



TALKING TÜRKIYE

MAY 29, 2015

NEWSLETTER

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Serving Izmir Air Station, Türkiye



The long hot summer

Courtesy of the 425th Air Base Squadron
Medical Aid Station

High temperatures and humidity stress the body's ability to cool down and heat illnesses become a special concern. There are three major forms of heat illnesses: heat cramps, heat exhaustion and heat stroke, with stroke being life-threatening.

Heat Cramps

Heat cramps are muscle spasms which usually affect the arms, legs or stomach. Heat cramps are caused by heavy sweating. Drinking water is not enough because it doesn't replace the salt and potassium lost. Although heat cramps can be quite painful, they usually don't result in permanent damage. To prevent them, drink electrolyte solutions such as sports drinks during the day and try eating more fruits like bananas.

Heat Exhaustion

Heat exhaustion is more serious than heat cramps. It occurs when the body's internal air conditioning system is overworked, but hasn't completely shut down. The surface blood vessels and capillaries, which originally enlarge to cool the blood, collapse from loss of body fluids and necessary minerals.

The symptoms of heat exhaustion include headache, heavy sweating, intense thirst, dizziness, fatigue, loss of coordination, nausea and impaired judgment.

People suffering these symptoms should be moved to a cool location such as shade or air-conditioned building. Have them lie down with their feet slightly elevated. Loosen their clothing, apply cool and wet clothes or fan them. Have them drink water or electrolyte drinks. Try to cool them down and have them checked by medical personnel.

Heat Stroke

Heat stroke is a life-threatening illness with a high death rate. It occurs when the body has depleted its supply of water and salt, and the victim's body temperature rises to deadly levels. It should be noted that heat stroke is sometimes mistaken for heart attack, so it is important to be able to recognize the signs and the symptoms of heat stroke. The early symptoms of heat stroke include a high body temperature; usually with the absence of sweating; hot, red, flushed and dry skin; rapid pulse; and difficulty breathing. Advanced symptoms may be seizure or convulsions, collapse, loss of consciousness and a body temperature of more than 108 degrees. It is vital to lower a heat stroke victim's body temperature, and every second counts. Move to a cool area, pour water on and fan the person, and apply cold packs to the armpits, back of the neck and groin. Call 112, and get an ambulance as soon as possible.

Information taken from the Oklahoma State University sources.

Ramadan, The Month of Fasting



Muslims observe the Holy Month of Ramadan from June 18 to July 16.

Fasting is observed from sunrise to sunset every day.

Action Line



The Action Line is your direct link to me. I use the Action Line to help identify and address your concerns when normal command and agency channels haven't been able to resolve them. To submit an action line, e-mail: action.line@izmir.af.mil, or complete a form at NATO Building # 1 or the Izmir Consolidated Center entry control point.

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Memorial Day: Time to honor fallen



Photo by Tanju Varlıklı

Lt. Gen. John Nicholson, NATO Headquarters Allied Land Command Izmir commander, lays a wreath at Karabağlar Paşa Köprü Cemetery during a US Memorial Day wreath laying ceremony. Lt. Gen. Nicholson gave the keynote speech during the Memorial Day wreath laying ceremony at the Paşa Köprü Cemetery May 25, 2015, in Izmir, Türkiye.



Photo by Tanju Varlıklı

Lt. Col. John Thomas, 425th Air Base Squadron commander; Master Sgt. Edgardo Pineda, 425th ABS acting first sergeant; Lt. Gen. John Nicholson, NATO Headquarters Allied Land Command Izmir commander; salute after laying the U.S. Air Force wreath during a US Memorial Day joint wreath laying ceremony at Karabağlar Paşa Köprü Cemetery May 25, 2015, in Izmir, Türkiye.



Photo by Tanju Varlıklı

The Izmir U.S. military community recognizes U.S. Memorial Day to honor fallen warriors with a joint service wreath laying ceremony at Karabağlar Paşa Köprü Cemetery May 25, 2015, in Izmir, Türkiye.



Şirince is a quaint mountain village famous for its tradition and hospitality. While climbing the hills of Şirince, you'll see traditional Anatolian-style houses piled up one after another on the slopes of the Selçuk Mountains. (Photo by Tanju Varlıklı)

Şirince, a quaint mountain hideaway

Commentary by Tanju Varlıklı

425th Air Base Squadron Host Nation Adviser

After enjoying a weekend at Kuşadası's bustling seaside restaurants and resorts, you may want to slow things down with a relaxing brunch as a guest in one of the many bed-and-breakfast type eateries at Şirince, a quaint mountain village famous for its tradition and hospitality. Şirince is also a great stopping point before visiting the nearby ancient sites of Selçuk and Ephesus. Visitors park at the town's entrance and make their way on foot through the narrow streets and steep hills of the village.

Although the streets are lined with vendors selling everything from olive oil soap and herbal remedies to clothing and trinkets, Şirince is most well-known for its wine. There are many reasonably priced wine vendors in the town selling 20 different flavors of wine, including blackberry, strawberry, melon and mulberry, for around 10 to 15 Turkish Lira a bottle. You may also want to pick up a few loaves of homemade bread and bottles of olive oil, both of which are popular throughout Türkiye.

While climbing the hills of Şirince, you'll see traditional Anatolian-style houses piled up one after another on the slopes of the Selçuk Mountains. Many of the families living in these houses invite visitors to eat gözleme, a tortilla-like pastry filled with cheese, potato, eggplant, spinach and ground beef as well as drink homemade wine.



The locals of Şirince are well-known for their gözleme, a tortilla-like pastry filled with cheese, potato, eggplant, spinach and ground beef. Village women bake gözleme on round sheet ovens over wood fires. (Photo by Tanju Varlıklı)

Village women bake gözleme on round sheet ovens over wood fires. With great skill and patience they roll dough into thin sheets using a rolling pin. The sheets are then layered and folded into various shapes before being filled.

Most of the houses offer a beautiful view of the village and mountain landscape. The village, which has two churches and one monastery, has managed to preserve its original architectural design. St. John preached during the latter days of his life at one of the churches.

In one of the church's courtyard there is a wishing well where locals claim if you can get your coin to fall into a hole inside the well; your wish will come true.

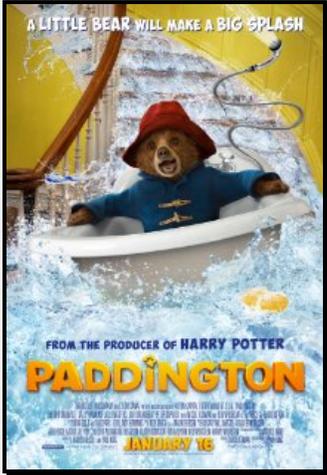
Don't be surprised if you hear many different languages while you are at Şirince. The relaxing getaway attracts people from all walks of life. Şirince is located 8 kilometers up in the eastern Selçuk mountains.

Selçuk is located 73 kilometers from Izmir and contains some of Türkiye's most important historical assets, natural beauties and the Christian world's most sacred churches.

So if you have the time, I would recommend visiting Şirince and indulging in some of the best wines of western Türkiye, lunch at one of the bed-and-breakfast type eateries, stopping by the Christian church where St. John gave sermons and making a wish at the well.

MOVIE NIGHT AT THE IZMIR CLUB THIS COMING SATURDAY

May 30, 2015



5.30 p.m.
Paddington
(PG)

May 30, 2015



8 p.m.
Seventh Son
(PG-13)

"Paddington" Plot Summary: A young Peruvian bear travels to London in search of a home. Finding himself lost and alone at Paddington Station, he meets the kindly Brown family, who offer him a temporary haven.

"Seventh Son" Plot Summary: When Mother Malkin, the queen of evil witches, escapes the pit she was imprisoned in by professional monster hunter Spook decades ago and kills his apprentice, he recruits young Tom, the seventh son of the seventh son, to help him

JUST A FRIENDLY REMINDER FROM THE SAFETY OFFICE:



Swimming Safety

- Make sure you have at least one "BUDDY" with you when swimming.
- Avoid staying in direct sunlight for extended periods of time.
- Avoid eating heavily before swimming.
- Do not go swimming while intoxicated.
- Do not use inflatable toys in the water under windy conditions.
- Make sure you drink enough water.
- Make sure you are prepared. Include sun block and other items with you.
- Know when to call it quits! Don't overdo it. Come back home in time to give yourself time to rest and recover.

'Air Show Türkiye 2015' celebrations at Çiğli 2nd Main Jet Base mark the 104th anniversary of the Turkish Air Force



Photo by Tanju Varlıklı

Locals of Izmir enjoy the excitement and pride of the Turkish Air Force's 100th year with the Turkish nation and visitors from other countries watching the Turkish Stars aerobatic team's performance during the 'Air Show Türkiye 2011' celebrations at Çiğli 2nd Main Jet Base, Izmir, Türkiye, June 4, 2011. 'Air Show Türkiye 2015' celebrations at Çiğli 2nd Main Jet Base will mark the 104th anniversary of the Turkish Air Force May 31, 2015. Celebrations start at 10 a.m. and end at 6 p.m.



Photo by Tanju Varlıklı

A view from the Turkish Stars aerobatic team's performance during the 'Air Show Türkiye 2011' celebrations at Çiğli 2nd Main Jet Base, Izmir, Türkiye, June 4, 2011.



UPCOMING TRIPS

- ❖ **MAY 30** **BOAT CRUISE AT ÇEŞME**
- ❖ **JUNE 12-14** **TRIP TO CAPPADOCIA**
- ❖ **JUNE 13** **TRIP TO CHIOS**
- ❖ **JUNE 20** **DIVING AT ÇEŞME**
- ❖ **JUNE 27** **BOAT CRUISE AT ÖZDERE**
- ❖ **JULY 3-5** **TRIP TO MARMARIS**
- ❖ **JULY 11** **BOAT TRIP AT ÇEŞME**