



**IWI**

# *Lifestyle*

**Magazine**

*September*

**Issue#08**

*2021*

# *In issue #08*



**IWI**  
*Lifestyle*

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IWI Lifestyle Magazine is brought to you by our Business member Lisa Slatter.

If you would like to send us any photos or articles for future issues, or for any comments or enquiries, please email [magazine@iwistanbul.org](mailto:magazine@iwistanbul.org)

Except where duly credited, photos are sourced from our members and partners or from free stock images.

For any enquiry [iinfo@iwistanbul.org](mailto:iinfo@iwistanbul.org)

# *Message from our Chairwoman*



Hi ladies

*welcome back!*

On behalf of the IWI, I would like to **welcome you all back** from what was hopefully a lovely summer break. Autumn is upon us; you can smell the change of the season in the air. It's a little crispier when we wake up and its common for us to reach for a sweater in the evening.

**September** is a great month. While we love them, our kids go back to school so I find that a lot of mum's blossoms during the month of September.

So, **our goal at IWI** will be to keep you all as busy as you would like to be. Hopefully we will be able to come together and swap our summer stories.... .

*Best Wishes*

*Julia.*

# WHY JOIN INTERNATIONAL WOMEN OF ISTANBUL?

## **From Women, For Women**

International Women of Istanbul (IWI) is a non-profit social organisation, managed by volunteers with a membership of international women from more than 60 different countries of all different generations and backgrounds. Our mission is to provide a support network for international women living in and around Istanbul. For more than 40 years we have been strengthening friendships across borders - IWI brings together international women making life in Istanbul that much better.

Whether welcoming and assisting newcomers in Istanbul or providing opportunities to socialise, building their professional network or giving back to the community, IWI has always provided a way for international women in Istanbul to exchange ideas, share challenges and offer support for one another.



For more information, visit [www.iwistanbul.org](http://www.iwistanbul.org) or  
contact us at [membership@iwistanbul.org](mailto:membership@iwistanbul.org)



# Summer Time Coffee Catch ups



IWI coffee mornings & social get togethers stop for nothing, including Summer!

For those of us who stayed in Istanbul, we enjoyed some lovely get togethers both on, and offline...



# Know your NM (Neighborhood Meetups)

Your Neighbourhood Community Meetup (NCM) administrator organises meet-ups and activities in your area. This is a great opportunity to connect with other women and discover what IWI has to offer. Unsure what area you are in and who to contact? Ask us at [community@iwi-tr.org](mailto:community@iwi-tr.org)

## EUROPE NMs



## ASIA NMs



(If you're curious where the NM names came from, check out issue #07)

# My Grand Bazaar Walk

Wednesday 4th, August-

**A Walk with Monica Fritz**

Through the Grand Bazaar's back streets and onto its spectacular rooftops.

[www.alternativecitytours.com](http://www.alternativecitytours.com)

I love all suqs, Bazaars, kasbahs... It started in 1994 when I spent a year in Yemen and much of that year was spent in its Medieval Suq. I really don't have the words to describe the overpowering beauty and atmosphere of the place and my excitement for it. It felt like another planet, a dream. The smells of spices and incense, the colors and sounds were intoxicating.

One year later I decided to move to Istanbul a city close to that exotic dream I had and yet an easier reality to live in as a single woman.



The Grand Bazaar was much tamer than the Bab al Yemen in Sanaa, but it held a similar magic for me.

Again I got lost in the mazes. Wandering around discovering its backstreets, climbing endless stairs to its rooftops, going down alleyways, drinking tea with all sorts of interesting characters, hearing their stories and following shop owners who enthusiastically showed me their hidden stock rooms in connecting Hans. I found hints of the Grand Bazaar of 1461. The ancient Caravanserais fascinated me, hanging on to the Bazaar for centuries with their craft workshops and stories of ancestors and apprentices

The rooftops were the best surprise of all and eventually I made friends and started designing a walk for photographers like myself or anyone else interested and my small business took off. It's been a success story, spread completely by word of mouth.

I've been living here now for 25 years and it's been almost 7 years that I have been bringing expats, tourists and friends on these fun itineraries both to the Bazaar and around the lesser known parts of the city.

### What did you think?



"I can't tell you how much I appreciated coming on the Bazaar walk. Perhaps in a few days I may return to see the Grand Bazaar in light of all the details and stories you shared. I feel there are so many layers to it that I just didn't know." Shermeen Beg

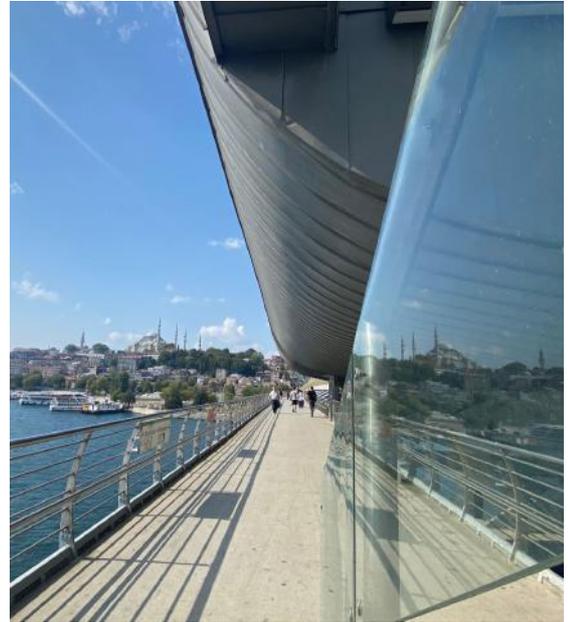
"Thank you for the lovely walk today! You are a fount of interesting information. It was a nice group of ladies also! I look forward to exploring the city with you on future walks." Jennifer Lucas-Germeyan



# Photo Walks with Noémie Deveaux



My main goal for the walks is to help participants to look at things rather than just seeing them. Once our eye is caught by something interesting, we can snap & go on OR take a minute & wonder about the best way to capture what made us stop in the first place. Maybe it's about the framing, maybe it's about the angle, maybe it's about taking a step away or closer to the subject. In any case, moving around the subject will train your "eye" to see what's around you in a different way.



## Wednesday 28th, July

Starting off at Karaköy Pier. The group continued onto the Galata Bridge walking both sides half way, seeing the fishermen, fishing boats as well as Eminönü as backgrounds. Then onto Karaköy (Golden Horn side) to its fish markets, backstreets and to an old han. The walk led further by the Golden Horn to the Haliç Metro station bridge which has the Süleymaniye mosque and Galata bridge as backgrounds.



## Wednesday 11th, August

This time the group took a vapur under Galata bridge to the Golden Horn stopping at Balat Pier. Then they walked the unique neighborhood to find many interesting things to photograph & with the guidance of Noemie, found the best way to capture them.



# What did you think?

"The IWI photo walk with Noemie Deveaux was an extremely enjoyable and informative experience for this very amateur photographer. The purpose of the walk was not to give technical advice on taking photographs but rather to open our eyes to ways of seeing what would make a good or interesting image - looking at structures and shadows, colour and reflections, framing and points of interest. Our walk encompassed both the fascinating backdrop and skyline of the city and its hidden corners too. I learnt so much as Noemie shared her passion for photography in a very generous and open spirit. I enjoyed the walk immensely - when is the next one please!" Samantha Morris

"Noemie, our photographer/leader creates a suitable atmosphere, focuses our attention on the important parts of the tour, at the same time she suggests looking for an unconventional point of view to obtain more artistic and personal results in our photos."

Thanks to my photography work in Istanbul, you can own not only a wall art, but also a tribute to the uniqueness of this vibrant city.

[www.throughmylens.art](http://www.throughmylens.art)

Family photography

<http://www.noemie-deveaux.com>



Noemie Deveaux  
— PHOTOGRAPHY —

# Discovering The "Murals & Markets" Of The Asian Side.

Friday 27th, August

Another in a series of 'Lesser Known Istanbul' walks with Monica Fritz

We join Monica on another wonderful morning walk through Kadikoy "on the other side of the tracks", without the hoards, into it's colorful fish market and through it's quaint backstreets. Then over to the 'other side of the tracks'. Entering into a different atmosphere, a more 'artsy' neighborhood with amazing murals painted by International artists. Continuing further up to trendy Yeldegirmen, the Syrian artists cafe and some fine examples of Istanbul's first apartment buildings. Those who wanted to, stopped for an optional lunch or coffee at the popular eatery, Kuff.

[www.alternativecitytours.com](http://www.alternativecitytours.com)



# THIS MONTH

Please check out your **NM WhatsApp group** to find out when your next coffee catch up is.

For more information on **IWI PROGRAMS** and to book your place, please go to the **EVENTS** section of our website\*

\*Check back regularly for updates

Also, keep an eye on the **Bulletin Group**.

[www.iwistanbul.org](http://www.iwistanbul.org)



ALL PARTICIPANTS ARE REQUIRED TO BE VACCINATED

## Wednesday 1, September 2021

Enjoy another opportunity to work on your skills, or just enjoy the views, on this photography walk with Noémie Deveaux from Karaköy to Haliç



10:30-12:30 a.m.

120tl for members

130tl for non-members

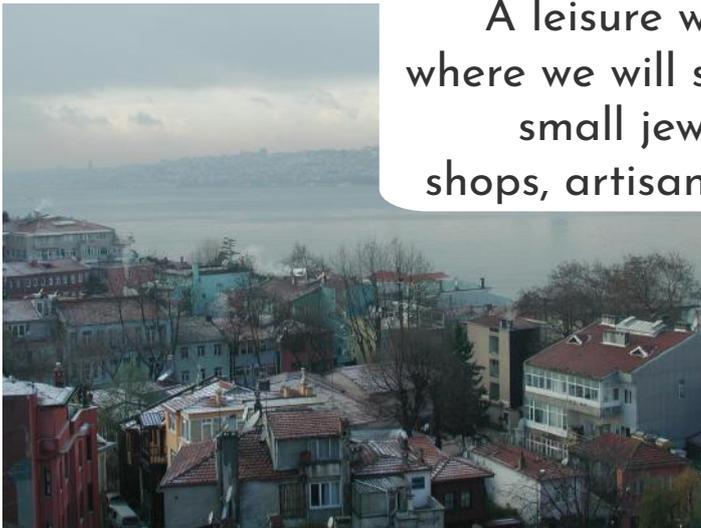
(Minimum 5 / Maximum 10 participants)



Noemie Deveaux  
— PHOTOGRAPHY —



## Tuesday 7, September 2021



A leisure walk to Kuzguncuk with Monica Fritz, where we will stroll the main street, enjoy browsing small jewellery ateliers, art galleries, curiosity shops, artisan bakeries...plus the option to enjoy a lunch after the walk.

[www.alternativecitytours.com](http://www.alternativecitytours.com)

Time: 09:30 - 12:30

120TL Members

130TL Guests

Minimum: 5 Maximum 10

## Thursday 9, September 2021

Free a leisure walk with Maria K.  
Can you guess where?

Here's a little clue: European Side of the City  
The pictures might help you.

Stay tuned, more details to follow.



## Tuesday 14, September 2021

Irem @ Dot design Studio  
will host a one day ceramic workshop  
Participants will make evil eye  
wall decorations or plates.

10:30-12:30 a.m.  
200 tl for members  
220tl for non-members



### Mix & Match Evil Eye Wall Decor

"Nazar boncugu" aka "The Evil Eye" is  
a traditional symbol believed to be a  
protection against the negative  
energy from the malevolent glares of  
people around us. Overall, it is a sign  
of good luck and protection. 🙏



## Thursday, 16 September 2021

Join Monica Fritz for a special insider's view  
into ARTS & RELIGION as we visit places  
not usually open to the public.  
[www.alternativecitytours.com](http://www.alternativecitytours.com)



09:30 - 12:30

120TL for Members

130TL Guests

Minimum: 5 Maximum 10

## Saturday 25, September 2021

Mavii's *Flavours of India* Cooking Workshop  
-Delicious Butter Chicken  
-Pure Basmati Rice With Star Anise  
-Bombay Street Food - Batata Vada.

Location; Casa Maravita, Tarabya  
12.00-14,00.  
175tl (includes lunch)



## Every Friday 12.00-15.00

Members, newcomers, kids & friends are all welcome. This is a great  
opportunity to visit the Asian side & meet other members. Enjoy the  
garden the wonderful view & the fresh air

**Istanbul Sailing Club** (Istanbul Yelken Kulubu) Fenerbahçe Burnu,  
Tur Yolu Sk. Kalamis / Kadıköy

# BACK TO SCHOOL

## EDUCATIONAL REFRESHER TIPS

By Nick Cullen Co-owner of Tirtil Kids [www.tirtilkids.com](http://www.tirtilkids.com) (Sept/Oct Lale 2010)



According to specialists in the field of education most children lose some knowledge and skills over the summer holiday period. I read recently that it is not uncommon for teachers to spend upwards of four to six weeks at the start of the new school year re-teaching material that pupils had forgotten over lengthy term breaks. Math calculation skills show the greatest decline but comprehension capability is also likely to deteriorate.

Assisting your child to maintain (or even enhance) his or her reading and math skills over the summer months and particularly in the weeks leading up to the start of term is essential to continued learning and development. As part of our focus on childhood literacy and education, the Tirtil Kids team provides below some simple tips for parents to smooth the transition for your child from Summer fun back into the classroom:-

- **Visit a bookshop or library each week** with your budding bookworm to brush up on reading, vocabulary and punctuation skills. To ensure kids enjoy the experience let your child select a book (within a pre-agreed price range to avoid instore dramas!) that they find of interest. After all you want to be sure your child will read it cover to cover once you are home. Do check however to make sure that the book is of a suitable level or ask the shop assistant if you are not sure. A book that is too hard can be frustrating. A book that's too easy will be boring. But a book that's "just right" helps kids have fun reading and encourages learning.

- **When selecting books**, keep in mind that reading is not only about storybooks and novels. Hobby, sports and comic books can be just as beneficial. The important thing is to maintain the young reader's attention by tapping into his/her interests.

- **If you are planning a trip to a museum or art gallery** why not purchase a child friendly book about world famous artists or sculptors. The visit will be so much more interesting and fulfilling for all of the family if your child has the opportunity to learn some facts in advance about the featured artist or exhibit.

- **Reading doesn't have to be a solitary event.** It can and should sometimes be interactive. Mom and dad, take the time to read with your kids whatever their age may be. Each family member can take it in turn to read a page aloud. At the end of each chapter take some time to discuss the storyline (for instance what do you think will happen next, discuss the characters,



what would you have done if put in the same situation, etc). This will encourage young readers to focus on the book content and provide a fun family bonding session.

- **Reading theatre script titles is also great** fun for younger children and enables them to hone their reading and role-play skills. Invite some of your child's friends over and each can read a character part in these well known story lines. Some of these series even come with masks to encourage the kids to "get into" the role. Each character's spoken lines are color coded to facilitate the reader knowing when to speak. Unknown to the kids the character text in each book is also graded according to difficulty so you can allocate roles (if required) according to reading ability.

- **Educational workbooks** and question and answer (Q&A) box sets are great aides to brush up youngster's classroom skills. Select workbooks that have a colorful and appealing layout and format so kids are more likely to be attracted to them. Younger children like to earn stars or merit stickers for exercises successfully completed.

- **The fun Q&A format** taps directly into the pleasure youngsters derive from proving what they know and learning what they don't. Also the portability of Q&A box sets ensure they are the perfect travel companion and can be played in pairs (with a parent or a sibling) or larger groups. Whether at home over breakfast, in the car or while standing in line at the supermarket, the Q&A format engages kids academically

- **Internet and video games** so often these days transfix older children. Multi-platform titles (books that are internet linked) bridge

the gap between reading and gaming and are particularly useful for reluctant teenage readers.

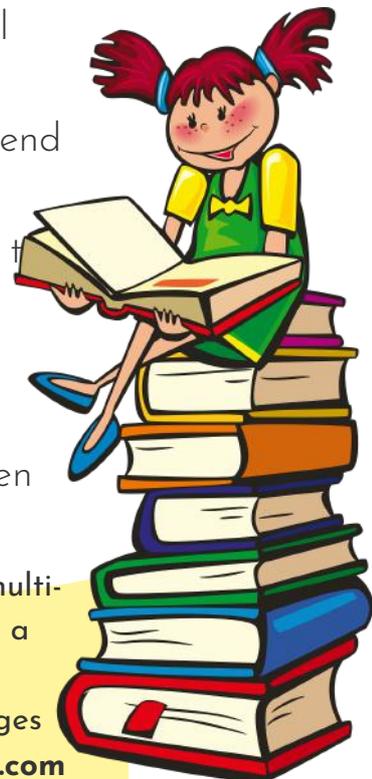
- **Practice math skills when visiting the supermarket** with mom and dad. Have your child compare prices to determine the best deals and estimate the total cost as you shop.

- **Kids can practice their addition in restaurants** by writing down the cost of all the dishes ordered on a paper napkin and seeing if the final figure matches the invoice.

- **When taking a car journey** ask your child to calculate the distance remaining and estimate the time it will take to get to your destination based on your speed and how far you still have to travel.

Summer can present wonderful and varied learning opportunities and experiences for children. So in the final weeks before school reconvenes why not spend some time with your children "brushing up" their English and math skills. Good luck and please remember that children learn best when they are having fun!

The Tirtil Kids specialist, multi-language bookshop stocks a wide range of education books for children of all ages and grades. [www.tirtilkids.com](http://www.tirtilkids.com)





# Pedasa

## AN ANCIENT CITY CLOSE TO BODRUM

Our Social Media Lead, Maria K, found this hidden gem this Summer and just had to share

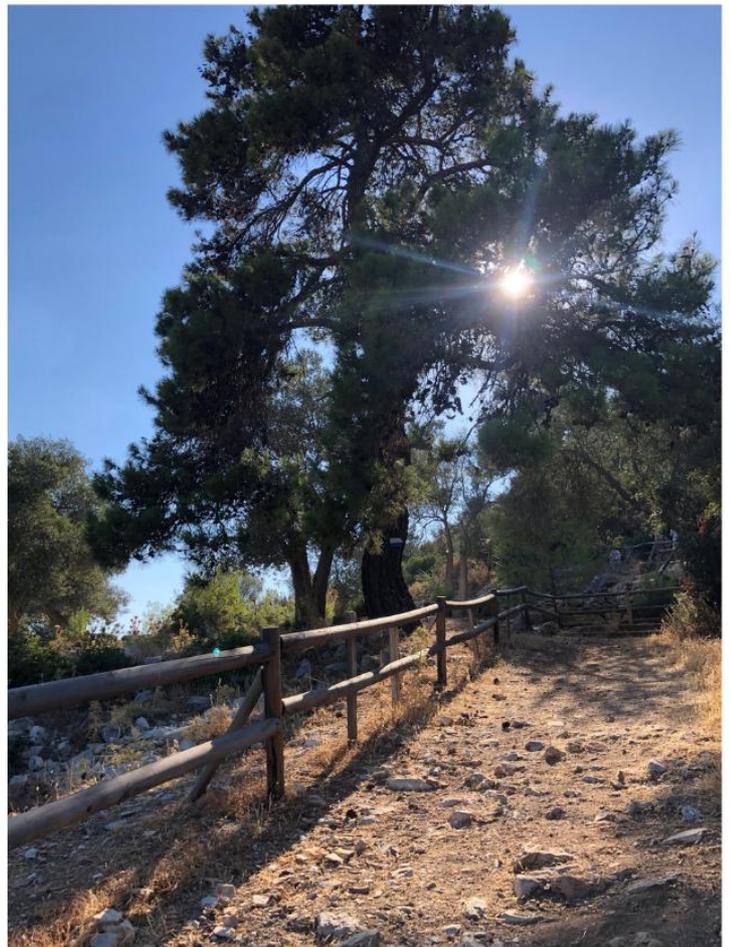
According to Homer, the Lelegian people, who were supporters of Troy with the Carians during the Trojan War, lived in the city of Pedasos (Pedasa) in the south of Troy, while after the Trojan war, they moved to the south and settled in the vicinity of Halicarnassus in the Carian Region.

Lelegians, who are mentioned with the Carians during and after the Trojan War in ancient documents, founded eight cities in the Carian Region, on the present Bodrum peninsula. One of the most important of these established cities is Pedasa. Herodotos, who said, "The Pedases lived inland from the coast beyond Halicarnassus," gives the most important information for the localization of Pedasa. Because the only city on Halicarnassus is Pedasa.

According to Homer, the Lelegian people, who were supporters of Troy with the Carians during the Trojan War, lived in the city of Pedasos (Pedasa) in the south of Troy, while after the Trojan war, they moved to the south and settled in the vicinity of Halicarnassus in the Carian Region. This view was confirmed by an inscription found in the Temple Trace in 2008.



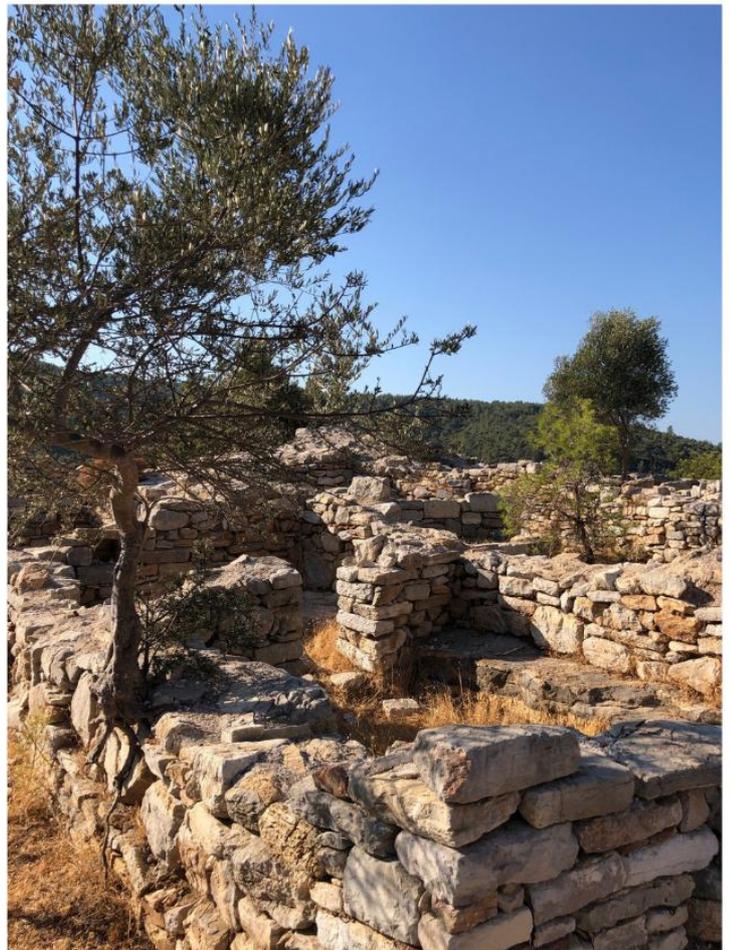
All the elements that make up a Lelegian city are present in Pedasa and its territory, with the acropolis surrounded by the city walls, its necropolis (cemetery) areas, a watchtower, agricultural terraces and farm houses. Excavations and researches carried out in Pedasa until today date back to B.C. It has brought to light the remains and finds belonging to a period starting from the late 2nd millennium BC and extending to the end of the Byzantine period (13th century BC).



The ancient city is located app. 4km outside Bodrum city center up a hill. Walking trails are available around that area too.



Systematic archaeological excavations started in 2007, following the surface studies carried out in the ancient city of Pedasa, which is frequently mentioned in the documents and therefore well-known.



# SO MUCH TO SEE In The Hipster Neighbourhood, *BALAT*

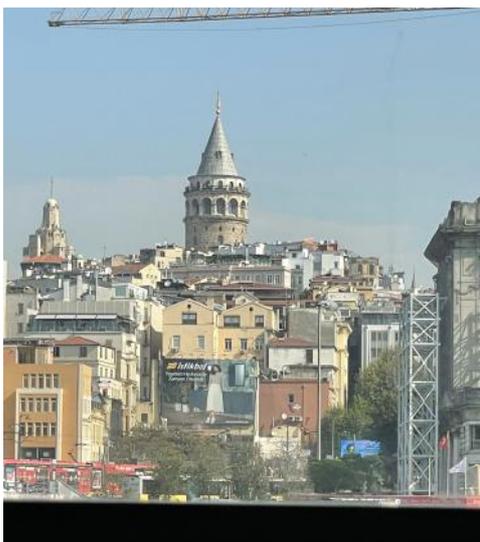


By: Sandra Berker

Thanks to a proposal by professional photographer Noemie Deveaux aimed at those who want to take photographs of cultural places in Istanbul while at the same time acquiring knowledge about photography, we visited the Balat neighbourhood on Wednesday 11th August.



The visit begins at the port of Karakoy at 9:30AM; we cross the Golden Horn by boat as the Galata Tower recedes; someone buys cookies and throws them in the air to attract seagulls. **We pass under the Galata Bridge and then turn towards Balat.** On the boat we move from one side to the other to capture the beauty of the two shores, the sea, the moving boats, the structures of the bridges, **the Bulgarian Iron Church, and then the red building the Orthodox Patriarchate.**



Noemie focuses our attention on the important parts, at the same time she suggests looking for an unconventional point of view to obtain more artistic and personal results in our photos.

A piece of Byzantine wall next to the calm waters of the Golden Horn opens the way as we reach the hipster neighbourhood of Balat; traditionally it was inhabited by Jews, until in 1950 the majority emigrated to Israel and the place went into decline. Today its wooden Ottoman houses are being restored thanks to a Unesco project, some becoming boutique



or modern cafes.

Contrasts, in which art galleries and antique shops are mixed with colored facades, grocers, barber shops, co-working places. A **synagogue reminds us of its Jewish spirit**, that brought the Jews expelled from Spain in the 15th century.

We passed decaying buildings that consisted of houses above and workshops below, a candy shop on Leblebiciler street, bread ovens with cookies, colorful alleys where **getting lost in the streets is the best** thing to do. And you can't stop taking photos and being seduced, either by reflections of mirrors, the crazy mix of colors, and play with different perspectives.



What attracts you more: a stray cat like Maureen, or a junk shop in whose window Samantha has seen an English cart like the one her mother used to serve cocktails, a hamam (still used by local people), squares, the alleys, an old pharmacy, a window with a girl or mysterious woman behind the curtain, maybe some children playing with toy guns in the street, colored stairs, street art, murals, shop windows, cafes or local workers: a postman, a scrap dealer..?



Our walk ends at the Dimitri Candemir coffee museum with fresh lemonade or Turkish coffee as we get to know each other a little more, like Australian writer Jane Gundogan author of 'Salep and Ginger', and Noemie who is expecting her baby soon.



Tourists are invading this quiet and conservative area of Istanbul. Although not yet to the same extent as places like Sultanahmet.



**For those who like to explore less crowded areas, it is worth the effort made.**





# TIME FOR A HOLISTIC BUSINESS AUDIT

With Business Mentor & Coach  
[maika@maikaendo.co](mailto:maika@maikaendo.co)

If you're a mompreneur like me, you're probably anticipating the start of school to set a new weekly routine. But you might find yourself asking the questions;

*Where do I start? How do I find back the motivation?  
What should I focus on?*

I'm going to share with you a practice that will help you:

1-Acknowledge your successes in the first half of the year and **gain momentum**

2-Step back and get a holistic overview of your life so that you can increase your satisfaction

3-Identify your business goals in the **next 6 months with clear action steps**

4-Have a **high-level view of the rest of the year** to see where will be your most significant focus

This is typically the kind of exercise we do in a 1-2-1 coaching session, and the result is increased **motivation, performance, and self-appreciation.**

I invite you to grab your favorite drink, turn on some relaxing music, and follow the guidelines here:

**Step #01:** What are you proud to have accomplished in the first half of the year?

Did you sign a new client(s)? Launch a new product? Start your newsletter?

Take the time to pause and make a bullet point list of things you're proud to have achieved.

Q: How do you feel about this? What strengths did you build along the way? Let's pause and reflect on this.

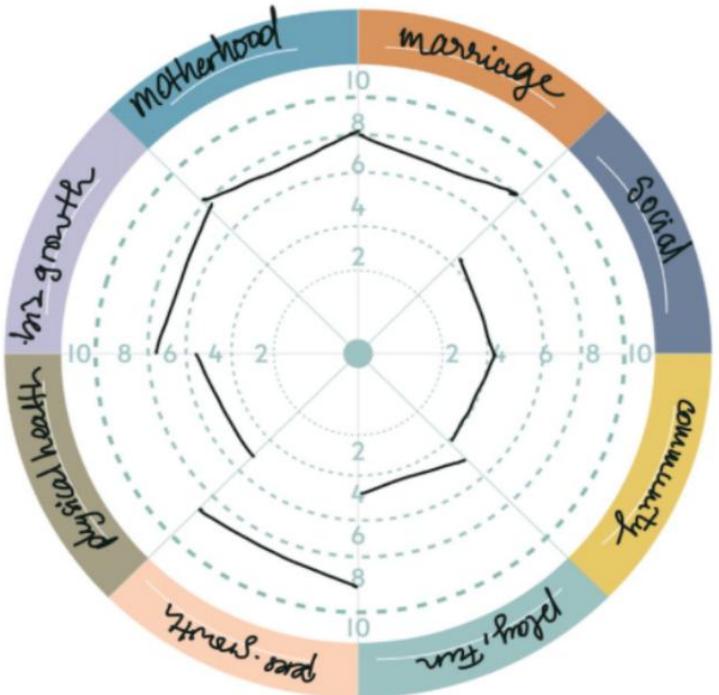
**Step #02:** Are your priorities aligned with what's truly important to you?

You're going to draw a pie with 8 slices to identify all the areas of your life that are important to you. Ex: Spiritual growth, freedom, recreational life, etc.

Q: What's your level of satisfaction in each area, from 1 to 10? (10 is the maximum satisfaction)

Go clockwise and draw a line to close each piece at the level you rated.

Kind of like this:



Q: What insights are coming up for you? Take a moment to think and be your own coach.

Q: What could increase your level of satisfaction in each area?

Q: By how many units would your level of satisfaction increase if you achieved this?

Take a different color pen, go clockwise again, and write down the answer next to each piece, closing it at the level you rated. This last step will help you identify the areas to amplify or elevate.

Now that you've got a high-level view of your life let's go into business.

**Step #03: What might be your 6-month goals?**

Would you like to launch a course? Revamp your website? Automate your booking system?

Think of different "departments" of your business and brainstorm what you'd like to develop in each area.

Q: What would be a tiny step you could take in the next 7 days, to get you a little closer to the goal?

**When people think about goals and dreams, they don't always think about the "how" to get there. This exercise will encourage you to be action-oriented and imagine what's BEYOND the next couple of weeks.**

**Step #04: What does the rest of the year look like in a split-second view?**

You can make a one-page 6-month spreadsheet to show everything at-a-glance. This will help you keep the big picture in mind as you move towards your goals.

Q: What would be one "theme" or "focus" for each month that would encapsulate your actions?

For example, September could be for "website." October could be "list building activities." Pencil down your answers on your calendar.

**I hope this coaching exercise inspires you to create an intentional space to think about what you genuinely want and design the pathway with clarity.**

You're welcome to email me to share your thoughts or questions!



[DOWNLOAD YOUR WORKSHEETS](#)

# Why our Members

## Love Being a Part of IWI

We asked a few members what they think of being a part of the International Women of Istanbul and here's they said...



### Early memories from an Honorary Member:

Although I was one of the first members of IWI when it was first set up, I wasn't on the committee or any official role. It was so long ago I don't remember the year. Only that members met once a month in a flat in Harbiye. There we pre arranged activities or lectures, each time arranged by a member who was knowledgeable on the subject, eg. First Aid I think early days mostly Brits and American not many others.

All this happened when I was in my 40s I think and as I am now 88 you will realise it was some time ago.

### From Mor group member Verena Ringe-Belik :

A good friend of mine, asked me several years ago if I would like to write for the IWI Lale magazine. The idea was, that I liked writing anyway and the magazine needed stories.

So I wrote a piece about Girne/Cyprus and was asked for more. Several issues later, I was told by the editor that it was

time to become a member. I have been a member ever since and don't regret it.

My IWI acquaintanceship with all you lovely ladies from across the world, who bring so much to our meetings with new ideas, impulses and knowledge of other life-styles, has broadened my world enormously, and I also was able to meet new friends.



**From our Board Member Yasemin Kunze Concewitz:**

I joined the IWI in 1989 and the first event I attended was a 'fashion show' where my husband and a dear friend modeled some men's fashion - to raise funds for a charity project! Since then I have enjoyed different Board positions where I met one my best friends, shared lots of laughter, triumphs and frustrations with dear friends from all over the world, worked on many projects and helped out on countless Winter Festivals where the money raised went to projects to help local women and children! The IWI is a strong and welcoming organization made up of efficient and bright women who not only dedicate their time to organize diverse events for women to bring them together but also are able to help others in need; could not ask for a better combination.



**From our Social Media Lead:**

My name is Maria, German of origin, and I have been a member of another international women's association for more than a decade. When I came to Istanbul about two years ago, I wanted to continue volunteering for a local association too. I thought the best way to get to know the structures is to join the board and its meetings. The position for Social Media was open and I decided to participate and take over that part. Social Media, next to the web page, is a very important access to our members as well as followers around the world and I am happy to contribute to IWI by managing our account.

**From your Magazine Editor, Lisa Slatter:**

I've lived in Istanbul for over 10 years, but only joined IWI after quitting my teaching job 3 years ago to start my own business. I thought it would be a good opportunity to make some new friends (especially some that live closer to me). What a great decision, because I've since met so many wonderful women, and feel like some, I will definitely be keeping in touch with long after we all scatter across the globe again! Shortly after joining, I upgraded to Business Membership which has been so empowering, meeting other businesswomen and attending many useful workshops. Now I work on this magazine, for YOU and I love it! The narcissist in me thrives on hearing good feedback, but I also enjoy comments and suggestions on how to improve it, and your IWI experience.



# FILLED PUFF PASTRY POCKETS

## THE INGREDIENTS

- 2 packets of Labne (200-250g)
- Herbs as you desire (I used fresh parsley)
- 1 packet of puff pastry "Milföy"
- 2 packets of smoked turkey ham\* (hindi füme dilim) \*Leave this out for vegetarians but add extra herbs
- 200g yellow cheese (kasar peynir)
- salt and pepper
  
- 1 packet of "Bahcivan Rendelenmis Peynir" (grated cheese)

## THE METHOD

- Roll out the dough (Milföy), and cut it into equally sized squares.
- For the filling you need fresh cheese with herbs (labne and parsley), small diced yellow cheese (kaşar peynir) and turkey ham (hindi füme dilim). Mix it well with salt and pepper.
- Place the filling in the middle of the dough and close the dough squares at the edge. Use a fork to add some extra pressure and make sure it doesn't open during the baking process.
- Sprinkle cheese over the pastry pockets and bake them in the oven for 20-25 minutes at 180 ° until golden brown.

DO YOU HAVE A CULTURAL  
CELEBRATION COMING UP?

*Let us know!*

As an international community,  
let's share, learn and celebrate  
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**IWI**  
*Lifestyle*  
Magazine

# FROM SUMMER TO SCHOOL: Tips For Back To School



It's hard to believe that the summer is almost over and a new school year is upon us. The upcoming academic year can create a mixed bag of physical and emotional challenges including getting back into a routine, fears about academic success, social concerns; dealing with bullying and fitting in with peers.

Here are some tips to help with the transition from Summer to school;

## Get back into a set routine

It is important to allow the body time to adjust by adopting appropriate sleep habits at least one week prior to the start of school. Allocating age-appropriate bed times is vital to allow the body to gain the rest it needs. Don't forget being rested improves the mood, memory and performance

## Speak to you child

Discuss your child's expectations for the academic year.

Remind your child that not everyone can be at the top of the class and help them set SMART (Specific, Measurable, Achievable, Realistic, Time-Based) goals to avoid disappointment. Listen attentively and address any social concerns they have. Empathize with your child and suggest positive productive behaviors to help manage situations.

## Foster/ encourage independence

As your child grows allow them to take on age-appropriate responsibility to foster independence.

In the younger years this may include allowing them to set out their uniform, pack their school bag and prepare their snacks. For older students this may include scheduling of appropriate time and resources for homework, assignments and free time to achieve the SMART goals set.

### Your transition

Once you have dropped off the kids it is also important to schedule in some much-needed rest and relaxation or pampering time for yourself. A massage, manicure or pedicure or lunch with friends is a great way to start the school year! Don't forget to treat yourself, after a long summer you have earned it!



**Julia Ozdemir**  
**MPsych (Clinical),**  
**BSc(Hons-psych),**  
**BA(Psych)**

Julia is a specialist clinical psychologist with years of experience in both hospital and private practice mental health facilities. She received a Master in Clinical Psychology from the University of Western Sydney, an honours degree in Psychology from Sydney University and a psychology degree from the University of Sydney.

A native English speaker she moved to Istanbul from Sydney, Australia where she ran her own large clinical practice. She now accepts clients at her Kalamış practice IstPsychology.

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make an appointment  
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\*Please confirm via email BEFORE writing your article to ensure it matches the theme, otherwise it may be archived until later in the year when the content is more suitable

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# BACK TO SCHOOL BUSINESS REVIEW & PLANNING

My 4-step holistic framework to help you get back the clarity and motivation you need to make the most out of the next six months!



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by 10th September



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