his grandmother was introducing him west authors like Alexandre Dumas and Michael Zevaco. However, reading those types of books in that young age affected him negatively that he was afraid of his environment secretly. Also he was affected by his sister Selma's death and losing someone close to him.

Even though he had some psychological problems he didn't give up to his education that he studied in many schools during his primary education, including Robert College of Istanbul and the naval school. He received courses from Ahmed Hamdi of Akseki, Yahya Kemal and Hamdullah Suphi. He was also influenced by Ibrahim Aşki. He provided Necip Fazıl's contact with Sufism. After completing candidate of the Naval school Necip Fazıl entered the Philosophy Department of Darüfünun and graduated from there in 1924.

He studied in Paris Sorbonne University by the state scholarship. He had chance to receive Henry Bergson's lessons. Even though his talent was noticed by his environment, he was feeling empty and living a bohemian lifestyle. Especially being addicted to gambling made him quit the school and turn back to Turkey in 1925.

After coming back home he published two poetry books called "Cobweb" and "Pavements". By these books he managed to be praised by the intelligentsia. But still hadn't got rid of that bohemian lifestyle.

One day he met somebody who would introduce the one Necip Fazıl would see him as his "savior". So indeed after meeting Abdülhakim Arvasi, his life and thoughts changed and he got rid of the bohemian life. This was the turning point of his life. So now his strong pen would write and his heart would beat for Islam.



But of course talking about Islam had a cost. The intelligentsia having seen him as an unreachable summit until that time, changed their interest on him into a hate. And instead of trying to struggle with him, they just accused him of reactionism. But it wasn't enough for him to give up illuminating his environment. Even though he suffered a lot for his action after 1934, it is accepted as his second birth year.

In 1935 he wrote his first drama "The Seed" with advice of Muhsin Ertuğrul but couldn't measure up. In 1937 he wrote his most liked drama "Creating a man". It was reacted so well that people called him "The Turkish Shakespeare".

In 1941 Necip Fazıl got married with Mrs. Fatma Neslihan. And they had six children: Mehmet, Ömer, Ayşe, Osman, Zeynep and Ali.

On 17 September 1943 he started publishing a magazine called "The Great East". Muslim community benefited from this magazine. And Necip Fazıl kept writing in it until his death.

Necip Fazıl was sent to prison many times for criticizing politicians and affecting people with reactionism but didn't give up illuminating people. His last years were full of writing and getting in prisons.

Necip Fazıl was awarded the titles of "Great Cultural Gift" by the Ministry of Culture (25 May 1980) and "Greatest living poet of Turkish" by the foundation of Turkish Literature upon the 75th anniversary of his birth.

Necip Fazıl Kısakürek passed away on 25 May 1983 in his house at Erenköy after an illness that "lasted long but didn't impair his intellectual activity and writing" and was buried in the graveyard at the Eyüp Cemetery after an eventful funeral.

## The Ordeal (Suffering)

A voice arose from the unseen: this man  
Let him carry the space on the base of his neck  
Suddenly over my head the roof collapsed  
And trickily the sky was overthrown  
I ran towards the window: a great tumult  
You came out right, old woman  
Eternity... a blue scarf in its hand  
The hunted pointed his arrows at me  
I tasted this arrow's fiery poison  
It suddenly broke my life's diamond  
It is as if I reached the non-existence  
I vomited my skull out of the mouth  
The world shook like a glass of water  
Direction was lost and so the space  
Take that truth, take that dream  
This is intelligence, this is inebriation!  
The horizon is a fox, cunning and running  
Roads are skein, long and entwined  
The magician writing my dream every night  
Sheds a blue light in front of me  
Magician, why do you hate me?  
What is that smoky haze in my cave?  
Your sword, sharper than glass, thinner than hair  
Dwells in my mind like a poisonous sliver  
Like falling into a pit in the dark  
I fell into the arms of the truth  
I feel as if I solved the complex puzzle  
Of both the past and the future  
Revelry, illumination and gaiety in atoms  
And circles of light upon circles of light  
Concentrical architecture, concentrical ego  
I know you're my lord, unknown well known!  
Harmony, kidnap me! Unity! Take me away  
I can no longer dwell in a ghost image  
Give the dwarf, let him be a poet  
Now my aim is to reach the unreachable

*Neelip Fajul*







## 6. USE YOUR FRIENDS

Have friends who post online in English? Don't gloss over them in your newsfeed: scan the items they share and commit to exploring one or two each day. They might be news or magazine articles, videos, talks, blog posts, songs, or anything else: if it's in English and the topic interests you, it's going to be helpful!

## 7. ASK A LOT OF QUESTIONS

Curiosity may have killed the cat, but it also propelled the language learner to fluency! As you learn English, you'll soon collect a mountain of questions. Don't sit on your doubts – be curious and resolve them! If you're enrolled in a course, ask your teacher (it's what they're there for, after all). But if you're learning alone, don't worry: find answers in blogs or language websites, ask other learners, or read through forums. You'll be happy you did!

*I ask questions*



## 8. TAKE A LEAD FROM THE STARS

Mix up your learning by picking a native English-speaking actor or singer you like. Now, head online, find a bunch of interviews they've given – and watch them! Watch once for gist, then again, taking time to note down interesting expressions and words you hear. The slang, stories, humor, and anecdotes that come out of these interview are sure to give you plenty to work with!



## 9. START WITH WHAT YOU REALLY NEED

Your English studies are likely to go far more quickly if you constantly remind yourself of your motives for learning. Are you going on a study exchange? Then, focus on vocabulary related to your studies. Have an overseas conference? Brush up on conversation starters to use with the other participants. Going on a gap year?

Looks like travel and tourism vocabulary will be your guide. If you simply launch into learning English hoping to magically learn anything and everything at once, you're likely to end up confused and burned out. Which brings us to...

## 10. DON'T KICK YOURSELF WHILE YOU'RE DOWN

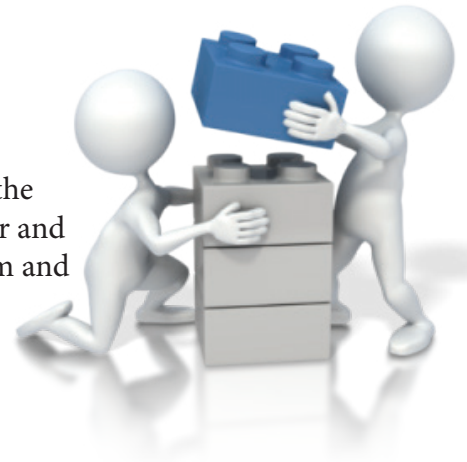
When you start to feel like you're not making ground – which happens to all learners at some point – don't say, "I don't speak English," or "I'll never get this." In fact, ban those phrases from your vocabulary! They only blur your understanding of the progress you're making and convince you that your dreams of speaking English well are impossible. Instead, say "I'm learning English and making improvements everyday," "It's not always easy, but it's worth it," "I'm so much better than I was six months ago," and other phrases to remind yourself of the big picture.



# SECRETS TO SUCCESS FOR ENGLISH SPEAKERS

## Break it down then build it up

To speak English well, you need to be able to do several things at the same time: know (and choose) suitable vocabulary, use the right grammar and sentence patterns, and produce the correct sounds, stress patterns, rhythm and intonation. Work on these individual elements separately then practise putting them together to make your speech more accurate and fluent.

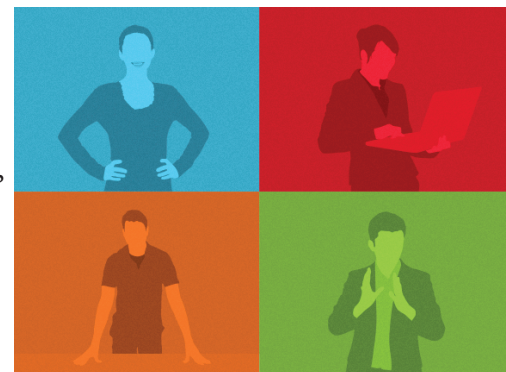


## Learn to interact

A conversation is an interaction with another person, and involves listening as well as talking. Check that the other person is following, by using conversation strategies like emphasizing key words, rephrasing, or using expressions like 'You know what I mean?' or 'Don't you agree?' Give the other person a chance to speak and use their answers and to help you think about what to say next.

## Use your body

Non-verbal communication is very important for effective speaking, even for native English speakers. Use gestures, body language and facial expressions for explanation or emphasis, and try to read what the other person's body language is saying. Think about your posture, too – the way you stand or sit can make the difference between seeming bored or interested in what your conversation partner is saying.



## Sing a song!

Music is a great way to improve your speaking skills, practice the rhythm of the language and learn some useful expressions. Look up the lyrics (song words) to your favorite songs on the Internet, and then practicing singing aloud. If you're shy, sing at home alone. If you're more outgoing, get together with some friends and do a bit of English karaoke.

## Be brave!

You need the right attitude to improve your English. Look for every opportunity to practice speaking, like talking to people at parties, approaching a foreigner who looks lost, or just putting up your hand when your teacher asks a question. Remember, every mistake is an opportunity to learn, so don't be afraid of making some slips from time to time.

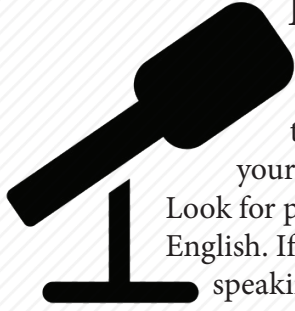


## Think in English

This is a great way to improve your spoken English, and you can do it anywhere, anytime. At home, you can talk to yourself while doing everyday tasks like preparing a meal. If you are on the train or bus, then describe the people around you (in your head, not aloud!), and when you go to sleep, go over the day's events in English.



## Record yourself speaking



Even though you might not like hearing your own voice, this is a very useful way to find out what's wrong with your spoken English. Record yourself speaking and then listen to the tape, or ask a native speaker for some advice. Look for positive things, too. Make a note of all the things you do well when you speak English. If you are ever feeling unmotivated, look at the things you do well to feel great about speaking English again.

## Keep a speaking journal

Record your thoughts in English before you go to sleep at night. You can play the tape at the end of the year to look back on important events, as well as monitor your English progress. If you can't keep a speaking journal, write it instead. Make a note of all the conversations you had in English along with aspects you did well and things you could improve on. Use this to track your progress throughout the year and set yourself new goals.



## Find English-speaking friends

If you are really serious about becoming a good English speaker, you need to meet people you can speak to in English. This does NOT only mean native-speakers, though. English is spoken by many more people as a second language than as a native language, and being able to understand different accents is very important. Start an English coffee club with your friends where you meet and have a chat in English. You can help each other and have fun practising together.

Give each of these tips a try for a week and see which works best for you or, even better, share them with a friend and work on them together.



# American or British

There is an old saying that America and Britain are “two nations divided by a common language.”

No one knows exactly who said this, but it reflects the way many Brits feel about American English. Brits still think that, “Americans don’t speak English. They speak American.” But are American and British English really different?

## Vocabulary

The most noticeable difference between American and British English is vocabulary. There are hundreds of everyday words that are different. For example, Brits call the front of a car the bonnet, while Americans call it the hood.

Americans go on vacation, while Brits go on holidays, or hols.

New Yorkers live in apartments; Londoners live in flats.

There are far more examples than we can talk about here. Fortunately, most Americans and Brits can usually guess the meaning through the context of a sentence.

## Collective Nouns

There are a few grammatical differences between the two varieties of English. Let’s start with collective nouns. We use collective nouns to refer to a group of individuals.

In American English, collective nouns are singular. For example, staff refers to a group of employees; band refers to a group of musicians; team refers to a group of athletes. Americans would say, “The band is good.”

But in British English, collective nouns can be singular or plural. You might hear someone from Britain say, “The team are playing tonight” or “The team is playing tonight.”

## Auxiliary verbs

Another grammar difference between American and British English relates to auxiliary verbs. Auxiliary verbs, also known as helping verbs, are verbs that help form a grammatical function. They “help” the main verb by adding information about time, modality and voice.

Let’s look at the auxiliary verb shall. Brits sometimes use shall to express the future.

For example, “I shall go home now.”

Americans know what shall means, but rarely use it in conversation. It seems very formal. Americans would probably use “I will go home now.”



In question form, a Brit might say, “Shall we go now?” while an American would probably say, “Should we go now?”

When Americans want to express a lack of obligation, they use the helping verb *do* with negative *not* followed by *need*. “You do not need to come to work today.” Brits drop the helping verb and contract *not*. “You needn’t come to work today.”

## Past Tense Verbs

You will also find some small differences with past forms of irregular verbs. The past tense of *learn* in American English is *learned*. British English has the option of *learned* or *learnt*. The same rule applies to *dreamed* and *dreamt*, *burned* and *burnt*, *leaned* and *leant*. Americans tend to use the *-ed* ending; Brits tend to use the *-t* ending.

In the past participle form, Americans tend to use the *-en* ending for some irregular verbs. For example, an American might say, “I have never gotten caught” whereas a Brit would say, “I have never got caught.” Americans use both *got* and *gotten* in the past participle. Brits only use *got*.

Don’t worry too much about these small differences in the past forms of irregular verbs. People in both countries can easily understand both ways, although Brits tend to think of the American way as incorrect.

## Tag Questions

A tag question is a grammatical form that turns a statement into a question. For example, “The whole situation is unfortunate, isn’t it?” or, “You don’t like him, do you?” The tag includes a pronoun and its matching form of the verb *be*, *have* or *do*. Tag questions encourage people to respond and agree with the speaker. Americans use tag questions, too, but less often than Brits.

You can learn more about tag questions on a previous episode of *Everyday Grammar*.

## Not so different after all

British and American English have far more similarities than differences. We think the difference between American and British English is often exaggerated. If you can understand one style, you should be able to understand the other style.

With the exception of some regional dialects, most Brits and Americans can understand each other without too much difficulty. They watch each other’s TV shows, sing each other’s songs, and read each other’s books.

They even make fun of each other’s accents.

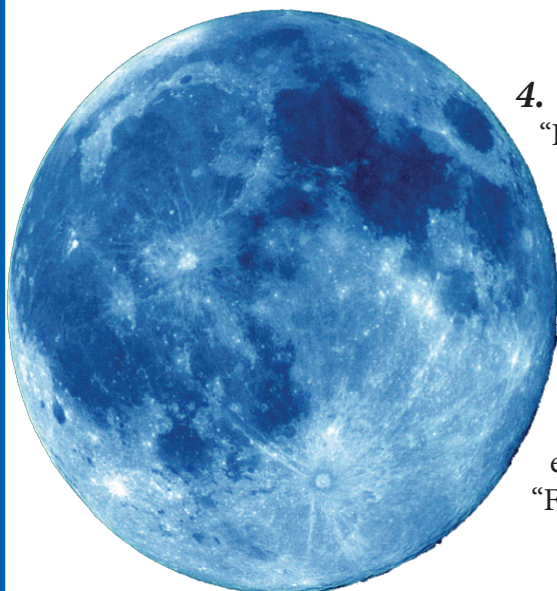


# IDIOMS

1. **'A piece of cake'** – something is very easy.  
“The English test was a piece of cake.”

2. **'Speak of the devil'** – this means that the person you're just talking about actually turns up at that moment.  
“Hi Tom, speak of the devil, I was just telling Sara about your new car.”

3. **'The best of both worlds'** – means you can enjoy two different opportunities at the same time.  
“By working part-time and looking after her kids two days a week she managed to get the best of both worlds.”



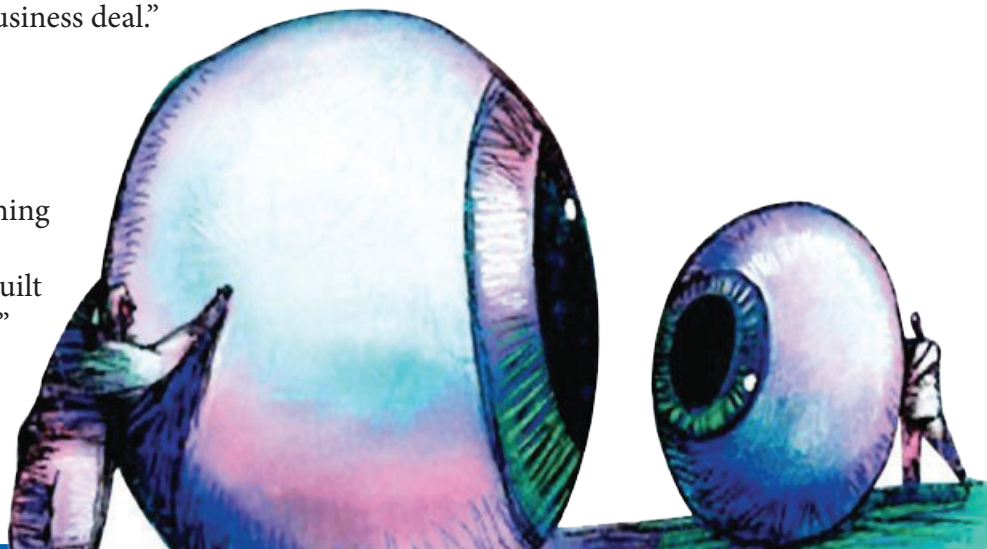
4. **'Once in a blue moon'** – an event that happens infrequently.  
“I only go to the cinema once in a blue moon.”

5. **'When pigs fly'** – something that will never happen.  
“When pigs fly she'll tidy up her room.”

6. **'To cost an arm and a leg'** – something is very expensive.  
“Fuel these days costs an arm and a leg.”

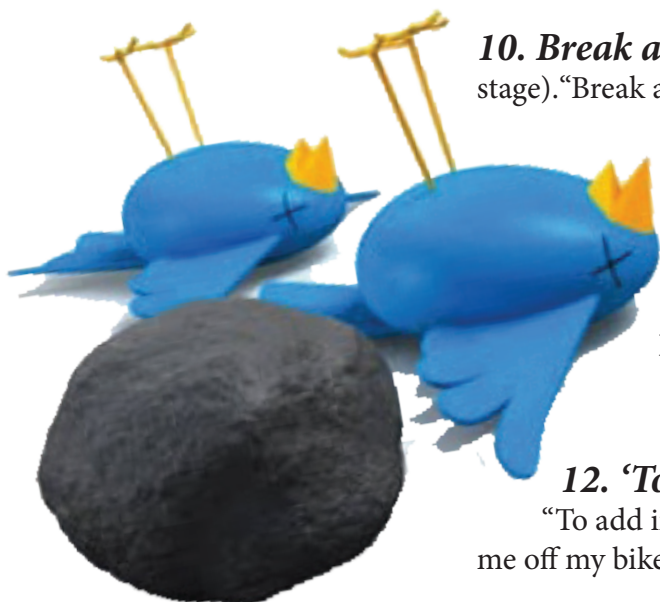
7. **'See eye to eye'** – this means agreeing with someone.  
“They finally saw eye to eye on the business deal.”

8. **'To cut corners'** – to do something badly or cheaply.  
“They really cut corners when they built this bathroom; the shower is leaking.”





**9. 'To feel under the weather'** – to not feel well.  
 "I'm really feeling under the weather today; I have a terrible cold."



**10. Break a leg'** – means 'good luck' (often said to actors before they go on stage). "Break a leg Sam, I'm sure your performance will be great."

"By taking my dad on holiday, I killed two birds with one stone. I got to go away but also spend time with him."

**11. 'To kill two birds with one stone'** – to solve two problems at once.<sup>6</sup>

**12. 'To add insult to injury'** – to make a situation worse.  
 "To add insult to injury the car drove off without stopping after knocking me off my bike."

**13. 'You can't judge a book by its cover'** – to not judge someone or something based solely on appearance.

"I thought this no-brand bread would be horrible; turns out you can't judge a book by its cover."

**14. To hit the nail on the head'** – to describe exactly what is causing a situation or problem.

"He hit the nail on the head when he said this company needs more HR support."

**15. 'Let the cat out of the bag'** – to accidentally reveal a secret.

"I let the cat out of the bag about their wedding plans."





# NEW YORK EDUCATIONAL TRIP



*After a tiring flight we arrived in city's busy streets. There were people and shops everywhere, yellow taxis lined up by humungous buildings...*



## Daily Life

Our daily Schedule was starting at 8.00 am by waking up. We get ready to go to Miraj Islamic School where we were having very delicious meals. After having breakfast, we go to the Ferry Station to get across the sea and arrive in Manhattan. Our lesson in the course was scheduled between 11.45 and 16.00. After the lessons we whether stay in Manhattan to wander around the city or go back to Staten Island to have dinner in Miraj Islamic School. At night between 20.00 and 22.00 it was not allowed for us to talk in any language except English. At like 23.00 o'clock we go to the bed to get some rest and get ready for another thrills in New York City :)





## Education

Manhattan Language School was far beyond our expectations thanks to its Professional educational system. The school has a lot of students from all around the world. Owing to this, we made lots of friends in every corner of the world. Besides teaching English professionally, ML also enabled us to know a little about the other cultures such as; Russian culture, European culture, Asian culture and even more... Better yet, we got used to hear the English Language in almost every accents. ML had a really warm atmosphere with its lovely teachers. During our stay, they always adopted a warm-hearted manner. We appreciate Manhattan Language for all of the things they have done for us.





*One of our students is receiving his certificate by the manager of the school.*

# OUR TRIPS



NATIONAL MUSEUM of AFRICAN AMERICAN HISTORY & CULTURE



BOWLMOR TIMES SQUARE



EMPIRE STATE BUILDING



# 10 Simple Suggestions to Improve Your Mental Health

1. Assess the strength of your needs while learning to obtain the proper amounts for happiness. We all have five basic human needs — connection, freedom, significance, survival and enjoyment. While we share that in common, the strength of our needs vary. So for example, one person may be high in connection and enjoyment, while another person might be high in significance and freedom. The key to happiness is to engage in behavior that brings you the precise amount of each need you want. Having too little leaves you feeling deprived and having too much can leave you feeling over-saturated.
2. Understand and take responsibility for your choices. You have choices in every situation. You may not have any “good” choices or choices you like, but there are choices nonetheless. You are doing whatever you’re doing because you chose it, not because someone forced you. You may be doing it to keep your job, please a loved one or to save your life ... but you are choosing it. When you let go of the victim mentality and embrace the choice aspect of all you do, you will feel empowered.
3. Make the connection between your behavior and your progress or lack thereof. We often look to outside “causes” for our success — or lack thereof — and forget to look at what we, ourselves, are doing or not doing to move us toward our goals. When you begin to take charge of your own outcomes instead of giving that power to others, you will feel much happier.
4. Understand the power of your perception and how to change it. We often make up stories about people and events in our lives that have nothing to do with the facts of the situation. They are simply our interpretation. Your interpretation can cause you great unnecessary turmoil. If your perception isn’t serving you, change it! Make up a better, happier, more generous story.



**USE IT**

5. Find the balance in all things. Everything that happens to you has equal positive and negative qualities; a ying and a yang, pros and cons. The problem is our perception again. We tend to label things as good or bad, positive or negative, painful or pleasurable. The truth is, both sides are always present. It just depends on where you place your focus. Seeing both sides equally will improve your mental health.

6. Distinguish and choose between what feels good right now and what will feel even better later. We often engage in a battle of what we want right now versus what we really want. As a general rule, those who can delay gratification achieve greater satisfaction than those who always indulge themselves in the moment. But there is another option. See #7.

7. Expanding either/or thinking to a both/and approach. In our Western culture, we often tell ourselves that we must choose between two options. But I say, "Why not have both?" Now, I do realize sometimes there really is a dilemma and a person must choose, but those times occur less frequently than you think if you begin to ask yourself, "How can I have/do/be both?"

8. Uncover your self-sabotage, while learning to minimize its hold on you. We all have some negative thoughts about ourselves that were installed in our psyche before we were old enough to distinguish fact from fiction. The fact that these negative thoughts most often came from those you trusted made it even harder to dispute. However, if you want to succeed at your goals, then you must bring your self-sabotage out from the dark of the subconscious to the light of day where you can examine its veracity. If you determine it simply isn't true (and it usually isn't), then you can let it go. Don't attempt to "do battle" with the ideas, as this gives them more importance than they deserve.

More from YourTango: [The Key to Eliminating Anxiety \(Without Medication!\)](#)

9. Accept others exactly as they are. They aren't likely to change — or at least not because you want them to — so you are only frustrating yourself with the effort. Know that everyone has one life to live in this go around and gets the option to spend it however they choose. If you don't like the way a particular person is choosing to live his or her life, then limit your involvement with that person. Stop trying to get people to change to fit who you want them to be.

10. Move toward your goals at a pace that is challenging, yet doable, for you. When you set goals that are too easy, you can become bored. But on the other hand, if you make it too difficult, you may give up. Finding the right pace for you is essential to your success.





# TUBITAK

The Scientific and Technological Research Council of Turkey (TÜBİTAK) is the leading agency which is conducting research in Turkey. It was established in 1963 with a mission to improve science and technology, conduct research and support Turkish researchers. The Council is an autonomous institution and is governed by a Scientific Board whose members are selected from prominent scholars from universities, industry and research institutions.

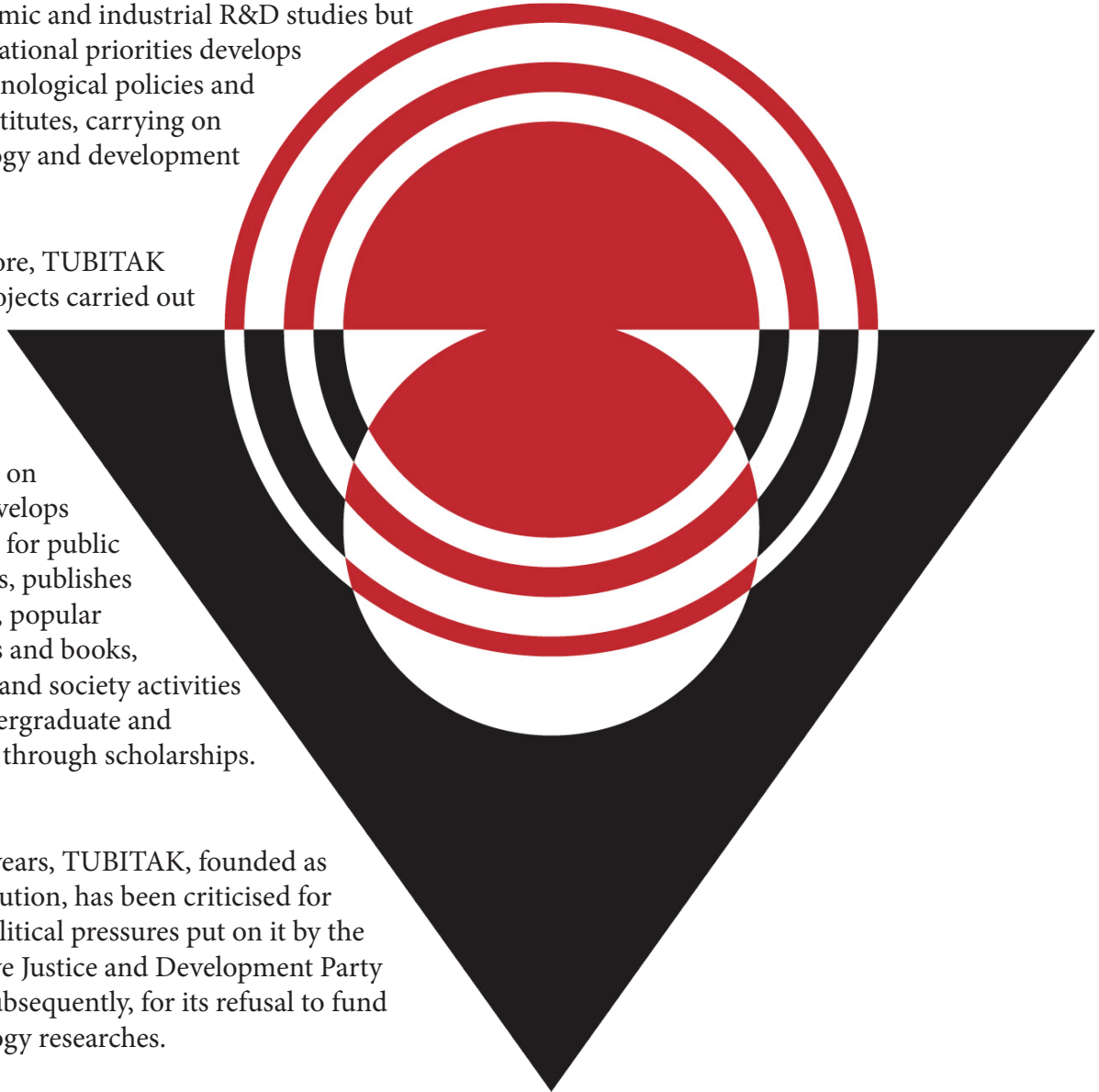
TUBITAK is responsible for promoting, developing, organizing, conducting and coordinating research and development in line with national targets and priorities.

TUBITAK acts as an advisory agency to the Turkish Government on science and research issues. Setting its vision as to be an innovative, guiding, participating and cooperating institution in the fields of science and technology, which serves for improvement of the life standards of our society and sustainable development of our country, TUBITAK not only supports innovation, academic and industrial R&D studies but also in line with national priorities develops scientific and technological policies and manages R&D institutes, carrying on research, technology and development studies.

Furthermore, TUBITAK funds research projects carried out in universities and other public and private organizations, conducts research on strategic areas, develops support programs for public and private sectors, publishes scientific journals, popular science magazines and books, organizes science and society activities and supports undergraduate and graduate students through scholarships.

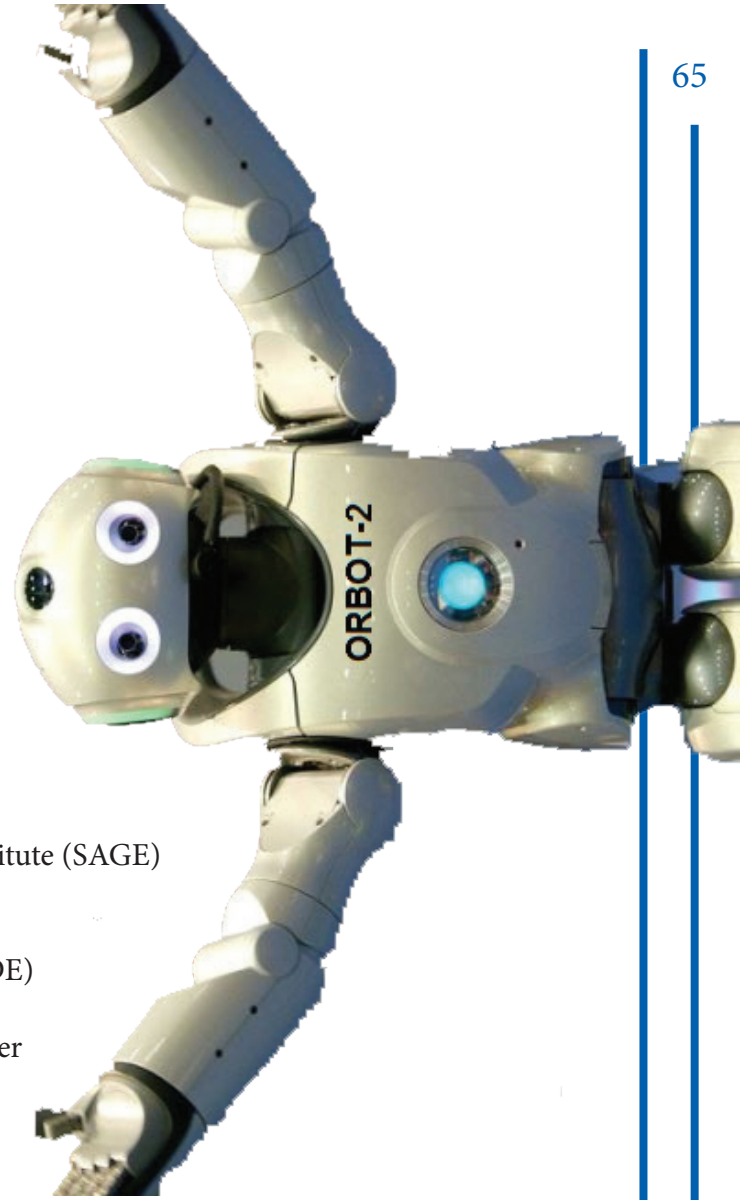
In recent years, TUBITAK, founded as an apolitical institution, has been criticised for succumbing to political pressures put on it by the ruling conservative Justice and Development Party (AK Parti), and subsequently, for its refusal to fund evolutionary biology researches.

Following research centers and institutes are subordinate to



## TUBITAK:

- Marmara Research Center (MAM)
- Energy Institute
- Food Institute
- Chemical Technology Institute
- Environment and Cleaner Production Institute
- Materials Institute
- Earth and Marine Sciences Institute
- Genetic Engineering and Biotechnology Institute
- Center of Research for Advanced Technologies of Informatics and Information Security (BILGEM)
- Advanced Technologies Research Institute
- National Research Institute of Electronics and Cryptology
- Information Technologies Institute
- Research Institute of Fundamental Sciences
- Research Institute for Software Development
- Cyber Security Institute
- Defense Industries Research and Development Institute (SAGE)
- Space Technologies Research Institute (UZAY)
- National Metrology Institute (UME)
- Turkish Institute of Management Sciences (TUSSIDE)
- Technology Free Zone and Technopark
- National Academic Network and Information Center (ULAKBİM)
- Bursa Test and Analysis Laboratory (BUTAL)
- National Observatory (TUG)



Budget of TUBITAK is 3.197.000 per a year. They spend this money mostly to research and develop(r&d) projects and to improve Turkish students scientific educations and to give scholarship for doing scientific projects ,in conclusion to make Turkey bigger and greater again.

R&D projects and its budget start increasing year by year in Turkey by supports of TUBITAK. And this must be done by countries wants to enhance. Lots of meeting has been programming in all cities of Turkey for last few years.

R&D activities are;  
 Engineering researches  
 Electrical and enformatical researches  
 Biology and Health researches  
 Environment atmosphere and science see and earths surface researches  
 The publication researches  
 Chemical researches  
 Social and physiological researches  
 Technology of security researches  
 Mathematical and physical researches  
 Agriculture and forestry

# There are three sort of studies in TUBITAK;



## Primary and high school studies,

One of the most important things in this schedule is educational books and journals. Such as Meraklı Minik ( Curious Kid), Bilim Çocuk ( Wise Guy) , Bilim ve Teknik (Science and Technic) and some books like these. And some trips to science centers.



## Academic studies,

The most comprehensive issues in this schedule is to support students in university and academical persons by money or some scientific materials.

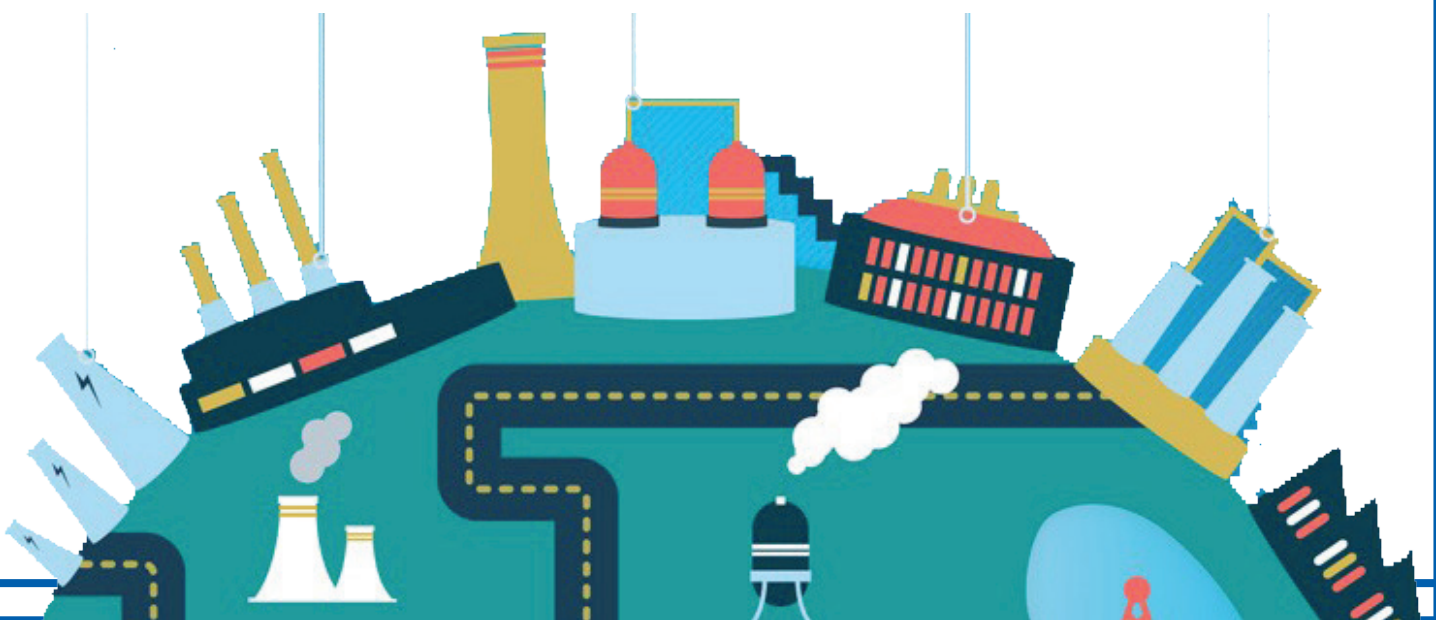
## Industrial Studies

There are three stages in this programme for chancing innovative ideas to a commercial product or a process.

Step 1-) presenting this innovative ideas to official committees

Step2-) evaluation this ideas by committees

Step3-)improving ideas and making it valuable in commerce



# VODAFONE ARENA

Opening its doors to public on 3 November 1947. The İnönü Stadium, which would eventually be replaced by the Vodafone Arena, had been a symbol of Beşiktaş JK's glorious years and a home to numerous Beşiktaş JK legends such as Süleyman Seba, Hakkı Yeten (BabaHakkı), Sanlı Sarılioğlu, Rasim Kara, Rıza Çalimbay as well as the unforgettable scoring trio of Metin-Ali-Feyyaz.

At the end of the 2012/13season, Beşiktaş JK Management led by the Chairman Fikret Orman tore down the İnönü Stadium and started building the Vodafone Arena on its place, using the Club's own means.

In short, Beşiktaş JK's new stadium Vodafone Arena is going to be a hub of city activity not only during match days but on everyday of the year.



TECHNICALY  
SPECIFICATIONS OF THE  
STADIUM  
BEŞİKTAŞ spent over 400 million  
liras for the construction of the  
stadium.

It is regarded as one of the  
most modern stadium in the  
world. Especially;

- 1) The stadium's capacity is 41903 people according to the criteria of the UEFA 2016.
- 2) The stadium is sustainable and environmentally friendly building
- 3) Will provide 50 thousand visitors needs of high band width Wi-Fi 2g,3g and 4g network connections
- 4) Security is at the highest level ,spent 20 milion tl fort he security system ,there are 784 cameras in stadium
- 5) The grandstands have C90 wiewing angle ,first flor 26°,second flor 38°

6) Scoreboards have fullHD resolution

7) Stadium meets the UEFA criteria for category 4 which is the highest category in the stadiums.

8)A model of the colosseum has been used in the architecture of the stadium.

9)THE GROUND:

a)Hybrid grass: hybrid is described as reinforced natural grass.This type grass used in important tournaments such as world cup and European championships. A total of 45 hybrid grass in the stadium of football club. This grass,the injury problems of players %70 reduces.

b) From the bottom ventilation,water heating system,cooling and vacuum systems

10) Roof:%71 light,%21 sun rays transmission.%13 solar energy absorption,fire and water proof,recyclable and environment friendly



## THE OPENING OF THE STADIUM

APRIL 10 2016





Opening ceremony, president ERDOĞAN, prime minister Davutoğlu was present in the opening ceremony as representatives of the government.

## FİRST MATCH

APRİL 11 2016

First match was held in Vodofone Arena was between Beşiktaş-Bursaspor teams. Beşiktaş was the winner of the first match. The first goal scored by MARIO GOMEZ.

## Nihat Kahveci

Nihat Kahveci (was born in 23 Nov 1979 in Istanbul\Esenler) is a Turkish former football player. He began to play football when he was in high school in Esenler Spor Team. After high school, he joined to Beşiktaş youth team.

He got Fuat Yaman's attention with his performance in Beşiktaş's youth team and raised to first team. After a while he scored a goal when he was playing against Galatasaray in President Cup Finale. When Beşiktaş won the cup with his goal, he became known with the match. His youngness, speed and his shoots from the right wing of the area made him an important player for Beşiktaş. In his Beşiktaş carrier he scored 33 goals in 138 match. In 2001 he transferred to Real Sociedad in Spanish league (La Liga) for 5 million Euro. First season he couldn't play much but next year he proved that he's a talented player. And became second top scorer player with 23 goals. And that year Real Sociedad finished the season in second place in La Liga.

In 2004 his team wasn't as good as previous year but he kept his form and carried his team. Scored 14 goals and became player of the year. in 2005 his contract with Real Sociedad finished and he signed to villareal soccer team. After his sign in villareal team he had a big injuring problem and he couldn't play for 8 months. Next season he returned back and made a very effective start scored 18 goals in 34 match and became 4th in top scorer list. And villareal finished the season 2nd place in La Liga. This is the biggest success in Villareal's history.

However, in 2008-2009 season due to injuries again and couldn't have a chance in the end of season transferred to Beşiktaş again for 4.5 million euro. In his villareal carrier he scored 24 goal in 70 matches

Returning to Beşiktaş wasn't very fruitful for Nihat. He couldn't show his performance very well. After his discussion with his teammate Quaresma and journalist Turgay Demir, he announced that he will retire in the end of the season. Some legendary moments from his carrier



*His goal against Czech Republic. Worlds most expensive wall was built against Nihat Kahveci.*



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