



Telve

Special days in October:

- October 1, 2 Ramazan Bayrami - Eid
- October 13, Thanksgiving
- October 14, Federal Election Day
- October 29, Turkish Republic Day

Inside this issue:

- A Personal Message from the Premier **2**
- Greetings from Peter Fonseca **3**
- Greeting from the Mayor of Oakville **4**
85. Yılında Cumhuriyet **5, 6**
- Results of the 40th General Election for our Society **7**
- Mehmet Danis was at GOBI Desert **8, 9**
- Güngörendeki bebek dünyayı tanımamıştı henüz **10**
- Ben daha büyümedim ki **11**
- Meziyet Yücel ile Alternatif Tıp üzerine **12**
- Youth in our community : Bora Çelikel **12**
- Bayram Yemeği / Bayram Luncheon! **13**



85



A Personal Message from the Premier



Premier of Ontario - Premier ministre de l'Ontario

September 30, 2008

A PERSONAL MESSAGE FROM THE PREMIER

On behalf of the Government of Ontario, I am delighted to extend warm greetings to the members of the Turkish Society of Canada as you celebrate Eid.

This joyous celebration marking the end of Ramadan is a time to reflect on the value of friendship and family relationships, to remember the importance of sharing with others — and to appreciate how fortunate we are to be Ontarians. Thanks to the hard work and co-operation of the many cultural groups that call Ontario home, we have built a peaceful and prosperous society that thrives on the diversity of its citizens.

I commend the Turkish Canadian community for its many contributions to making Ontario, and Canada, an even better place to live. Your rich heritage and traditions greatly enhance the social, cultural and economic fabric of our province and our nation.

Please accept my sincere best wishes for an enjoyable and memorable celebration.

A handwritten signature in black ink that reads "Dalton McGuinty".

Dalton McGuinty
Premier



Dalton McGuinty
Ontario Premier

Telve

Greetings from Peter Fonseca, M.P.P Mississauga East-Cooksville



*On behalf of
the Legislature of Ontario
it is with great pleasure that I extend warmest greetings
on the occasion of Eid
to members of the Turkish community and to
The Turkish Society of Canada*

Eid Mubarek

May this Eid bring health, happiness and peace to each of you.

September 30, 2008

Peter Fonseca, M.P.P.
Mississauga East-Cooksville

A handwritten signature in cursive script that reads "Peter Fonseca".

Telve

Greeting from the Mayor of Oakville



Office of the Mayor

GREETING FROM THE MAYOR OF OAKVILLE

On behalf of Council and the residents of Oakville, I am pleased to extend greetings to all members of the Turkish Society of Canada, their families and friends as you celebrate Eid marking the end of Ramadan.

Best wishes to all.

Sincerely yours,

A handwritten signature in blue ink, appearing to read 'Rob Burton'.

**Mayor Rob Burton,
Town of Oakville.**

85.Yılında Cumhuriyet

Turkish Society of Canada Cumhuriyetimizin 85. Yılıni iki önemli etkinlikle kutlayacak.

İlk etkinlik'te Genç Türkiye Cumhuriyet'inden siyah beyaz fotoğraflar North York Civic Centre'da 30 Ekim - 2Kasım tarihleri arasında sergilenecektir.

1 Kasım 2008 tarihinde yine North York Civic Centre'da 5 değerli akademisyenimizin katılımıyla "Contemporary Perspectives on the Turkish Republic at its 85th Anniversary" paneli düzenlenecektir.

Katılımcılar ve konuları ;

"The Recent Human Rights Reforms and Conditions: A Mixed Outcome."

Zehra F. Kabasakal Arat, Department Of Political Science, Purchase College, SUNY

Is There A Place for Turkey In Europe? : Uneasy Question, Uncertain Future.

Feyzi Baban, Department Of Politics, Trent University

Re-examining Regional Ties: From History to Geography

Mustafa Koc, Department of Sociology, Ryerson University

Economy alla Turca: Where Does Turkish Economy Stand Today? Illusions and Realities

Halis Murat Yıldız, Department Of Economics, Ryerson University

Communications Policy and Market Restructuring In Turkey

Tuna Baskoy, Department Of Politics And Public Administration, Ryerson University

Etkinliklerle ilgili detaylar önümüzdeki günlerde çeşitli yayın organlarında ve yazışma gruplarında duyurulacaktır.

Bu etkinlikler Turkish Society of Canada tarafından Turkuaz TV'nin katkılarıyla gerçekleştirilmektedir.

Bu etkinliklerimize sponsor olmak isterseniz derneğimize info@turkishcanada.org adresinden ulaşabilirsiniz.

Biographies:

Zehra F. Kabasakal Arat is Professor of Political Science at Purchase College, SUNY. Her research focuses on democracy and human rights, with an emphasis on women's rights. Her publications include: Democracy and Human Rights in Developing Countries; Deconstructing Images of "The Turkish Woman,;" Non-state Actors in the Human Rights Universe; Human Rights Worldwide; and Human Rights in Turkey. She has served on the editorial and executive boards of several journals and professional associations. She is the Founding President of the Human Rights Section of the American Political Science Association, Chair of the Human Rights Research Committee of the International Political Science Association, Co-Chair of the Columbia University Human Rights Seminar, and the editor of SUNY Press' book series on human rights. Currently, she is studying the changes in human rights discourse and practices in Turkey since the 1920s.

Feyzi Baban is an Associate Professor and Chair of Politics Department at Trent University. He received his Ph.D from Carleton University and BA and MA from Bogazici University. His research interests include international relations theory, cosmopolitanism, citizenship studies and Turkey-EU relations. His recent publications include "Turkey and the Postnational Europe: Challenges For the Emerging Political Community", with Fuat Keyman, European Journal of Social Theory, Winter 2008, 11:1. "Private Lives and Public Identities in the Formation of the Turkish Republic", Remaking Turkey: Globalization, Alternative Modernities and Democracy, (Lexington: 2007). "From Gastarbeiter to " Ausländische Mitbürger" : Postnational Citizenship And In-Between

85

Telve

85.Yılında Cumhuriyet

Identities In Berlin”, *Citizenship Studies*, Vol.10, No.2, Winter 2006 . “Cosmopolitanism, Modernity and Political Community”, *Studies in Political Economy*, No:77, Spring 2006.

Mustafa Koc is an associate professor at the Department of Sociology, and the graduate program in Immigration and Settlement Studies at Ryerson University. His research interests include sociology of food and agriculture, food security and food policy, and global population movements. He served as a founding coordinator of the Centre for Studies in Food Security at Ryerson University (1995-2005), the Chair of Food Secure Canada (2005-2006) and the President of the Canadian Association for Food Studies (2005-2008). He took part in various global conferences and debates on food policy, globalization and peace. His recent contributions include *Interdisciplinary Perspectives in Food Studies* (2008), “A Double-double and a Maple-glazed Doughnut Food,” *Culture and Society*, Vol 11, No 3 (2008), “Getting Civil About Food: The Interactions Between Civil Society and the State to Advance Sustainable Food Systems in Canada,” *Journal of Hunger & Environmental Nutrition*, Vol. 3, No 2/3 (2008); “Food Security and Food Sovereignty in Iraq: The Impact of War and Sanctions on the Civilian Population,” *Food, Culture and Society* Vol 10, No 2 (2007); “Küresel Kriz, Kimlik Arayışları ve Sosyoloji” (*Global Crisis, Pursuit of Identities and Sociology*), *Sosyoloji Araştırmaları Dergisi/Journal of Sociological Research* Vol 9, No 1 (2007).

Halis Murat Yıldız works as an associate professor of economics, Ryerson University. After obtaining his Ph.D in 2003 at Southern Methodist University in Texas, he joined to the Department of Economics at Ryerson University. His research interests include theoretical and applied international economics, game theory, industrial organization and environmental economics.. He has published numerous journal articles in these areas with a specific focus on the linkages among the trade liberalization process, industry restructuring and environmental issues. He was awarded several research grants and is a holder of a Standard SSHRC Grant as a solo investigator. In 2006, he was nominated for the John Charles Polanyi Prize by Ryerson University. Currently, he is working on the coalition formation theory that focuses on the merit of bilateralism in trade and environmental agreement formation.

Tuna Baskoy is Assistant Professor in the Department of Politics and Public Administration at Ryerson University. His fields of research and teaching are comparative public administration, European Union competition and telecommunication policies, e-government and e-democracy, and quantitative methods. His book, entitled, *The Political Economy of European Union Competition Policy: A Case Study of the Telecommunications Industry*, was published by Routledge in June 2008. Dr. Baskoy has been involved in the organizing committee of the International Conference on Social and Organizational Informatics and Cybernetics based in Orlando, Florida. He is also a member of the International Institute of Informatics and Systemics (IIS), and the European Community Studies Association-Canada (ECSA-C).

Telve

Results of the 40th General Election for our Society

Electoral District	Member Count	Party	Your Member of Parliament
AJAX--PICKERING	1	Liberal	Mark Holland
BEACHES--EAST YORK	1	Liberal	Maria Minna
Brampton West	5	Liberal	Andrew Kania
BRAMPTON--SPRINGDALE	6	Liberal	Ruby Dhalla
BURLINGTON	1	Conservative	Mike Wallace
Davenport	2	Liberal	Mario Silva
Don Valley East	5	Liberal	Yasmin Ratansi
Don Valley West	8	Liberal	Rob Oliphant
EGLINTON--LAWRENCE	1	Liberal	Joseph Volpe
ETOBICOKE NORTH / ETOBICOKE-NORD	3	Liberal	Kirsty Duncan
ETOBICOKE--LAKESHORE	3	Liberal	Michael Ignatieff
HALTON	17	Conservative	Lisa Raitt
Kitchener--Waterloo	1	Conservative	Peter Braid
MISSISSAUGA EAST--COOKSVILLE	7	Liberal	Albina Guarnieri
MISSISSAUGA SOUTH / MISSISSAUGA-SUD	3	Liberal	Paul Szabo
Mississauga--Brampton South	12	Liberal	Navdeep Bains
MISSISSAUGA--ERINDALE	24	Conservative	Bob Dechert
MISSISSAUGA--STREETSVILLE	17	Liberal	Bonnie Crombie
Oak Ridges--Markham	2	Conservative	Paul Calandra
Oakville	8	Conservative	Terence Young
Parkdale--High Park	4	Liberal	Gerard Kennedy
RICHMOND HILL	11	Liberal	Bryon Wilfert
Rosemont--La Petite-Patrie	1	Bloc Québécois	Bernard Bigras
Scarborough Southwest	2	Liberal	Michelle Simson
Scarborough--Agincourt	2	Liberal	Jim Karygiannis
Scarborough--Rouge River	1	Liberal	Derek Lee
ST. PAUL'S	10	Liberal	Carolyn Bennett
THORNHILL	2	Conservative	Peter Kent
Toronto Centre	12	Liberal	Bob Rae
Toronto--Danforth	8	NDP	Jack Layton
Trinity--Spadina	9	NDP	Olivia Chow
Vaughan	1	Vaughan	
WHITBY--OSHAWA	1	Conservative	Jim Flaherty
WILLOWDALE	10	Liberal	Martha Hall Findlay
York Centre	2	Liberal	Ken Dryden
York South--Weston	2	Liberal	Alan Tonks
Lives in Turkey - Does not Vote	1		
Turkish Society of Canada Total of the Members	206		



CANADA VOTES 2008

Telve

Mehmet Danis was at GOBI Desert Marathon



Mehmet Danis

Our member Dr.Mehmet Danis raced at GOBI Desert Marathon. Congratulations Mehmet for your great success.

I decided to take part in this ultramarathon in October 2007 in order to raise awareness for the United Way, a charity that funds numerous programs that provide aid to the less fortunate among us.

I was troubled by the lack of support to the vulnerable segments of my community and societies lack of compassion towards its less fortunate members.

I found that like myself, many people around me were limited by our imagination when it came to how much they could do about the negative things they saw in their community.

We were very comfortable with the status quo of our environment and saw drastic change as unreasonable, unrealistic and sometimes even impossible. The eloquent Bernard Shaw once said “The reasonable man adapts himself to the world; the unreasonable one persists in trying to adapt the world to himself. Therefore, all progress depends on the unreasonable man.” I knew many people who raced marathons and other races to raise money for charities to fight breast cancer and diabetes. But I wanted to do something that would stretch beyond the imagination. I wanted to push myself beyond the "normal" limits that I shared with my friends, co-

workers and family. I was hoping to prove that a "normal", "ordinary" person could attempt a feat that is considered unreasonable or impossible. I believed that even if I did not succeed, at least my attempt would inspire others to consider the limits of their own abilities.

My training started with an initial attempt at a half marathon (20km) that I started from my home. I was barely able to complete this run as I had to walk the last 3 km due to muscle failure. A week later I repeated this run, again by myself. But this time, I was able to "run" the entire 20km. Although my time was very, very slow, I was happy because it was at least a starting point to a long journey. The following week I attempted to jog/run/walk entire marathon (42km) distance. Although it took me more than 4 hours to complete this distance, it was enough to give me the confidence I needed to register for the GOBI Desert Race in 8 months time.

During these 8 months, I trained harder than I had trained for anything in my life.

Eventually I was running a total of 140 km per week, with a 24 pound (10kg) backpack on. With my wife Sara's support and sacrifice (my runs would take up to 3 hours from my evenings, 3-4 times a weeks) I was able to train at a very high intensity.

My body slowly adapted to the

punishment and finally on May 11 (mothers Day) I ran the Mississauga half marathon to test my speed along side other runners.

I finished the Half marathon (21km) with my backpack in 1 hour and 41 minutes. I felt I was ready as I would ever be for China in 4 weeks. This Mothers day was also very significant for me because it was my mothers fight against cancer that had fuelled my resolve while training for this race. Her strength and determination to beat this disease made my pain from the training seem so small and insignificant.

All this plus my fathers intense enthusiasm and pride pushed me through these final months leading up to the race in June 2008.

One of my favorite poets Oscar Wilde once said “to live is the rarest thing, most people merely exist”. I learned a lot from this race, but because I'm not a poet, it is impossible for me to explain all that I experienced with mere words.

The most simplest and powerful lesson I learned however is easy to explain.

During this 7 day 250 foot race across the desert, I ran side by side with 180 other racers from all continents of the world. We all spoke many different languages and we were men and women of all ages (19 to 70). Most of us were fortunate to own homes, cars, cell phones, TV's and other luxuries of modern Western soci-

“Her strength and determination to beat this disease made my pain from the training seem so small and insignificant.”



Mehmet Danis

Mehmet Danis was at GOBI Desert Marathon

ety. We had never been hungry a day in our life. We could all agree however that during this race with only one backpack full of clothes, food and a sleeping bag to our name, we were as happy as we had ever been. With only the sky above us and the mountains of Kyrgyzstan watching us constantly, we laughed and cried as we ran across the finish line every day.

We saw people living in a state that was common around the world more than 1000 years ago. In mud houses and straw roofs. They were kind, busy, curious, shy and happy. Owning almost nothing. Yet needing much less than we do.

We saw kids running barefoot after us to wave hello and good bye. With smiles on their faces as big and bright as the desert sun.

They smiled brighter and laughed louder than any child I had seen in our world. This brutal truth still haunts me today.

I pushed myself hard that week. Day after day we ran 40 km from one camp site to another. After 4 stages of 40 km each, on day 5 we ran 80 km, followed by a final 15 km day to finish the race. The physical challenge of running this long, the heat (above 45 degrees Celsius, the high altitudes and the desert terrain nearly broke my body and spirits a number of times. I was so exhausted that there were times when I could not keep a thought in my mind for more than a few seconds. Many people were unable to complete

the race due to dehydration, exhaustion or injuries. I was fortunate enough to avoid these.

I crossed the finish line 7 days after I started, but I felt years wiser. I finished 6th over all, and won the award for the top runner in my age group.

I'm also very proud to say that I was the top Canadian runner and number 2 in North America. Most importantly though, I had finished the race as fast as I possibly could, without a single ounce of effort left behind. What I thought was almost impossible 9 months before was now history. I managed to raise \$4000 for the United way, but most importantly I believe I raised some awareness among many people that there is an entire world out there beyond our imagination. And our imagination sometimes limits us from achieving our full potential. The only way to escape this is to do the unimaginable, attempt the impossible and risk failure. Even failure can be glorious if your attempt is brave.

Capt. Danis, MH

Dental Officer

I Dental DET, Kingston



Turkish Flag is in Gobi

“I crossed the finish line 7 days after I started, but I felt years wiser. I finished 6th over all, and won the award for the top runner in my age group”



Mehmet Danis

Telve

Güngörendeki bebek dünyayı tanımamıştı henüz



*“Her gece yavrusu
uğruna, uykusuz
kalacaktı,
Her Anne gibi o da
bunları yaşayacak,
Anne olacaktı.”*

Ağlıyor musun Anne, neden ağlıyorsun Anne, hani bana az bir zaman sonra kollarımda olacaksın yavrum diyordun. Kolların nerde Anne, ya benim kollarım, ya başım nerede Anne. Seni nasıl göreceğim, babam nerede Anne, hani giysiler almıştın, odam, beşiğim nerede Anne.

Emzir beni Anne, hani memen nerde Anne, acıktım ben, burası cennetmiş Anne, neden geldik Anne. Kucağına al Anne, kokunu duymak istiyorum. Neden ben dünyayı görmedim Anne, gözlerim nerde, kim yolladı bizi buraya, kim bıraktı Anne. Bu ne Anne, senin gövdenden sızan kırmızı şey. Bende de var aynı Anne, neden beyazlar içindeyim, beşiğim kırmızı, bu kan Anne, kan. Bizi, ikimizi kim buladı kana Anne. Sen hazırlık yapıyordun, hani giysilerim, odam olacaktı Anne, ninniler söyleyecektin. Sesin çıkmıyor Anne, ağzına kan dolmuş. Babam nerede Anne, babamı görmek istiyorum. Neyle göreceğim Anne, gözlemi kim aldı, adımı sordu buradaki melek, sen söyle Anne adım neydi benim. Yavrum diyordun, bebeğim diyordun, adım bu mu Anne, adım bu mu.

Dünya neresi Anne, bizi neden yolladılar, neden bizi buraya yolladılar. Ben görmek istiyordum dünyayı Anne. Anne al kucağına, acıktım Anne nerdesin, hiç sesin çıkmıyor. Anne gece beni çağırırdın, ellerin gezinirdi üstümden, okşardın. Ellerim nerede Anne, hadi al kucağına Anne. Kim kıydı bize Anne ? Ne yaptım ki ben onlara, daha ben doğmamıştım, dünya denen yeri görmemişim,

kimseyi tanımamıştım. Ne yaptım ki Anne ? Parçaladılar beni, seni. Ben baba mı istiyorum Anne, ben babamı istiyorum.

Onların yok mu çocukları, Anaları, babaları Anne ? Neden bizi buraya param parça yolladılar Anne. Acıktım Anne acıktım, kucağına al Anne ne olur. Az kaldı demiştin, kucağına görmek istiyorum Anne. Anne, kucağı görmeden neden toprağa koydular beni ? Anne sen de yavrunu kollarında tutmadan senide koydular toprağa. Kolların nerede Anne ? Kolların, ya başın, gözlerin, neden param parçaya böldünüz bizi ? Dilerim bana can veren, Anneme can veren

Allah'ım sizin cezanızı versin. Biz bir birimize kavuşmadık, dilerim siz de dünyada ve burada hiçbir şekilde ışığa kavuşmadan cehennem en derin yerinde yanarsınız. Benim dileğim bu Rabbimden. Sil göz yaşını, kolların yok ki silemiyorsun, bırak aksın Anne, bırak aksın Annemmmmmmm.

Adı bile konmamıştı, bir bebektir, dünyayı görmemişti, o doğacaktı, annesi onu büyütecekti. Kıydınız, kıydınız kara toprağa serdiniz anne karnında. Dilerim siz de param parça olursun.

O bir Anne olacaktı,
yavrusunu saracaktı,

O'na ninni diyecekti, uyu da büyü yavrum

diye yumuşacık tenin okşayarak,
O'na meme verecekti.

Her gece yavrusu uğruna, uykusuz kalacaktı,

Her Anne gibi o da bunları yaşayacak, Anne olacaktı.

Bu en güzel duyguyu elinden aldınız,

O'na neler almıştı, her gün onlara bakardı,

Yerlerine koyardı, az kaldı yavrum derdi,

Alacağım kucağıma, koklayacağım derdi.

Öyle de heyecanlı idi, yazık olmuş,

Bakın bunları siz aldınız, bu duyguları siz yok ettiniz.

Vicdansızlar, kahrolası zalimler,

diğer taraftan da üç yavruya kıydınız,

Anneleri yaktınız,

O küçücük bedenlere, tabutları yakıştırdınız.

Sen küçüksün, ölemezsin yavrum, tabutlara konamazsın,

Toprak senin neyineydi, yerin parklar olmalıydı.

Annelerin elleri boş, gözlerinden boşaldı yaş,

Sen çocuksun, ölmemeliydin, kara toprağa girmemeliydin,

Vaden dolmuşumuydu böyle, yoksa kader mi söyle.

Ey lanet olası terör, sen mi verdin, aldın canı,

akıttın bunca insanın kanını,

Geride bıraktın onca yaralı,

kararttın dünya denen o güzelim mekanı.

Gurbet Meleği

Ben daha büyümedim ki

Ben daha çocuğum! Babam...babam... bana elma şekeri almaya gitti.

Dönmedi ki daha. Elma şekeri getirecek, ben daha büyümedim !

Babam gelmedi ki ...

Annem; - baban elma şekeri alıp gelecek – diyor, ne bileyim.

Gittiği yer çok uzakmış, ancak gelirmiş, bekliyorum bende. Merdivenin basamaklarında oturuyorum. Oradan ayrılırsam, ya gelirden görmezsem? Ya goremeysem?

Ben daha büyümedim! - Belki uykusu geldi - diyor annem, - sende uyu, oda uyudu uyanınca gelecek – diyor! Uyudum, uyandımda daha gelmedi...

Annem - elma şekerleri bittmiş, tazelerini bekliyordur – diyor.

Olsun ben beklerim burada! Şuracıkda, kıpırdamadan, nefes almadan, gelir gelecek!

Belki belki babam çikolata getirir onun yerine. - Anne babamın çok parası var mıdır?

Yoksa sadece elma şekeri alacak kadarmı var?

Çabuk olur mu anne? - Sen okula git bakalım, belki düdüğünde gelmiş olur - .

Okul dünüşü bakındım, yine yok babam. Sormayacağım!

- Anne sen hep ağlıyorsun, gürlütümü ediyorum yoksa, sesimdenmi ağlıyorsun anne -? Bugün arkadaşım dedi ki - senin baban aha şu tepede, toprağın altında nasıl gelsin dedi -Anne neden babam orada biz burdayız?

Bizde gidelim anne şu tepeye o toprağın altına belki almıştır elma şekerini...

Ben şimdi büyüdüm anne ben büyüdüm!

Yıllar yılı babamı o basamakta öylece bekledim durdum. Biliyordum anne, babamın bir kör kurşunla yere serildiğini ve vatani uğruna şehit olduğunu ama sen hep bana gelecek dediğin için seni üzmemek için o kor gibi yanan yüreğini birde ben yakmamak için oyununa katıldım anne... Elma şekerimi sordum durdum gözlerimi kacırarak yalanımı anlama oyunumu anlama diye...

Şehitler ölmez anne, şehitler ölmez vatan bölünmez işte anne oğlun şimdi büyüdü çakı gibi bir teğmen şimdi kurşunlar dürbünlü anne dürbünlü kör değil alsancağın altında yemin ettim babam için vatan için senin için, göz yaşların için, elma şekerim için, benim gibi baba ve elma şekeri bekleyenler için ...

İşte ben büyüdüm anne işte büyüdüm and olsun ki vatanım, namusum, kanımın rengi...Bayrağıma göz dikenin gözünü oyacağım, işte vatan, işte atam, işte ben...

Şehit olursam anam, oğluma - baban elma şekeri almaya gitti – dersin.

Beni beklesin, basamaklarda beklesin ki aklına bir destan yazsın atasından gönüllü olsun. Tıpkı büyük babası gibi yürekli olsun, babası gibi azimli ve kararlı olsun, tıpkı senin gibi yüreği kocaman, yanık, yıllarca tepedeki şehidi elma

şekeri bekleyen oğlu için dik duran anam gibi olsun...

Yıllarca acıyı saklasın yüreğinde, saçlarına yıldız yağmış kar taneleri gibi nur yüzlü anam. Şimdi ben büyüdüm, huzur içinde yat, babamın yanında o tepede gözün arkada kalmayın.

- Elma şekeri bekleyen çocuklar, vatanın savunması bizde, siz rahatca elma şekerlerinizi yiyin -.

Çocuklar! Ben büyüdüm, ben baba oldum, bugün çocuğuma ve çocuklara elma şekeri almayı ihmal etmedim çünkü ben artık büyüdüm ama elma şekeri hiç yemedim yiyemedim yemeyeceğim asla Ama sizler yiyeceksiniz...

Gurbet melegi



“Elma şekerimi sordum durdum gözlerimi kacırarak yalanımı anlama oyunumu anlama diye...”

Telve

Meziyet Yücel ile Alternatif Tıp üzerine



Meziyet Yücel'in Derneğimiz için düzenlediği seminerden

“ İnsanın vücudunun kendi kendini iyileştirme üstünlüğünün olduğunu ön planda tutar ve bünyenin kuvvetlendirilmesine çalışılarak vücudun hastalıkları kendi kendine yenmesine önem verilir . “

Hepinizinde bildiği gibi son yıllarda dikkatler “Sağlıklı ve dengeli Beslenme” üzerinde oldukça yoğunlaştı. Hatta bazı araştırmacılar ve sağlık otoriteleri “Modern Medicine” den “Traditional Medicine” e doğru atılan adımın “majör shift” olduğu yolunda birleştiler. Şüphesiz bu ilginin en önemli nedeninin hastalıkların giderek artması, kronik hale dönüşmesi ve iyileşme oranındaki düşüklükten kaynaklandığı söylenebilir.

İlginin büyüklüğüne rağmen hala natüropatıç, traditional veya başka adıyla alternative medicinin sorunlara çözüm getirip getiremeyeceği konusunda tereddütler yarattığı da bir gerçek, Bu ikilemin, kararsızlık veya inançsızlığın, insanların yeteri kadar iyi bilgilendirilmediği veya mental düzeyde henüz hazır olmadıklarından kaynaklandığını söyleyebilirim. Teknoloji ile gelen “modern medicine” in insanlığa kazandırdığı iyilikleri inkar edemeyiz, fakat aşırılardan beri kullanılan, ve sonuçları deneyimlere dayanarak alınan tabi iyileştirme uygulamalarının modern

medicîne göre zararsız olmaları yönünden çok fazla üstünlükleri olduğunu güvenle söyleyebiliriz.

Kaliteli bir “alternative medicine” insani bir bütün olarak görür. Kişilerin duyguları, düşünceleri, inançları ve onların kararları çok önemlidir. İyileştirme methodları kişinin metabolik yapısı göz önünde tutularak kişiden kişiye değişir. İnsanın vücudunun kendi kendini iyileştirme üstünlüğünün olduğunu ön planda tutar ve bünyenin kuvvetlendirilmesine çalışılarak vücudun hastalıkları kendi kendine yenmesine önem verilir. Alternative medicîne sonuçlarını almak zaman istemesine rağmen zararsızdır. Uygulamalar yavaş başlatılıp vücudun tepkisine göre artırılır. Uygulama sırasında çiçekler, otlar, tohumlar ve kökler gibi tabiatın gelen ve insan vücudu ile bağlanan maddeler kullanılır.

Başımız ağrıdığında şakaklarımızı övmamız (massage), bir yerimiz incindiğinde üzerine buz koymamız, trafik sıkıştığında stresimizi dağıtmak için radyo dinlememiz

(therapy), içimiz sıkıldığında derince bir nefes alıp Oh dememiz (nefes alma tekniği), gibi farkında olmadan uyguladığımız bu tekniklerin, alternative medicîne nin bir parçası olduğunu bilmeden uyguluyoruz.

Bu bilmeyerek yaptıklarımızın yanında yine , hep duyarak veya uygulayarak büyüdüğümüz “caya çorbaya limon”, “başa göze sarımsak”, “her yemeğe maydanoz” gibi söylenen tekerlemelerin arkasında yatan asıl gerçeklerin neler olduğunu şimdi daha iyi anlayabiliyoruz.

Meziyet Yücel,

Registered Nutritional Consultant

Youth in our community : Bora Çelikel

This month, meet Bora Celikel, if you haven't already! He's a vibrant, social, outgoing "Youth in Our Community". Bora was born on November 25, 1975. Bora completed his education in Business and then decided to take on a new path...that of Real Estate and has been happily selling homes for over 5 years now. When he's not busy helping families and young people buy a home, he enjoys playing soccer, hockey, golfing and listening to music. Boral Celikel is a Youth in Our Community you should probably meet! For more information about Bora, check out his website. <http://www.bora.ca/>



Bora Celikel

Telve

Bayram Yemeđi / Bayram Luncheon!



The 2nd Annual Turkish Society of Canada Bayram Luncheon was a hit!

To celebrate Bayram this year, the Turkish Society of Canada held a luncheon at the Radisson East Toronto Hotel! The Victoria Park and 401 location was chosen to accommodate our 200 plus guests to a delicious buffet lunch. With a great reason to get together like Bayram, it was the perfect opportunity to enjoy great food, socialize with old friends and wish friends and peers a Happy Bayram. The luncheon couldn't have been possible without the support of our amazing sponsors.

Thank you for all of your support and generous prizes! They were enjoyed by all of the winners and were so much fun to give away!

After a welcome speech from Erdem Erinc and Elif Karol, everyone dug into their delicious food, did some socializing with old friends and then it was onto the raffle. Prizes like a one night stay at a downtown Montreal hotel, free teeth whitening among others were given away to some very happy guests!

We look forward to another Bayram Luncheon next year... don't miss it!

Our Bayram Luncheon Sponsors

- Jerry Copuroglu GOLD
- Bekir Gulpekmez GOLD
- Dr. Umit Terzioglu SILVER
- Dr. Nejat Sezer SILVER
- Dr. Gurkan Altuna SILVER
- Studio S Hair Design BRONZE

If you would like to sponsor this event, please contact us at info@turkishcanada.org (info at turkishcanada.org) or 905-670-9596 for more information.

We wish you a happy Ramadan.

Turkish Society of Canada
www.turkishcanada.org



Pictures from Bayram Luncheon

Turkish Society of Canada “Membership Application Form”



Membership Category:

- () Individual member: \$20 (for one year starting signed date)
- () Student / Senior (+ 65): \$10 (f or one year starting signed date)

Member contact info:

Title: Mr. () Mrs. () Miss() Ms ()

Name: _____ Last Name: _____

Occupation: _____

Address: _____

City: _____ Postal code: _____ Province: _____ Country: _____

E-mail: _____ Phone: _____

Preferred type of contact: (please select one)

E-mail: _____ Phone: _____ Mail: _____

Referred by (if Applicable): _____

We have activities for children and youth. Please provide information regarding your children (e.g. name, age):

Please fill in your information. Mail the completed and signed form with your cheque to the address at the bottom of the page. Please make your cheque payable to: Turkish Society of Canada. Thank you!

Turkish Society of Canada, 5100 Erin Mills Parkway, PO Box 53060 Mississauga, ON L5M 5H7

Web: www.turkishcanada.org , E-Mail: info@turkishcanada.org

Sharing through the TELVE



5100 Erin Mills Parkway
P.O. BOX 53060
Mississauga, ON
L5M 5H7

E-mail: info@turkishcanada.org
Web: www.turkishcanada.org

Turkish Society of Canada is a not-for-profit organization that aims to promote and participate in mainstream cultural, civic and social activities in visual arts, performing arts, literacy, music and culinary arts with unique activities.

The Turkish Society of Canada takes an innovative, grassroots approach to socio-economic development of the community that encourages new comers to socialize and integrate to the daily life. It supports community-based initiatives, collaboration with like-minded organizations and groups in four strategic areas:

- 1. Business and Community Development;**
- 2. Skills Development;**
- 3. Attracting and retaining youth;**
- 4. Improving access and usage of the community resources.**



Latest member count is 206 !

Thank you to new members and existing members choosing to renew their memberships. Our organization is alive through our members and we appreciate the continued support.

Calendar of Events

- | | |
|--------------------|-----------------------------|
| Oct 5, 2008 | Bayram Luncheon |
| October 30 - Nov 2 | Turkish Republic Day Events |



- Volunteers for "TELVE", please contact us at telve@turkishcanada.org
- "Please consider the environment before printing the TELVE"