

*Melitour*

TURKEY 101  
GROUP JOURNAL,

**WESTERN TURKEY 101**

UNDERSTANDING THE SYNTHESIS OF CULTURES:  
MOTHER GODDESS, HISTORY OF CHRISTIANITY & SPIRITUALITY OF SUFISM

SEPTEMBER 6, 2014 SATURDAY - SEPTEMBER 18, 2014 THURSDAY

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HILLARY



JUNE,



Our fabulous group  
scratched the surface of Anatolia

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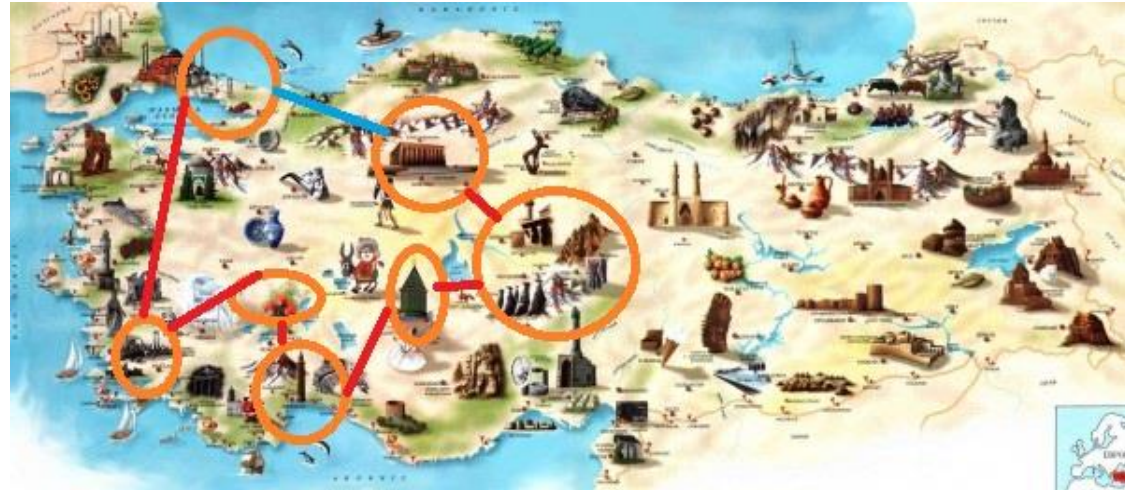
KATHY



SARAH,



MARCIA



ISTANBUL - ANKARA - CAPPADOCIA- KONYA- ANTALYA-  
PAMUKKALE- KUSADASI - ISTANBUL

Many of the tour members had admitted that when they decided to come to Turkey for Western Turkey 101 tour, some of their friends and loved ones asked them the frequently asked question, "Why Turkey?". However, if they had told about their plan about coming to Turkey to those who had already been to Turkey, they were always told that they will love Turkey. When I met my group at a late afternoon on the 6th of September, I could read in their eyes that some had very high expectations and the others were hoping that they can justify their decision for wanting to take this tour. The tour members had decided to keep a group journal. Each tour member accepted to keep the journal for a day. Bonny volunteered to be the coordinator of the journal so we all knew who was writing on which day. I myself, as the guide and the organizer of the tour, loved the tour. Everyone in the group truly contributed to the tour in the best BEST possible way. I want to thank everyone who had contributed to this journal as well. I felt like I was with my family on a family trip rather than a tour with strangers

Love  
Meli

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MILDIE,



HARMONY & TERI



RICH & BONNY



NANCY



MARGARET & ERICH



GEORGIA

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## ISTANBUL

06 SEPTEMBER, 2014 SATURDAY  
SUBMITTED BY KATHY MARAMBE  
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AT 04:30 PM, MEET AT THE LOBBY, GROUP MEETING AT  
THE NEXT DOOR CAFÉ, VISIT THE BYZANTINE HIPPODROME,  
THE BLUE MOSQUE, DINNER AT BLUE HOUSE, OVERNIGHT AT  
AND HOTEL

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**THE BLUE MOSQUE**

Today is the first day of our tour of Western Turkey. We began by meeting at the And Otel and then walked across the street to the restaurant for tea and conversation. Meli started to explain a few housekeeping items, but the Call to Worship kept interrupting her. We managed to listen to her and the chanter, and introduced ourselves.. Buddies were chosen so we would "look out for each other" on the tour. We then walked together over to the large square between the Hagia Sophia and the Blue Mosque. Meli reminded us that this was where the Byzantine Hippodrome was built during Constantine's reign. It was to be better than the Romans, so was three times the size of the previous Roman stadiums. It had a seating capacity of 100,000 people. We observed the obelisk, which had been brought from Egypt and Greece, representing the lands ruled by Constantinople. The top was over 3500 years old, and the base was 1700 years old. We also saw the Gazebo that was built for the German Kaiser, since Turkey had sided with Germany during World War I. From the square, we then went into the Blue Mosque, with the women wearing their shawls, and all of us removing our shoes. There are 10 entrances into the outside courtyard and less entrance directly into the Mosque. It was built from 1609-1616 by the orders of the Sultan who wanted the biggest and tallest mosque constructed. He also wanted it to face the Hagia Sophia which wasn't considered possible. Well, the Sultan did not get his way on all his requests, but the architect did design a magnificent mosque. The foundation was built with stones from the destruction of the Hippodrome and blue tiles were utilized throughout the interior. The 17th century Europeans were so impressed with the beautiful tiles that they began to refer to it as the Blue Mosque. It was an engineering and mathematical marvel, due to

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the use of half and quarter domes which allowed for the support of the main, huge dome without need of numerous columns.

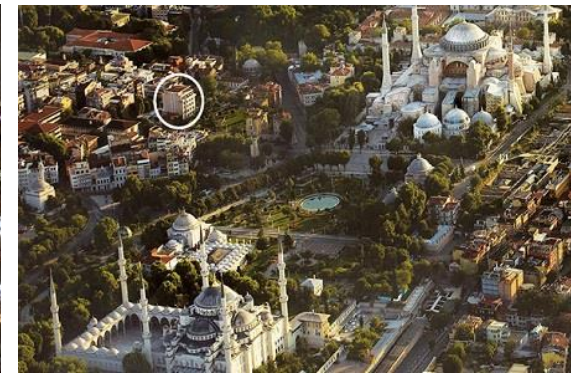
Following our tour of the Blue Mosque and picture taking, we all departed to walk together to a local restaurant, The Blue House. We sat on the rooftop as the sun was setting and we had a fantastic view of the Blue Mosque as it lit up the sky. The food was superb with various courses, and people relaxed and began to get to know each other better. It was a very special first evening as we ended the day and returned to the And Otel, anticipating many shared adventures to come.



THE BYZANTINE HIPPODROME



BLUE MOSQUE



AND HOTEL

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## RECIPIES FOR THE DAY

### HUNKAR BEGENDI: ( THE SULTAN LIKED IT) MASHED EGGPLANT WITH MEAT

**INGREDIENTS** : 5 medium sized fat eggplants, 2 cups of milk, one cup cream cheese, 2 spoons of flower, salt and black pepper to taste. 2 sticks of butter.

2 pounds of beef, lean and chopped in small chunks , 4 tomatoes 2 table spoons of olive oil add 3 cups of water

Heat the olive oil, sauté the meat, and add grated tomatoes, sauté with the tomatoes. Add water, salt, and black pepper and cook until the water is almost finished and meat is tender. On stove (preferably on gas stove, but electric stove will work as well) cook the eggplants until the skin is completely burned. Take the eggplants from fire and set it on a sive let it cool. Once it is cooled, take the burned skin (might be easy to do that with a spoon. Put the flesh of the eggplant on a sive and let the juice drain. Melt the butter in a pan, add flower, brown the flower until you can smell the flower, add milk, cheese, eggplants salt and a pinch of black pepper. Make sure you stir it carefully so there will be no lumps. Serve it warm.



### STUFFED PEPPERS, STUFFED TOMATOES

**INGREDIENTS (SERVES 4):** 5 medium sized peppers 3 tomatoes - 2 1/4 cups water - 1 cup rice, washed and drained - 4-5 medium sized onions, chopped - 2 tbsp currants - 2 tbsp pine nuts - 1 1/2 tbsp mint - 1/2 cup extra virgin olive oil - 4 tbsp sugar - 1 tsp salt+ 2 small tomatoes to be sliced to cap the peppers Sautee the onions with the oil for about 10 minutes in a medium-sized pot. Then add the rice, sugar and salt, stir and cover the lid. Cook on very low heat until the rice looks see through. Add the nuts, currants, mint and a cup of water. Stir occasionally on low heat. Cook until all the water evaporates and put aside.Cut off the tops of the peppers using a small knife. Discard the seeds inside the peppers. Stuff the peppers with the filling using a tablespoon. Place the sliced tomatoes as seen in the picture. Put in a medium sized pot along with 1 1/4 cup of water poured over the peppers. Cover the lid; cook until most of the water evaporates on medium-low heat. Serve Stuffed Peppers cold with fresh lemon juice, before your main dish.



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### DAY 02

07 SEPTEMBER, 2014 SUNDAY  
SUBMITTED BY SARAH LINDEN  
SARAH.LINDEN@COMCAST.NET

VISIT THE BASILICA CISTERN, VISIT HAGIA SOPHIA, LUNCH  
AT GELIK RESTAURANT, VISIT TOPKAPI PALACE, THE SPICE  
MARKET, DINNER AT KUMKAPI AT KIRMIZI KARIDES FISH  
RESTAURANT OVERNIGHT AT HOTEL AND

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Day 2 began with breakfast on the rooftop terrace of the And Hotel with its wonderful views of Hagia Sofia and the Blue Mosque. After gathering in the lobby, we walked across the street to the Basilica Cistern, which dates back to 532 CE and the Byzantine emperor, Justinian. The cistern is kept in partial darkness, which seems to amplify the sound of the water. The acoustics are fantastic, but unfortunately no music was playing when we were there. A striking feature of the cistern is the presence of 2 large Medusa heads, one upside down and one lying on its side. We then went to Hagia Sofia (meaning holy wisdom). Justinian, too, is responsible for this beautiful building with its enormous dome. During the Latin invasion, the church was partially destroyed. In 1453, it became a mosque and in 1934, it became a museum. Restoration work is on-going, but many of the Orthodox frescoes can be seen. After Hagia Sofia, we got on the bus and travelled to our restaurant for lunch, with its reputation for excellent grilled meats. As was typical of our ample meals, we sampled numerous appetizers before the main course, including a wonderful smokey eggplant dish. After lunch, we got back on the bus and drove to Topkapi. We did not have time to visit all the exhibits, but the grounds were beautiful. I particularly like the tiles in the circumcision room and the room for drinking sherbets. The remainder of the afternoon was spent at Rustem Pasha mosque, known for its beautiful Iznik tiles, and at the spice market (also known as the Egyptian spice market) with its heaps of brightly colored spices and heady aromas. The spice market is still a working market and people can be seen. buying ingredients for their evening meals in some parts of

it. Dinner was in the Kumkapi section of Istanbul, with fresh fish for most of us. Some of us also sampled the raki, and we all enjoyed the music. Day 2 was a very full day, but we all needed to get our rest to prepare for day 3 and the Grand Bazaar.

Sarah

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BASILICA CISTERN



HAGIA SOPHIA



GELIK RESTAURANT



TOPKAPI PALACE



SPICE MARKET



KUMKAPI



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## RECIPIES FOR THE DAY



### KARISIK IZGARA MIXED GRILL

#### SHIS KEBAB, LAMB CHOPS, KOFTE, ADANA

Marinate the lamb chops with onion, garlic, oregano, cumin and olive oil for atleast 4 hours. before you grill them

2 pounds of ground veal, one spoon of olive oil, 2 slices of bread crumbed, 2 cloves of garlic, red pepper, cumin, one small onion grated. mix them all and make them in small hamburgers. Grill them wrapped in grape leaves. Serve on pide bread.

### GRILLED SEA BASS

After you clean the fish, rub it with rock salt. Let it sit in the refrigerator for 1/2 an hour. Wash the salt out, Soak the cleaned fillets of sea bass in milk. Grill the fish and add virgin olive oil. Serve with lemon and greens.



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DAY 03  
08 SEPTEMBER, 2014 MONDAY  
SUBMITTED BY MARCIA  
TURNER [NINATIA@GMAIL.COM](mailto:NINATIA@GMAIL.COM)

DRIVE TO THE GRAND BAZAAR, VISIT CHORA CHURCH/MUSEUM,  
LUNCH AT DARULZIYAFE, VISIT SULEYMANIYE MOSQUE, PRIVATE  
BOAT CRUISE ON THE BOSPHORUS, DINNER AT ZEYREKHANE,  
OVERNIGHT AT HOTEL AND

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GRAND BAZAAR



CHORA CHURCH

Turkish delight, jewelry and souvenirs like evil eyes. As we left the market we were amazed by the skillful dance of the busses as they managed to get the multiple big busses out of the tiny parking lot. We saw Turkish collaboration in action!. The traffic in Istanbul was a series of heart stopping moments with the continuous close calls and games of chicken that drivers play with each other and giant busses. Meli and our driver had some special words with one particularly crazy driver. Perhaps they were giving him driving tips! Next we headed to the Chora Church to see the best 10 th century mosaics in the world. We sat in a cafe under the cool trees to listen to Mel's prep talk. She shared the special bread- water borek-and we were brought the classic Turkish tea in the tulip cups. As always Meli gave us a lot to think about, mentioning how travel is so important to broaden our education. We often only get



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partial history in our own countries, since each country chooses which parts of historical facts to emphasize. For example, most of us tend to think of the renaissance when we think of the most important Christian art, but it started much earlier. The role of art changes with each era. In early Christian art, the purpose was to teach and the artists would use symbols that would have specific meanings for their culture, and would depict things that had value to them. And would make the people and environment look familiar to the people so they

could relate to it, but there were always some common denominators as symbols, such as the cross, keys for saint peter, etc. In 82 AD roman persecution of Christians started, and this created a lot of solidarity among Christians. Later, when Constantine came and the Christians no longer had to hide, it got harder to create that feeling of solidarity; one of those ways was through worship of a variety of saints, during the 5-7 th centuries. The saint worship got to be too much for the church leaders, so there was a period of no iconography. The beautiful Christian mosaics in the Chora Church were completed in the 10 th century, and they set the template for how Christianity would be depicted and interpreted during the byzantine era. During the crusades much of the church was destroyed, and later it became a mosque. But the Muslims protected the Christian art, and Meli is proud that those ancestors preserved them. Our group found the mosaics and frescos fascinating, and was surprised at their good condition after so many years. We had lunch in the garden patio setting of what had been the Suleymaniye Mosque soup kitchen 500 years ago. We had puff borek, salad, chicken stew and rice, then sweet pastries. We had a relaxing and interesting boat ride on the Bosphorus, then dinner on a terrace that had the most incredible views of Istanbul. The sunset with the full moon inspired many photos to be taken. A special treat was seeing a young man propose to his girlfriend in the Turkish tradition, there on the terrace with the beautiful view.

### MOON RISE OVER SULEYMANIYE



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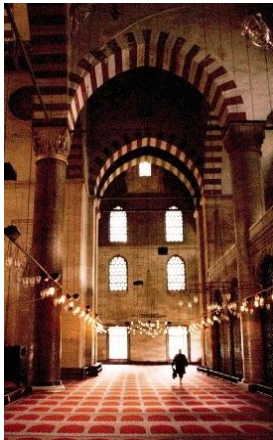
GRAND BAZAAR



CHORA CHURCH



DARRUZİYAFE



SULEYMANIYE



TRAFFIC IN ISTANBUL



BOSPHORUS CRUISE ON DEN DEN BOAT

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JUNE AND MILDIE AT THE GRAND BAZAAR



ENJOYING THE CRUISE ON THE BOSPHORUS

## RECIPES FOR THE DAY



### PICKELS

#### INGREDIENTS:

2 pounds of small pickles, 4 cups of water, 1/2 a pound of chickpeas, 6 spoons of rock salt, juice of 3 lemons, garlic, celery,

Wash the cucumbers well. Poke holes with a needle. Put few celery leaves in the bottom of the jar. Add three slices of lemon; put the cucumbers tightly in the jar. Stick in the garlic and few leaves of bay leaves. Add the boiled and cooled water and salt. Add the chick peas. Cover the vegetables with dill. Cover the lid tight. Keep the jar in room temperature for 3-4 weeks.

### BULGUR RICE

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## INGREDIENTS:

1 pound of bulgur, 2 tomatoes, butter, 2 cloves of garlic, red pepper. water, salt and pepper  
Melt the butter, brown the bulgur, add the chopped garlic and sliced red pepper. Sautee the ingredients until the peppers are cooked. Add the chopped tomatoes and enough water to cover the bulgur. Add salt and a pinch of black pepper. Cook until there are little holes on the rice. Turn off the heat. Put a towel and let it sit for 10 minutes before you serve it



## YOGURT SOUP, YAYLA CORBASI

### INGREDIENTS:

2 cups of yogurt, 1/2 a cup of well washed rice, 1 stick of butter, salt, 1 spoon of dry mint, 6 cups of water.salt

mix yogurt and rice in a pot. Boil the mixture on slow heat until the rice is softened. Make sure you stir it constantly.

Add the water and cook it until the rice is cooked, Sizzle the butter. Add the mint in the butter. Add the butter to the soup

You can add boiled chick peas in the soup.

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## ANKARA - CAPPADOCIA

TRANSFER TO THE AIRPORT, FLY TO ANKARA, VISIT ANATOLIAN CIVILIZATIONS MUSEUM, AFTER LUNCH, VISIT ATATURK'S MAUSOLEUM, DRIVE TO CAPPADOCIA, DINNER AND OVERNIGHT AT LALESARAY OTEL

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DAY 04  
09 SEPTEMBER, 2014 TUESDAY  
SUBMITTED BY NANCY  
CARROLL [NANCY.JUS3@GMAIL.COM](mailto:NANCY.JUS3@GMAIL.COM)



EARLY FLIGHT TO ANKARA



Yikes! -Up at 4 am to catch an early flight to Ankara. Goodbye Istanbul. Guile Guile (Go smiling).

Short flight via Anadolu Jet airlines and off to the Anatolian Civilization Museum. This museum was awarded the Best Archaeological Museum in Europe in 1997. Containing over 2,300,000 years of excavated artifacts from 28 civilizations from the Anatolia area, the history of the evolution of mankind is showcased in superb exhibitions. From Catalhoyuk, the first known civilization, to the rise and fall of the Hittites, the concept of "control of nature" is documented. The development of self-sufficiency and self-sustainment are illustrated via the adoration of one mother goddess, the use of polychromatic paint, written contracts documenting marriage, divorce, and sale of goods, to mention a few. Other important artifacts illustrate war and destruction.

Lunch includes a sizzling lamb/veal dish covered in butter and tomato sauce. Some comments from our travel colleagues regarding our lunch meal include, "The meal was different and tasty", "that was the best bread I've had so far on this trip", "the waiters looked somewhat frazzled and were working very hard", and "I mistook the hot pepper for asparagus".

Our next stop is to the Anitkabir Mausoleum dedicated to the Father of Turkey, Ataturk. Born in 1881 and died in 1938, he is credited with passing many laws that provided the basis for modern Turkey society. He liberated women, changed the Arabic script to Latin script, increased literacy, and reorganized Turkey from the ground up just to mention a few of his

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ANKARA AIRPORT IS QUIET AND WELL  
DESIGNED

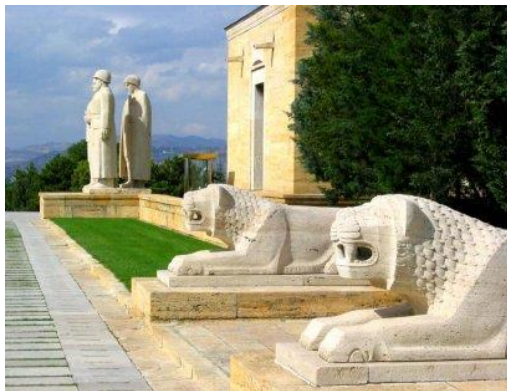
accomplishments. Ataturk was Turkey's leader when it became a republic in 1939 believing that the sovereignty of the nation belonged to the people. Meli shares a passionate, emotional and detailed story of Ataturk's life.



THE BEST MUSEUM OF EUROPE 1997

A 4-hour drive to Cappadocia awaits us. The landscape is covered with poplar trees. We learn that upon the birth of a child, a poplar tree is planted. After 20 years, the tree is full grown and can be cut and sold for lumber. The profits are then given to the child who is now a young adult. (The poorest people of Turkey lament that they do not have a poplar tree planted in their name.)

During the night we finally arrive to the village of Neveshir where we will stay for the next 3 nights and awaken to the beauty of Cappadocia (Kapadokya) and it's mystifying landscape



THE MAUSOLEUM OF ATATURK



CATALHÖYÜK : NEOLITHIC HOUSE



MOTHR GODDESS

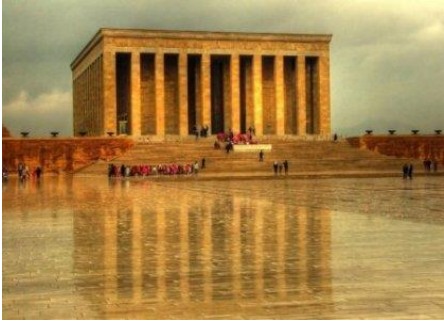


BRONZE AGE

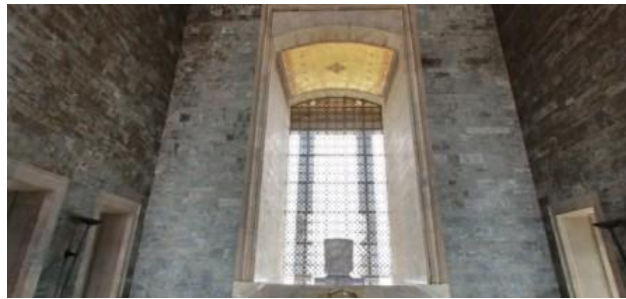


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MUSTAFA KEMAL ATATURK



THE FATHER OF THE TURKS, SLEEPS HERE



ON THE WAY TO CAPPADOCIA

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## RECIPES FOR THE DAY



ULUDAĞ RESTAURANT



ISKENDER KEBAB

### ISKENDER KEBAB

**INGREDIENTS:** Pide bread, 1 pound of lean filet (beef), a spoon of tomato paste, 1 tomato, 3 spoons of butter, 1 cup yogurt, salt and black pepper, sun flower oil

### HOW TO PREPARE ISKENDER KEBAB AT HOME

- Slice the meat in thin strips. Saute them in sun flower oil.
- When the meat starts changing color add salt and pepper and saute some more.
- When the color of the meat is brown enough turn the heat down and simmer for 3-4 more minutes.
- For the sauce, put 2 table spoon of sun flower in a little pot add the tomato paste add a pinch of salt and black pepper cook it until the consistency is thick
- Slice the pide bread in cubes and heat them in an oven.
- Put the hot pide breads in a plate. Spread half of the tomato sauce and a small amount of yogurt on the chunks of pide bread.
- put the meat on what you have prepared in the plate, add the tomato sauce. Put the rest of the yogurt on the side of the plate.
- Sizzle butter add a pinch of salt pour over the meat.

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## CAPPADOCIA

DAY 05  
10 SEPTEMBER, 2014  
WEDNESDAY  
SUBMITTED BY RICH  
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HOT AIR BALLOON RIDE, VISIT ZELVE, VISIT DERBENT VALLEY, LUNCH  
AT DIMRIT RESTAURANT, VISIT ORTAHISAR CAPPADOCIAN CULTURE  
MUSEUM, WHIRLING DERVISH DEMONSTRATION, DINNER AND OVERNIGHT  
AT LALESARY

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We left our hotel at 4:45 am. After a nice breakfast at the Butterfly Balloons headquarters we were off to the launch site. Upon arrival at the launch site, twenty (20) brave soles got into the balloon basket and shortly thereafter we thought we heard...



This is Houston Control...we have liftoff at 6:04 am. And away we all went...Up, Up, and Away (5th Dimension, 1967) in our beautiful balloon!!

The morning air was cool and calm as Captain Kaan Demircan began maneuvering Golf Yankee (our balloon call sign) along side "fairy chimneys" and through the valleys and terrain of Cappadocia. We all were busy taking pictures of this mystical place in Turkey.

The balloon flight was spectacular as our balloon rose higher and higher. Soon we all watched in awe the sun rise over the mountain in the distance.

It was a sight we will all remember as we climbed and descended among the other 100 balloons that filled the beautiful blue sky on this calm morning. Our pilot Kaan kept us all entertained with his humor ( e.g. "This is only my 2nd flight") and knowledge of the landscape gliding by below us. The hour balloon flight came to an end way to soon. After a perfect landing on the flatbed from which we launched, we had a champagne toast for Kaan, the crew, and ourselves. Experiencing Cappadocia from a balloon is just one of the many highlights on this tour.

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After returning to otel Lale Saray for yet another breakfast, our tour group got into our bus and headed to Zelve ( an UNESCO World Heritage Site) where we would hike to an uninhabited settlement of rock dwellers to view the settlement's houses, church, monastery, and mosque.



THE SUN RISE OVER CAPPADOCIA

While on the bus Meli explained the rock formations and the various color strata of the rock that we were seeing. She said that the Mother mountain of Cappadocia had two (2) volcanos erupt which resulted in lava flows that piled up to create the different color strata of minerals. Meli discussed the rock formations in terms of the "Creator" or "Created". The elements (I.e. wind, rain, snow, etc.) are still working today as they have over thousands of years ago when the rocks started to be carved. The rock dwellings were carved out of the "tuff" rock which was a softer rock. Because of the softer "tuff" (that could be carved) into the rock, a more constant temperature could be maintained throughout the seasons.

Meli mentioned several other things on our way to Zelve: (1) Cappadocia means "The Land of Beautiful Horses"; (2) St. Paul walked in this area a lot. He was born in Tarsus located in southern Turkey by the Mediterranean; (3) Paul came to Cappadocia under the challenge of his teachings; (4) Paul came under Roman persecution as well as other Christian people living in Cappadocia ; (5) The Christian people also went underground to escape persecution; (6) Cappadocia was along the Silk Road trade route and had to be defended; (7) The "tuff" could be scrapped into finer material and be used as fertilizer because of its mineral content.

On the way to Zelve we stopped at Pasabagh to get a closer view of the "fairy chimneys" and walk among them.

The tops (crowns) were black due to the volcanic very hard basalt rock. The rock below the basalt was of the softer "tuff" rock which could be carved and scrapped.

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ZELVE



DERVENT VALLEY

Upon arrival at the Zelve Open Air Museum we had to hike among the rock dwellings to view and appreciate this museum.

This settlement was established 2000 years ago. It was built in Tree Valley and had approximately 1500 people living here. In 1954 they began to evacuate the settlement due to the instability of the rock. We visited a church where Meli explained the origin of the Maltese Cross (a symbol of Christianity). Using Greek letters Meli drew how the Maltese Cross represents Jesus (Lesous) Christ (Christos) is God (Theos), Son (Huios), and Savior (Sophia). In the church were frescos of the Twelve Stations of the Cross with "The Tree of Life" between each station. The red color of the frescos came from the red clay color of the Red River. We then hiked to other rock dwellings including a monastery and mosque before returning to our bus.

We then drove to have lunch at a restaurant that served us Potkabob. The Potkabob was meat cooked in a clay pot (covered with dough to trap the heat inside) for 5 hours. The top of the clay pot was then broken off with a knife and the Potkabob dumped out and placed on a plate.

The delicious Potkabob meal was interrupted by a rain shower which drove us from the covered patio area to indoors.

After lunch we went to a small village museum that depicted what an Anatolian home and

village life might be like through individual booth displays. The displays consisted of Home

Construction, Architecture, Kitchen, How to Make Pekmez, Weaving Room, Old Street, Living

Room, The Engagement, Henna (Honeymoon Night), and Bride's Room. The museum

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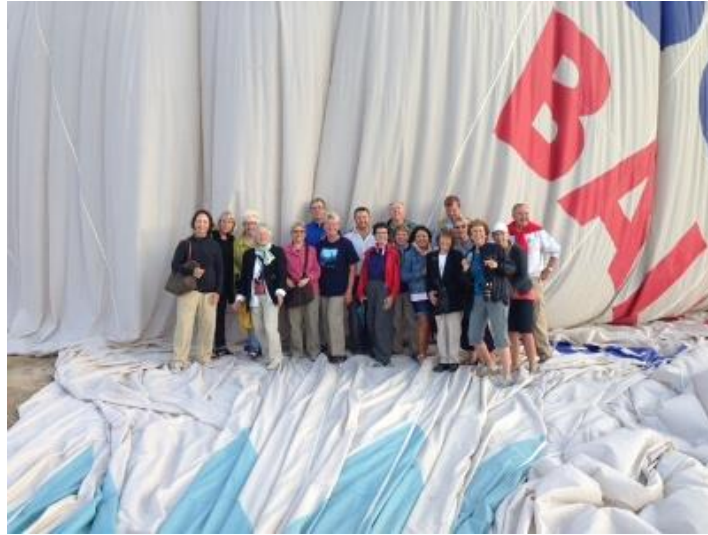
was well done and we went away with a better understanding of Anatolian culture. In the evening we went to the smallest Caravanserai to watch a Sufi swirling dervish performance. This concluded a long but very informative day.

Rich



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HOT AIR BALLOON



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DIMRIT RESTAURANT POT KEBAB



ORTAHISAR MUSEUM





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## RECIPE FOR THE DAY

### POT KEBAB : LAMB SHANK TESTI KEBAB

**INGREDIENTS:** 1 pot as seen in the picture, 3 ponds of lamb cut in squares, 4-5 tomatoes, 10 cloves of garlic, 10 green peppers, black pepper, 1 table spoon butter, salt. sun flower oil

### HOW TO PREPARE TESTI KEBAB AT HOME

Marinating and soaking time overnight You will need to begin this recipe a day ahead. To make the marinade, place the lamb shanks in a large bowl. Pound the rosemary leaves and a pinch of salt in a mortar until coarsely chopped to release the oils, and then add to the lamb. Add the garlic and a large pinch of salt to the mortar and pound until a paste forms, then add to the lamb with the pul biber, black pepper and a drizzle of oil. Toss to coat well, then cover and refrigerate for 4 hours or overnight if time permit



- With sun flower rub the pot in and out Slice the peppers and tomatoes mix them with salt and pepper. place them in the bottom of the pot
- Add the meat.
- cover the top of the pot with a dough and With your small finger, punch a little hole in the middle of the dough
- You can either cook it in an oven for 2-3 hours in low fire. Or you can cook it on low heat on the stove. Serve warm with rice

# Melitour

TURKEY 101  
GROUP JOURNAL,

## CAPPADOCIA

VISIT FATMA'S HOUSE, AYVALI VILLAGE, LUNCH AT A  
VILLAGE HOUSE, VISIT KAYMAKLI UNDERGROUND CITY,  
TURKISH CARPETS PRESENTATION, DINNER AND  
OVERNIGHT AT HOTEL LALESARAY

DAY 06  
11 SEPTEMBER, 2014  
THURSDAY  
SUBMITTED BY MARGARET  
HOFFMANN  
[MHOFFMANN@SCHWABE.COM](mailto:MHOFFMANN@SCHWABE.COM)

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FOR DAY 07 KONYA  
MELITOUR HOME PAGE  
TURKEY 101 ITINERARY  
PHOTO GALLERY  
THE SONG](#)

Later start brought smiles to the breakfast room. The group has truly coalesced. The men seem to have softened amid all the estrogen.



CAPPADOCIANS STILL USE HORSES

We visited Meli's friend Fatima and her husband Hussein in their home which is partially carved inside the mountain. Before arriving, we learned three Turkish words:

çok	güzel	(chock	goozel):	very	nice/beautiful
günaydın		(gew-nahy-DUHN):		good	day
sağ	ol	(sa-ol):		thank	you

The farm machinery was painted with bright colors, which Meli explained was a manifestation of the Turkish people's love of beautifying everything around them.

Fatima walked down the road to greet us. Big beautiful smile that originated in her eyes and spread down to her mouth. She wore her scarf in the Cappadocian style.

We sat in her living room which had couches arranged in a U shape. The floors and walls were covered with carpets, one of which was her dowry carpet. The room had electricity and, much to our surprise, a large flat screen TV (initially covered with a blanket). Their home is now a national monument so that they can live there and pass it to their children but they cannot sell it. There is a 4th century church in the same area.

# Melitour

## TURKEY 101 GROUP JOURNAL,



WELCOMING SMILES

Hussein joined us. He had baked a delicious cake for us which he served with tea. He is about 72 and retired from being a truck driver and holding a position with the municipality. He has a picture of himself on the wall that he pointed to with huge amount of pride. They have 2 children and 5 grandchildren. Family is very important. Lack of jobs resulted in their eldest son going to Denmark for 15 years. Fatima and Hussein could not visit when their first grandchild was born so their son decided to return home.

We learned about the various ways that women wear and tie their scarves according to the region where they live. Fatima does scarf tatting and offered us an opportunity to buy her scarves along with dolls, crochet items, pillow cases, and jewelry.

Next, we went to lunch at a home in the small village of Ayvali with our hosts Havva and Tugba. The home was also in rock, covered with carpets, and the food was a gastronomic delight.

With full and round bellies we went to one of 36 underground cities. Not a place for the claustrophobic! Narrow tunnels to navigate and narrow steps to climb. We had an introduction given to us by a local elder who remembers playing in it as a child before it was opened for tourism. The underground cities were used, in part, by the Christians to avoid persecution by the Romans. The entrances were far from the actual city to avoid detection. No fires or light except in the kitchen. The city would house 1500 people for anywhere from 3 days to a month.

We ended the day with a trip to a carpet cooperative. Moustaff guided us through the process beginning with the wool-on-wool and wool-on-cotton carpets. All are done by hand by women who must be at least 18 years old to work at the cooperative. They sit on a pillow just above the ground and work for about 20 or 30 minutes at a time and then take a break. All weaving is done by women. It takes about 5 months to complete the carpet and each one is done from beginning to end by the same woman; the designs are taken from the tiles. The Turks have been weaving carpets for 2600 years. The oldest

# Melitour

## TURKEY 101 GROUP JOURNAL,



FATMA AND HASAN'S HOME



LUNCH AT AYVALI VILLAGE

carpet was found frozen in ice in the Bering Strait. Most of the women learn the art as a girl at home. They join the cooperative because it provides the business structure to sell the carpets. All the sales are done by men.

We also saw the weaving of the silk carpets and the process for getting the silk strands. Silk is stronger than steel. Genghis Khan wore silk robes not only because they were light and made movement easier, but also because arrows could not penetrate them. The silk spinning is always done by men. Seem to be job divisions based on sex.

I asked Mustafa if the women who did the weaving were paid the same as the men and he said "no": the women are the artists and are paid more!

The silk weaving is a more advanced art because there are almost 10 times as many knots (or more). Hence the silk carpets are much more expensive. The tour ended with Mustafa and his staff serving us wine while his staff rolled out dozens of carpets for us to see and walk on. The colors were magnificent.

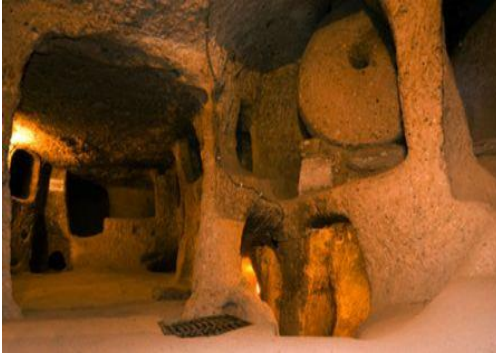
Piece of trivia: the phrase "tie the knot" comes from the Turks. When parents feel that a daughter is ready and eligible for marriage, a carpet is hung in the window (her dowry carpet) with the fringe pieces tied together.

The day ended. Notably for me (today's scrivener): it is "9/11."

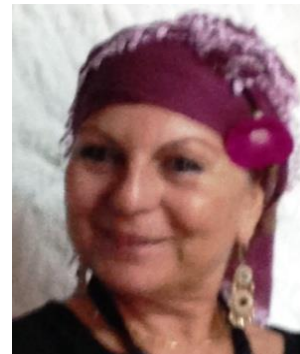
We are 14 Americans in a 99% Muslim country. I heard no discussion about the events of 9/11. I sense it is NOT because we have forgotten. Rather it may be that we have learned a lot more about our Muslim brothers and sisters and can better appreciate that it is the extremists who committed the acts, not the Islamic people.

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TURKEY 101  
GROUP JOURNAL,



KAYMAKLI UNDERGROUND CITY



TURKISH CARPETS

**RECIPE FOR THE DAY**



**GUL BOREK**



**GUL BOREK :**

**INGREDIENTS:** 4 sheets of phlox, 2 pounds of minced beef ( no fat at all - very lean) 2 onions grated, black pepper, one cup of sun flower oil, one cup of whole milk, 2 eggs, sesame seeds

**HOW TO PREPARE GUL BOREK AT HOME**

- In a pan, add the onions and meat. Stir them constantly until onion and meat changes color, add 2 spoons full of water and boil it until there is no juice left. Add salt and black pepper. While the meat is still hot grate one potato in the meat.
- Set this aside with a lid on the pan. Let it simmer while you are preparing the dough.
- In a bowl mix sun flower oil and water
- Put the phi lox dough on the kitchen counter. Open it flat. put the mixture of water and milk on the dough generously.
- Cut the dough in 4 pieces. Put the meat that you have prepared on the dough. One big spoon full meat for each piece of dough. Roll the dough then make little roses out of it and to keep the ends from opening put the milk water solution on the ends. Put the little "roses" in a baking pan. Squeeze them together.
- mix the yoke of the eggs in a bowl and add 2 table spoon of oil. mix them all together.
- put this mixture on the little roses
- Make sure your oven is pre heated 350 f - 400 F
- Cook for 25 minutes

**HOW TO SERVE**

Put butter in a pan. Let it melt and sizzle. Add paprika and pinch of salt. Serve the " borek"

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TURKEY 101  
GROUP JOURNAL,

put garlic yogurt on it and add a small spoon of butter.

DAY 07

12 SEPTEMBER, 2014 FRIDAY

SUBMITTED BY ERICH HOFFMAN

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## CAPPADOCIA - KONYA

VISIT GOREME WORLD HERITAGE SITE,  
POTTERY MAKING AT GALIP'S PLACE. DRIVE TO  
KONYA. VISIT SULTANHAN CARAVANSARAI. DINNER  
AND OVERNIGHT AT OTEL RUMI

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FOR DAY 8 ANTALYA](#)  
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[PHOTO GALLERY](#)  
[THE SONG](#)

We awoke this morning to the sun rising and the hot air balloons filling the sky. They couldn't go up yesterday because of weather. But from our breakfast veranda we could see the beautiful balloons dotting the landscape.



Our entourage of 2 grand dames, 5 Spice Girls, 5 Oregon ducks and 2 CA beach Combers said goodbye to our Cappadocian Hotel, Lale Saray, and headed to Rumi But first, a short stop because the Spice Girls hadn't yet parted with enough money. We helped the Cappadocian economy by buying runners, evil eyes and other mementos. Nice panorama from our shopping area.

We then went to the Goreme monastery. We hiked all thru the grounds There were 360 cells used to teach Christianity and revive the teachings of the Church. We saw the picture of "East meets West" with the Sultan and Jesus shaking hands, 300 to 400 AD. We also saw the famous female hermit with a beard descending past her navel. We posed for our first group picture.

Following our Monastery departure, it was time to throw some mud. Under the tutelage of master Galip, who in his demonstration made it look easy, we all took a turn at the pottery wheel. Rich was clearly the favored student with Nancy right behind! Master Galip challenged us with questions which Erich and Nancy correctly answered and were rewarded with Galip gifts. Mildie was then asked to stand on a pot and try to break it. No matter how hard she tried, it remained intact.

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## TURKEY 101 GROUP JOURNAL,



SHOPPING STOP AT THE JINGLE JANGLE PLACE



GALIP, THE POTTER

We toured his gallery and quickly learned that most of his work was out of our price range. Nonetheless, there were works of his students that were affordable and most everyone left with a piece of pottery from the gallery.



Lunch called us! Time for another feeding. We had "tin kabobs" which was a Turkish specialty served on a tin platter over a burner! Fabulous.

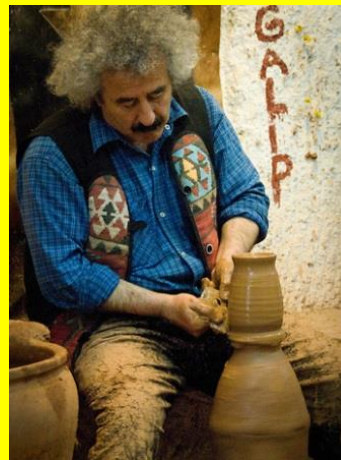
For the next several hours we rolled along on the bus, seemingly through fields like Iowa, toward Konya, the first capital of the Selcuks. We stopped at a 12th century caravanserai. This is the best preserved example of a caravanserai that was on the silk road. The caravanserai was established by the Byzantine Empire to support trade on the silk road.

Exhausted, we arrived at Otel Rumi.



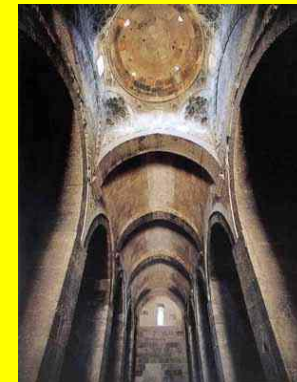


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## RECIPE FOR THE DAY



SAC KAVURMA

### TIN KEBAB SAC KAVURMA

**INGREDIENTS:** 1 pound of lean chunks of lamb ( chopped in cubes) 1 TBL SPOON butter, 5 green peppers, 2 onions, 2 tomatoes, 1 tsp oregano, 1 tsp paprica, salt

Chop the vegetables, put the butter, and the meat in a pot. Stir the meat until it changes color. Add the peppers and onions. Add the salt pepper and the spices when you think the meat is cooked. Continue stirring the meat when cooking. When the meat and the vegetables are done, add the tomatoes and turn the heat off. Decorate it with parsley to serve.



AYRAN

### AYRAN

**INGREDIENTS:** Yogurt, water, salt

This will be best if you do it in a blender. Mix 2 tbs of thick yogurt with water and a speck of salt to taste.

The amount of water depends on how thick the yogurt is. the consistency should be the consistency of milk

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## ANTALYA

VISIT SELIMIYE MOSQUE, LEARN ABOUT CELALETTIN RUMI,  
LUNCH EN ROUTE, DRIVE THROUGH THE TOROS MOUNTAINS,  
ARRIVE IN ANTALYA. DINNER ON YOUR OWN, OVERNIGHT AT  
ATELYA ART OTEL

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DAY 08  
13 SEPTEMBER, 2014  
SATURDAY  
SUBMITTED BY HARMONY  
RODRIGUEZ  
ARMONIAS@VERIZON.NET



THE VIEW FROM OUR  
BREAKFAST BALCONY

This day began with a bountiful breakfast on the terrace of the Rumi Otel in Konya. There was freshly brewed coffee, meats and cheeses, fresh and dried fruits, breads, sweets and made to order omelets. Tourist tea made from apples was available as usual.

Our well trained troop of tourists met Meli in the lobby at the specified time for a short walk to the Selimiye Mosque. We ladies donned our scarves as we entered the 400 year old building. Our group sat together to hear about Mevlana Celaddin-i Rumi's 13<sup>th</sup> century life from his birth in what is now Afghanistan to his death in Konya. The Imam of the mosque saw Meli and came over to welcome her and our group. It was obvious that they have great respect and affection for one another.



MELI AND THE IMAM

We walked from the mosque to the Melvana Mausoleum and Museum with its distinctive green earthenware dome. The mausoleum is highly ornamented with Islamic script and enameled reliefs, and contains the tombs of several of the more important figures of the dervish order. The sarcophagus of Mevlâna is located under the green dome. It is topped with a very tall and large turban. Turbans also top the sarcophagi of his male followers. The tomb of his father, Bahaeddin Veled, is upright and adjacent to his son's, a position that signifies respect. June and I decided to walk to an ATM near the museum. I told her we had lots of time for this task. Our walk turned into a stroll as we enjoyed sightseeing and sharing stories. Fortunately, our large turquoise otel was an easy to locate beacon and I was confident we would return in plenty of time. Back at the otel, our travel buddies were wondering when we would show up. We returned almost on time but I doubt that June would appoint me as timekeeper again. We boarded our bus for the 5 hour scenic drive to

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Antalya over the Taurus Mountains. Luckily, our driver did a great job of safely conveying us on the steep climbs and curves. Meli reviewed our trip with us and presented a preview of what was to come: the Mediterranean and Aegean Turkey. The timing of our food and rest stops was perfect. We were even given an opportunity to walk down the mountain roadside. Always game, Mildy was the first one to get off for a walk. It was wonderful to breathe the fresh mountain air and stretch from the bus ride. We continued to drive past terra rosa cliffs and cedar forests down to the red pine trees. We stopped for lunch at a restaurant that served plate after plate of delicious pide and meze, some quite spicy but delicious. The abundant plates of delicious yogurt cooled our palates. The drive continued past fields of sesame tripods, corn fields, sunflower fields, and stands where people were selling freshly boiled corn. Our last stop before arrival was a family owned stand to sample carob pods. The grandmother was caring for a beautiful baby boy and selling corn. The boy's cradle hung from a tree branch in the yard. We drove through the modern high rise Hotel area of Antalya to reach the old town and Hadrian's Gate. Once there we walked to our Atelya Art Hotel within the Kaleiçi, the old Roman walled city. The lovely hotel is decorated in the style of the Ottoman period with stone walls, wooden floors and artifacts. The patio had a swimming pool, jasmine and orange trees. There was a larger than life mannequin dressed in an Ottoman costume in the foyer of our building. I found it an unnerving sight to encounter in the dimly lit hall. Our room was at the top of the stairs, an exotic attic room with dark furniture and unlit corner spaces.

Some of our group went to the hamam, Turkish bath. I walked down the narrow cobbled streets and marble Roman steps to the harbor. Turkish families were out enjoying the evening, walking amongst the tourists and cats, past the decorated boats and hawkers. I had a grilled sea bass dinner at a dockside restaurant and a Turkish ice cream cone for dessert. The ice cream has a different texture because it is mixed with thickening flour and a resin that makes it chewy. My lemon ice cream was delicious and the vendor was characteristically entertaining. Turkish ice vendors make a big production out of serving your cone, they are fun tricksters. I eventually found my way back to the Hotel with a little help from kind strangers. What a day!

# Melitour

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In generosity and helping others, BE LIKE THE RIVER.  
In compassion and grace, BE LIKE THE SUN  
In concealing others' faults, BE LIKE THE NIGHT  
In anger and fury, BE LIKE THE DEAD  
In modesty and humility, BE LIKE THE SOIL  
In tolerance, BE LIKE THE OCEAN

Either you appear as you are, or be as you appear.

- Rumi



When you do things  
from your soul, you feel  
a river moving in you, a  
joy.

-Rumi-



# Melitour

TURKEY 101  
GROUP JOURNAL,

## RECIPE FOR THE DAY



HAYDARI

### BEYAZ PEYNIRLI HAYDARI - HAYDARI WITH FETA CHEESE

**INGREDIENTS:** 1/2 cup creamy (strained) yogurt, 1/4 cup feta cheese, crumbled, 1-2 garlic cloves, smashed with salt, 1 small cucumber, grated, 2 tbsp dill, chopped, 1/2 tsp crushed red pepper, optional Salt.

Mix all the ingredients and place on a service plate. Pour some extra virgin olive oil all over. Use walnuts and black olives as garnish. Serve with pide (pita) slices.



EGGPLANT SALAD

### PATLICAN SALATASI - EGGPLANT SALAD

**INGREDIENTS:** 4 large eggplants, 2 medium tomatoes, 3/8 cup olive oil, 2 green peppers, 2 red peppers, salt, 1 medium onion, 1 lemon, 10 black olives, 1 tbsp vinegar. Put whole eggplants on spit or hold with tongs over gas flame and turn while cooking. Allow the skin to turn black as this gives a smoky flavor to the salad. Peel eggplants while still hot. Place in a bowl with olive oil and sprinkle with salt and lemon juice and mash with potato masher. Add vinegar and beat until smooth. Serve on platter decorated with tomatoes, peppers, onions and black olives.

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TURKEY 101  
GROUP JOURNAL,

## ANTALYA - BOAT RIDE - PHASALIS

DRIVE TO KEMER, SAIL TO ALACA SU, 3 SWIM STOPS, LUNCH ON BOARD, VISIT PHASALIS, TURKISH BATH, DINNER ON YOUR OWN, OVERNIGHT AT ATELYE ART OTEL

DAY 09  
14 SEPTEMBER,  
2014 SUNDAY  
SUBMITTED BY TERI FOSTER  
teri981@verizon.net

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Antalya and cruise on Mediterranean

We left our unique Ottoman period Antalya Art Hotel after breakfast in the lovely garden next to the pool. An hour bus ride brought us to Kemer where we boarded the Calistra, our "cok guzel" sailboat for the day. We climbed aboard, peeled down to our suits, and began our vacation from our vacation. What a glorious day to see the striking Taurus Mountains that met the clear Turk-quiouse Mediterranean. We stopped several times to jump into the refreshing, salty water and each time we were met on board with a delicious snack except for the one time when a spectacular lunch was brought from below like magic. Plates of fresh fish and chicken schnitzel were placed next to four artistically presented platters of salads. Once again we ate like sultans.

I asked a few on board to share their favorite moments of the sail:

No. 1 – Seeing June, our 87-year-old traveler extraordinaire, complete a 9.7 dive off the boat (June and Margaret in picture)

Total relaxation topside

Turkish rug on bow

Watching parasailers

Arrival of the ice cream boat





# Melitour

## TURKEY 101 GROUP JOURNAL,

Beers on the bow  
Having a "down day"

Hillary summed it up in her own special way, "Just being on the turquoise waves with good company, of course except for a few of you and you know who you are!" We have become used to her special form of humor.

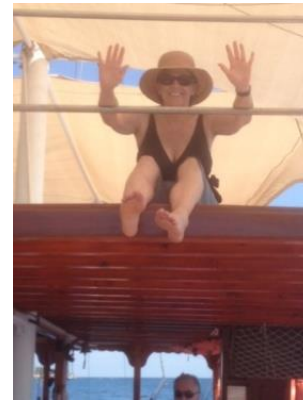
All too soon we anchored at a small bay and were tendered to the beach for an unbelievable visit to an ancient Roman harbor. Sitting upon the rubble of temples from 3rd century AD, we heard the story of trade and life here in Phaselis, a city from the Roman Imperial Period. We passed through the ruins of Hadrian's Gate into the city that was complete with amphitheater, baths, and temples. The city was active through 800 AD trading rose flower oil and timber.

We returned to our Old City hotel and were on our own for dinner while some had a Turkish bath at the local Hamam.



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GROUP JOURNAL,



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## RECIPE FOR THE DAY



OLIVE OIL MAKES THEM SHINE



WRAPPING THE LEAVES



**STUFFED GRAPE LEAVES - DOLMA** 9 oz grape leaves, fresh or canned, juice of 1 lemon, 1 cup rice, 10 cloves of garlic, big size onions chopped finely, 1 cup parsley, 2 tbs all spice, 2 tbs ground black pepper, 2+ 1 tablespoon sugar, 1 tbs salt, Generous 2, 5 cups olive oil, lemon wedges, to serve

If using fresh leaves, wash them thoroughly, place in a saucepan, and cover with water. Add the juice of 1 lemon and a pinch of salt. Bring to a boil, cover the pan, and simmer for 20 minutes. If using canned leaves, wash them and put them in a saucepan with plenty of water. Bring to a boil and simmer for 5 minutes. Allow to cool slightly, drain, and wash again with cold water to remove the excess salt.

While the leaves are simmering, add 0.5 cup olive oil in a pan. Add chopped onions and garlic. Sotee the onion until pinkish, add washed and drained rice. Stir the micture regularly until rice is fried. Add the spices and 2 tbs sugar ad ¼ cup water. After it comes to a boil turn off the heat add parsley.

Place one leaf on a plate, vein side upward, and put 1 teaspoon of filling in the centre of the leaf near the stem end. Fold the stem end, and then both sides of the leaf over the filling and roll into a cigar shape. Repeat until all the stuffing is used up; you will have some leaves left over. Line the base of a saucepan with the spare leaves, to prevent sticking, and pack stuffed grape leaves in tight layers. Place a heavy dinner plate on top of the dolma to keep them from unraveling. The cooking pot should be about 2/3 full. Mix the oil with a generous 0.5 cup water, the sugar, and lemon juice, and pour over the stuffed leaves. Cook for one hour. Check the water while cooking if you need more water, add warm water.

# Melitour

TURKEY 101  
GROUP JOURNAL,

DAY 10  
15 SEPTEMBER, 2014 MONDAY  
SUBMITTED BY HILARY

**SALDA LAKE - PAMUKKALE - HIERRAPOLIS**  
LEAVE THE HOTEL IN ANTALYA AT 08:30, DRIVE TO LAKE SALDA,  
LUNCH AT KIZILHISAR (SERINHISAR), CHECK IN AT COLLOSEA  
OTEL, VISIT HIERRAPOLIS, DINNER AND OVERNIGHT IN  
PAMUKKALE - KARHAYIT

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LEAVING ATELYE HOTEL

Sorry to have kept all waiting. Here is my version of September 15 recorded through a haze of coughing, sneezing and dripping. I wish to formerly thank all those who donated Kleenex, Sudafed and Advil. You know who you are, I love you.

The morning started by assembling on the bus at 8.30am. Meli thanked us openly for being such a charming and punctual group. We all agreed!

We head north towards Pamukkale and Hieropolis, the ancient City of the Dead. On the way we stopped for Turkish mochas by Lake Salda and watched them harvest fresh trout. The fish were forced up through a spout of running water before they jumped into a tiled tank.

Driving through the fertile Meander Valley we stopped for lunch at Kizilhisarkalesi. We had chickpea soup, famous to the area and a fabulous dessert called Kunefe.

I believe it is made by pouring sugar and water through sprinklers and then baking it. After lunch we bought knives, windmills and Turkish Delight.

# Melitour

## TURKEY 101 GROUP JOURNAL,



THE SPICE GIRLS AT LAKE SALDA

It was then onto our hotel, the Colossus Spa. In the afternoon we set out for the “City of the Dead” climbing through 10 ton sarcophagi. Amazing sight! The Apostle Phillip was martyred here. We then moved on to the snow white cliffs of Hieropolis composed of travatine marble and watched a snow white bride being photographed against the setting sun. It was another amazing visual.

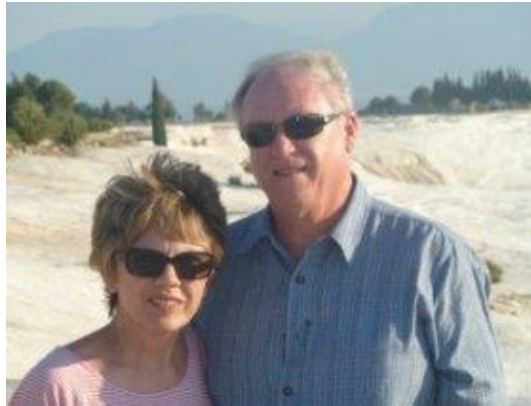
The day ended with a visit to a decadent Roman Spa with terraces, columns and swimming pools. We sat and had drinks watching other people take their clothes off.

Back at our hotel, there was a grand buffet dinner and belling dancing. Then to bed, after another fabulous day with Meli.



# Melitour

TURKEY 101  
GROUP JOURNAL,



**RECIPE FOR THE DAY**

**TURKISH RICE**

**INGREDIENTS:** 2 cups of rice, 2 table spoon of butter, 1/4 cup olive oil, salt, 2 cups of water, salt

Wash the rice very well. leave it in boiling water for 20 minutes. melt the butter with olive oil.

drain the rice, add rice in the pot. Stir it for 5-8 minutes. When the rice is fried add the water and salt. Cover the lid and turn the heat to low. Set it cook until there are little holes on the rice. Turn off the heat and put a towel on the pot. Wait for 15 minutes before you serve.



**SAKSUKA, - EGGPLANT WITH TOMATO SAUCE**

**INGREDIENTS:** Large eggplant (about 1 pound), Olive or sun flower oil for frying , 4-5 cloves garlic, chopped , 1tablespoons vinegar, Salt and pepper to taste, A few sprigs flat-leaf parsley, 1 medium tomato, sliced in cubes, 1 tbs cumin, Turkish flat bread, or pide

Peel and cut eggplant in 3/4 inch cubes. Soak in salted water for about 20 minutes, wash and dry. HEAT OIL in frying pan and fry eggplant cubes until golden brown. Drain and place in a serving platter.

Put 3 tb spoon of oil in a pan add cubed, peeled tomatoes and garlic simmer until tomatoes are totally cooked add cumin and vinegar simmer for 10 minutes pour over the eggplants.

Serve cold



# Melitour

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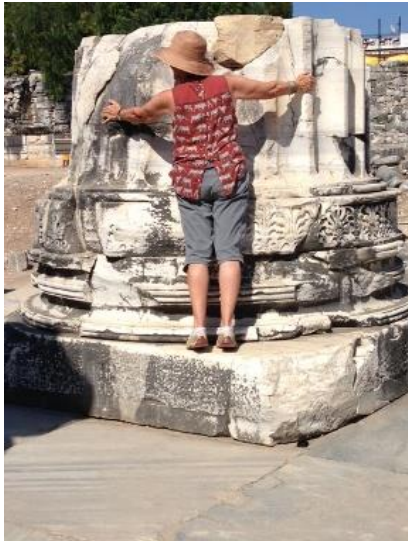
## **PRIENNE, MILETUS, KUSADASI**

DRIVE THROUGH THE MEANDER VALLEY, LUNCH AT  
DIDYMA, VISIT THE TEMPLE OF APOLLO, VISIT  
MILETUS, DINNER AND OVERNIGHT AT  
OTEL LA VISTA IN KUSADASI

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DAY 11

16 SEPTEMBER, 2014 TUESDAY  
SUBMITTED BY TERI FOSTER  
TERI981@VERIZON.NET



Leaving Pamukkale we drove through villages and heard Meli tell us old folktales about roosters and bottles on roofs. We were made aware of why statues of roosters were placed here and there around Pamukkale. According to legend, competition erupted in a village about whose rooster crowed the longest. As a result the community now has little sleep due to the long-crowing fowl. Regarding bottles seen atop some roofs, we found out they were placed there by the families of girls who had reached dating age. When one married, the bottle was broken!

We meandered through Meander Valley. The word *meander* came from the winding river that flows there. Many travertine quarries were seen shining red-gold in the sun. Stone for the necropolis we had seen yesterday was somehow brought from these quarries. We stopped at a fruit stand along the way and Meli bought us local figs to try, even though all she could find were the “donkey food” variety. Shortly after that we had a WC stop that afforded great shopping for the usual crafts and clothes made with Turkish cotton.

Stopping for lunch is always a treat and the buffet lunch gave lots of variety. The garbanzo dish was a favorite. From the restaurant we walked a short way past goats and children playing flutes to find the sacred oracle center, Didyma, where the Temple of Apollo was built in the 8<sup>th</sup> c. BC. Female oracles were kept inside the temple for their entire lives. The temple from the Hellenistic period was the biggest still intact during the visit of Alexander the Great who asked the oracles about his goals and trip. Entering the temple ruins, Meli made the place come alive in her wonderful story-telling style. The immensity of the temple’s columns was jaw dropping and approximately 100 columns were used in this 3<sup>rd</sup> largest temple of the



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MILETUS - THEATER



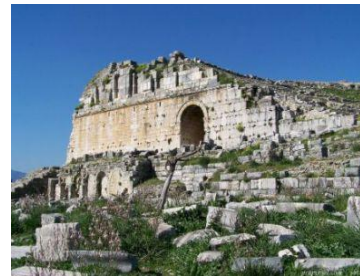
time.

A short drive from Didyma was Miletus, a coastal city built over 2,000 years ago and one of St. Paul's stops on his third missionary journey. The amphitheater was built in the Hellenistic period to seat 5,000 but was remodeled by the Romans to seat at least 15,000. Meli told us the story of St. Paul preaching here that "It is more blessed to give than to receive." We sat in the shade of the huge theater entrance and looked out at the sea coast, now much farther away due to silting of the Meander River over the centuries.

We arrived in Kusadasi at our beautiful Lavista Otel on the Aegean Sea in time for dinner. Views of Greece were possible from the infinity pool, as well as the restaurant where we dined on fresh local fish.



DIDYMA



MILETUS



DIDYMA

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## RECIPE FOR THE DAY



**KOFTELIPATLICAN - EGGPLANT WITH MEAT BALLS** **INGREDIENTS :** 4 Long lean eggplant, 1 pound of ground meat - no fat veal, 1 onion, 1 cup bread crumbs, 1 head of garlic, Sun flower oil to fry the eggplants, Red or green pepper for decoration, 5 tomatoes, Salt, Black pepper, 1 tea spoon paprika, 2 tea spoon cumin, 1 cup of Parsley, 1 table spoon pepper/tomato paste, 1 cup of water, toothpick



- *\*Strip the eggplant leaving black and a white stripes*
- *Slice thin strips*
- *Leave them in salted water for 20 minutes while you are preparing the other ingredients, Heat the sun flower oil in a frying pan*
- *Drain and dry the eggplants*
- *Fry the eggplants until they are golden color. Do not over fry them. they need to be flexible to make baskets*
- *After the fried eggplants cool, put two strips in a cross form*
- *place the meat balls in the middle*
- *Wrap the eggplants in a bundle around the meatball put a sliced tomato and secure it with a toothpick add a slice of green pepper on top*
- *Mix finely chopped onions, garlic, bread crumbs, chopped parsley Salt, Black pepper, paprika, cumin and meat. Mix them real well*
- *Add t table spoon of water and 1 tablespoon of olive oil.*
- *Roll them into small meat balls Put a table spoon of sunflower oil in a frying pan and brown the meat balls. they do not need to be completely cooked since you are going to bake them*
- *Peel the tomatoes, cut them in a food processor, add a spoonful pepper/tomato paste, add chopped garlic, cumin, a pinch of salt*
- *add one spoon of water, place them in a baking dish, Add the tomato sauce, Bake it until the tomato sauce thickens apprx 20 minutes*
- *Serve it warm with white rice*

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DAY 12

17 SEPTEMBER, 2014 WEDNESDAY

SUBMITTED BY **GEORGIA**

**ROBLES** GPETREROBLES@YAHOO.COM

## **EPHESUS - MELI'S FARM - VIRGIN MARY'S HOUSE**

LEAVE THE OTEL AT 09:30, VISIT MAKET KOY  
ETHNOGRAPHIC MUSEUM, VISIT VIRGIN MARY'S HOUSE,  
LUNCH AT MELI'S FARM. VISIT EPHESUS, THE TERRACE  
HOUSES OF EPHESUS. DINNER AND OVERNIGHT AT  
LA VISTA OTEL IN KUSADASI

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[THE SONG](#)



**MAKET KOY**

### ON THE ROAD TO EPHESUS

The first stop of the day took us to a local museum, where dioramas depicting rural life in Turkey were on display. The various examples indicated how difficult and labor intensive life was for the Turkish people living in the countryside. My favorite diorama was the Whirling Dervishes. This display was so authentic it even had the 7 Teachings of Rumi posted on the door. However, the highlight of the museum was the long hall, which held detailed models of a Turkish village, circa 1950. My favorite scene was the wedding ceremony at the bride's house. This scene depicted a variety of lovely and colorful costumes worn by the bride, her family and the guests.

We enjoyed tea in the museum garden where we feasted on freshly picked figs and Turkish Simit bread.

In preparation for our visit to the Ephesus, Meli shared background information on one of the greatest ruined cities in the western world. Interesting facts included:

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- A Greek city was built here in 1200 BC.
- Gained fame as a center for the worship of Artemis, the Mother Goddess of Ephesus
- People from around the world came to this settlement and built a huge temple to the goddess Artemis.
- The temple to Artemis became one of the 7 Wonders of the Ancient World.
- The temple was destroyed by a man made fire, and only one pillar was left standing.



## EPHESUS

Our bus climbed up a steep, windy road thick with pine trees, we were on our way to the House of Mary. When we arrived we saw a wall full of papers which were prayers left by the visitors to this holy place. Meli explained that for several reasons this location is justified to be called the House of Mary. Biblical references and early church traditions verify that Mary spent her last years in the hills of Turkey. At the crucifixion Jesus told the apostle John to take care of his mother. Archeological and historical evidence from the Book of Revelation states that John came to Ephesus where he lived and died. Consequently he would have brought Mary with him, thus establishing the new holy family that was created at the foot of the cross. Meli called this place, "The House of Peace" because Muslims and Christians pray together here. Entering the small stone house I was struck by the silence and reverence of the visitors. A statue of Mary was located on a small altar, her outstretched arms seem to be welcoming us. My favorite part was listening to the prayerful chanting of the Polish people, both inside the house and outside during mass.

As we arrived at Meli's farm for lunch we were greeted by guinea hens, chickens, turkeys, dogs, and several cats. As expected, Mili's kitchen was out of this world! Not your typical

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kitchen but a circular room with lovely green tiles, and numerous Turkish artifacts adorning the walls. Her domed ceiling was covered with green, bowed shaped tiles and colorful Turkish rugs were everywhere. Lunch was outside in a spacious patio where we were served a



variety of salads and fresh lemonade. The main dish was Split Belly eggplant, delicious! The highlight of our visit was the tour of Meli's spacious and beautiful home. June remarked, "Every corner has a little niche." Hillary said, "It's glorious!". Bonnie said, "It should be featured in Architecture Digest." Nancy declared, "It's a magnificent example of the blending of ancient and modern Turkey". My favorite thing about her house was that it was a wonderful reflection on her life, travels, beliefs, and passions.

This afternoon we visited the third city of Ephesus, when it was at its hay day as a Roman port on the Aegean. Mali said that at one time 250,000 people called Ephesus their home. She noted that the huge crowds touring the city today were a good thing because it gave us an idea of the daily sounds and sights of this bustling ancient city. We encountered the Library of Celsus, a theatre with 30,000 seats, Temple of Domitian, the marketplace or Agora and the Colonnaded Street. The highlight for me was visiting the six terraced houses where beautiful and colorful mosaics and murals were displayed on the walls and floors of these Roman houses. Meli said the values the people of Ephesus embraced were, knowledge, friendship, understanding and wisdom. Returning to our Hotel we spied a rainbow in the sky, a good omen for our last full day in Turkey. Our farewell dinner took place in the lovely, seaside restaurant of our hotel. Meli thanked all of us saying, "I felt like I was traveling with my brothers and sisters." Nancy recognized each of us with a personal comment. Margaret saluted Meli and said, "You've taken us from crayons to perfume." The evening culminated with a song from Kathy, "You're a good woman Meli tours." (sung to the tune of You're a good boy Charlie Brown).



Gule, Gule (go smiling) to Meli, Teri, Harmony, Margaret, Eric, Marcia, Kathy, Sara, June, Bonnie, Mildie, Rich, Georgia, Hillary, Nancy, Howard, Jack, Kim, Norma, Cheryl and Toni

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EPHESUS, THE DOMICAN SQUARE AND THE TERRACE HOUSES



THE LIBRARY OF EPHESUS AND THE LIBRARIANS: "QUIET PLEASE"

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Meli's Farm



End of the day at the hotel in Kusadasi



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## RECIPE FOR THE DAY



PATLICAN KARNİYARIK



CARROT SALAD

### CARROT SALAD WITH YOGURT

**INGREDIENTS:** 4 tbl spoons of Olive oil, 5 cloves of garlic, 4 grated carrots, yogurt, parsley to decorate optional : you can add chunks of walnuts.

Grate the carrots and mash the garlic. Add olive oil to a pan, sauté garlic and carrots all together until the carrots are softened. Let it cool. Mix 2 spoons of yogurt. If you like you can add walnuts, paprika.

### PATLICAN KARNİYARIK - SPLIT BELLY EGGPLANT



#### INGREDIENTS

1 lb eggplant, peeled in stripes lengthwise, 1/2 ground meat, 2 onions, cubed, 1/2 bunch parsley, finely chopped, 1 tomato, petite diced (for the stuffing), 1 tomato, sliced in half moons (for the top), green banana peppers, as many as eggplants, ground pepper, salt, 2 tbs olive oil, frying oil 1 cup hot water There are a couple things to be careful about when you're cooking with eggplants. Buy eggplants right before you cook and pick the firmer ones; eggplants tend to get soft in the refrigerator. And for this dish, do not use huge American eggplants. Try to find cute little ones or Asian eggplants

- -Peel eggplants leaving lengthwise stripes and then put them in salty water for 10 minutes. Dry them well and fry them as a whole in a deep pot with canola or corn or vegetable oil, whichever you're comfortable with. (Make sure oil is really hot before you place eggplants, otherwise eggplants will soak tons of oil)
- -Once they're fried, first soak the excessive oil by resting them on a paper towel, and then place eggplants on an oven dish.
- -In a deep frying pan, heat olive oil. Add onions and stir for 3-4 minutes.  
-Add ground meat. Cook until ground meat soaks all the juice it lets out.
- -Add diced tomato. Stir until cooked. Turn it off.
- -Add chopped parsley, salt, and pepper. Mix well.
- -With the help of two spoons, slit eggplants into two. But leave the tops and bottoms attached.
- -Stuff eggplants with ground meat mixture.
- -Place a slice of half moon shaped tomato and a green pepper on top of each split belly eggplant.
- -Pour 1 cup of hot water on top and bake them in preheated oven at 400F until green peppers are nicely baked. Serve with rice and yogurt.

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## THE SONG

YOU ARE A GOOD WOMAN, MELITOUR  
YOU ARE THE KIND OF REMINDER WE NEED  
YOU HAVE HUMILITY, NOBILITY AND SENSE OF HONOR THAT IS VERY RARE INDEED

YOU ARE A GOOD WOMAN , MELITOUR  
AND PROFESSIONALLY YOU'RE GONE FAR  
YES IT IS HARD TO BELIEVE- ALMOST FRIGHTENING TO CONCEIVE,  
WHAT A GOOD WOMAN YOU ARE  
YOU ARE KIND TO ALL YOUR CLIENTS  
AND EVERYONE WHO IS WEIRD  
WITH A HEART OF GOLD, YOU BELIEVE WHAT YOU'RE TOLD-EVERY SINGLE SOLITARY WORD  
YOU BRAVELY FACE ADVERSITY,  
YOU SMILE TO ALL WHO PASS -  
YOU ARE THOUGHTFUL, KIND AND COURTEOUS  
AND YOU ALSO HAVE SOME FAULTS BUT FOR THE MOMENT LET'S JUST SAY  
YOU ARE A GOOD WOMAN, MELITOUR

AND WE HATE FOR THIS TOUR TO NOW END  
YOU ARE OUR FRIEND MELITOUR  
YOU ARE OUR FRIEND

THE SONG IS WRITTEN BY  
KATHY  
MARAMBE THANK YOU  
MELI

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CAPPADOCIA  
HOT AIR BALLOON



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MOUNT ERCIYES

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ZELVE PASABAG



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WHIRLING DERVISHES AT SARIHAN CARAVANSARAI



FATMA'S HOUSE



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DAY 06 SEPTEMBER 11 AYVALI VILLAGE, LUNCH AT HAYVA'S HOME



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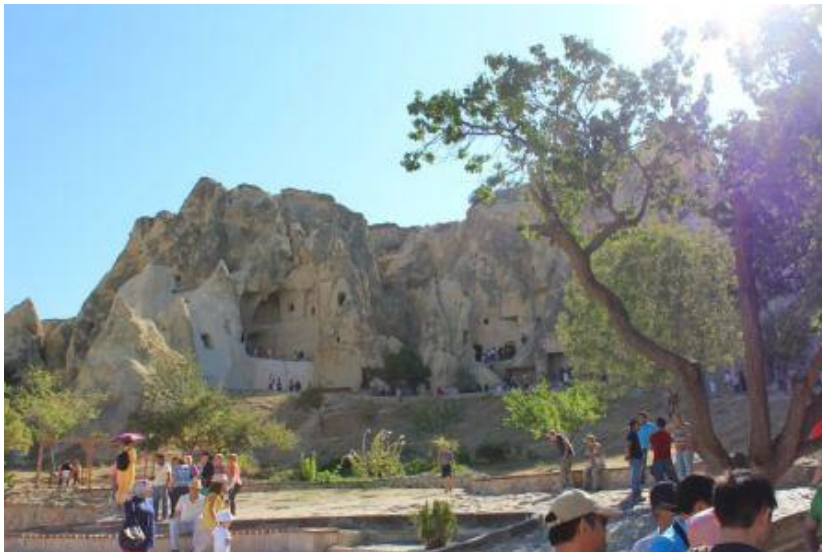


GOREME MONASTARY



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GALIP'S PLACE - CEC POTTERY



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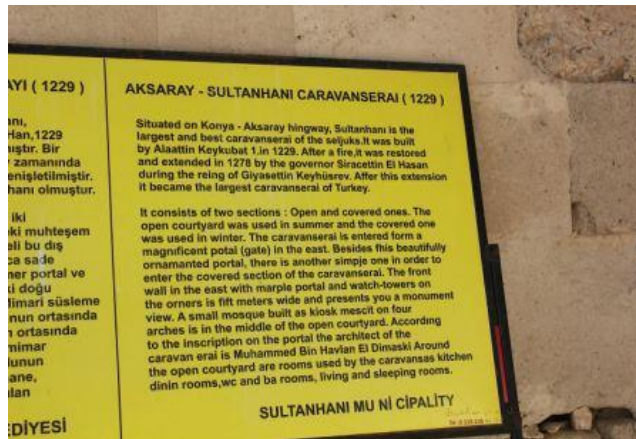


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## SULTAN HAN CARAVANSARAI



KONYA

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ANTALYA



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LAKE SALDA



PAMUKKALE



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KUSADASI HOTEL LA VISTA





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## TURKEY 101 GROUP JOURNAL, VIRGIN MARY'S HOUSE



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EPHESUS



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EPHESUS



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