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Can Abanoz

Translated by: Mevlüde Tanış

Today's Arms Trade



As of 2017, arms trade, which has a trade volume of 31 billion dollars worldwide, has been one of the determining factors in both global and regional policies during and

after the Cold War. The arms trade between states plays a crucial role in the consolidation of the alliance, and at the same time, it is one of the symbols of the international power struggle. During the Cold War period, the NATO and Warsaw Pact countries were involved in arms trade and the third world countries were seriously affected by this arms trade. It is known that the Warsaw Pact countries had a significant share in the arms trade with the third world countries. Despite the fact that the volume of arms trade decreased in the final phase of cold war and after the cold war, the threat of global terrorist organizations and accelerated regional conflicts after the September 11 attacks (also referred to as 9/11 attacks) the arms trade has gained momentum again.

Since the former president of the United States, Dwight D. Eisenhower's has warned on the military-industrial complex in his speech as of 17 August 1961, it is once again approved in current policies that he was right in his warning. The US policy to impose U.S. arms companies products to all countries whether they are a NATO member or not, in response to this, the threat of an embargo on countries that are buying arms from Russia, where the USA still competes with, can be seen as an imposition of the US arms industry rather than mere political engagement. Another aspect of this convergence of the arms industry and the US armed forces is that the United State's need for continuous enemy creation globally. With examples such as arms trade upon the army in the Vietnam War during the Cold War period, the supply of weapons to Afghan mujahideen over Pakistan in the invasion of Afghanistan by Soviet Russia, selling both sides arms in a veiled way in Iran-Iraq War, it can also be observed how far the military-industrial complex became uncontrollable.

Undoubtedly, Russia, has felt itself under constant threat since the Cold War period and its arms industry has had a significant share in both imports and exports. It has kept its position as the second largest producer after the US especially with its sales to satellite states and its allies across the world. Today, AK-47 assault rifle recognized by almost the whole world and produced in 1947 for the first time, except the replicas in other countries, by produced 75 million units, has become the mostly used rifle around the world. The most typical example of conflict between the US-Russia arms industry in the post-Cold War that currently causes disputes is Russia's selling S-400 medium-range air defense system to Turkey. Annoyed by the Russia-Turkey convergency and this sale arising from the political problems with the United States, US both has started pressures to sell the Patriot missile air defense system and has threaten Turkey with suspending Turkey's participation in F-35 fighter programme and delivery of the F-35 jet produced for Turkey. US - Turkey relations especially in terms of arms industry and because of the Turkey's membership to NATO and the Soviet threat remained considerably high until recently. However, this pressure with the arms industry, along with the biggest political tension since the Johnson letter and the involvement of Russia's arms industry brings the S-400 sales to a very different size. In this process, the mutual duel and political pressures have the relations fallen apart rapidly.



¹ Sam Meredith, "What next for Venezuela? Everything you need to know about the country with two presidents" January 30, 2019

² Jasmine Anderson, "Here's a full list of all the countries recognising Juan Guaido as Venezuela's president" February 4, 2019

Trash Talks

Berkay Bulut



Let's imagine a world covered with dust and fog, where thousands of animals die every year, dozens of people are at risk of cancer and heart disease and there are more garbage than fish in the sea. This is a world where we face the risk of disease in every step of our lives from the air we breathe to the water we drink, from the food we eat to the path we walk. This is an agonizing world for not only to those who have caused the two countries to come to the brink of war but also innocent children and even animals. A world in which developed countries pollute the land and waters of developing countries and harm their ecosystems. Unfortunately, all of these are not the subject of a book or a film. It is not the kind of guess that we can call the "doomsday scenarios" or "humanity after 100 years". These all are today's world in which we live selfishly and act as if only we were there, and do



not think after us as our ancestors did before for us. This is the today's world where thousands of trees have been cut, the forests are slaughtered, the seas are polluted, living spaces are destroyed and generations are endangered.

The threat of war mobilized Canada

A Canadian-based private company left 103 containers carrying a total of 2450 tons of garbage to the Manila port between 2013 to 2014 years. "Plastics for recycling" was written on the containers. However, it is understood that garbage cannot be



recycled with the investigation carried out by Philippine authorized. They states that the courier company does not have the required permissions so garbage is illegal.

Philippines president Rodrigo Duterte threatened to declare war on Canada over this issue. He stated that "I will declare war against them. I will

advise Canada that your garbage is on the way. Prepare a grand reception. Eat if you want to. Your garbage is coming home."¹

In a decision in 2016, a Philippine judge stated that "Our country should not be made a trash bin by another country."² In addition, a spokesman for Philippine President Rodrigo Duterte says 70 years of diplomatic relations between Canada and the Philippines are at risk if Canada does not finally take back its garbage.³

Canadian Prime Minister Justin Trudeau had been crossed ques-



tion about the garbage problem on two visits to the Philippines. In 2015, he responded that "There was no legal way to force the Canadian company to deal with the garbage" but his stance had softened in 2017 and he stated that "It was theoretically possible for Canada to do something." However, after these threats and the risk of the deterioration of diplomatic relations, Canada agrees to take its garbage back from Philippines. Four Canadian officials also stated Canada had also offered to pay for the shipping costs to return the waste. While the liberal parliament members of Canada agreed the return of the garbage from the Philippines, National Democratic Party MP Brian Masse questioned why this is considered as a positive development even Duterte threatened to war for Canada and addressed the issue.⁴ On the other side, The Eco Waste Coalition, a non-profit in the Philippines, said it would welcome Canada's taking back the garbage.⁵

The world must learn an important lesson from this unfortunate incident. We do not recycle enough and this behaviour is outrageously unsustainable. All nations should take note and start scrambling to fix their own broken waste disposal systems, improving recycling rates and composting facilities. Only then we can imagine a liveable future for our children.

¹CBC News, "Canadian garbage wrongly dumped in the Philippines is coming home", May 02, 2019.

²Robin Baranyai, "Spat with Philippines highlights Canada's waste woes", May 10, 2019.

³News 1130, "Philippines warns diplomatic relations with Canada at risk amid garbage dispute", April 26, 2019

⁴Katherine Martinko, "Canada agrees to take its trash back from Philippines", May 10, 2019.

⁵Patricia Lourdes Viray, "Canadian lawmakers welcome return of garbage from Philippines", May 09, 2019.



Ece Deniz Budak

Christchurch Mosque Shootings

New Zealand is known as one of the safest countries in the world. Unfortunately, terrorism and violence that have become widespread in the world recently appeared in this city as well. In this safe country 50 Muslims were massacred in Al Nur Mosque on 15 March during their Friday prayers. The massacre took place in Christchurch, one of New Zealand's five largest cities. The aggressor is 28-year-old Australian Brenton Tarrant. Tarrant, who opened fire to people for several minutes, broadcasted the massacre live on the internet.



Behind the racist and anti-Islamic terrorism, the Australian terrorist actually planned to give a message to the world. This thought was, unfortunately, an organized idea. This attitude to the east was also supported by some politicians. Terrorism is a part of the global strategy. These racist, xenophobic, Islamophobic ideas, which have been actively supported by the populist politicians in the Western societies in an organized way, consist mostly of the superiority of the white race. These thoughts and behaviours,

which are longing for wars based on history and race, are spreading in the Western world and finding support. In the Western world, a radical storm of fanaticism is blowing. The terrorists are also using symbols that have an ideological framework. For instance, Brenton's publication of the massacre on social media was an example of propaganda. On the weapons, there were written the list of the years of wars against Muslims and the names of their heroes. These are the conscious choices. "Turkish eater, 1683, God wanted it, Milosh Obiliq, 732 Tours, Charles Martel, Skanderberg ..." are some of them.



The statements from the family of the attacker who carried out the racist attack in New Zealand indicated that the terrorist Brenton Tarrant had recently met with this way of thinking and behaviour based on hatred, and that the terrorist's visits outside Australia played a role in turning it into a racist and anti-Islamic terrorist. The anti-Turkish views in the declaration, written before the terrorist attacked the murders of the two mosques, suggest the hate speech in Europe on the basis of the writings on the weapons used in the massacre. There is no doubt that the ways of thinking and behaviour basing on hatred are longing for a new war in the world today. It is of utmost importance to avoid racist discourse dominance in international relations, avoid xenophobia and policies based on cultural discrimination and hatred. Non-tolerating behaviour and policies targeting religious and cultural values; racism, xenophobia and people who do politics on discrimination should not be supported.



The horrendous terrorist attack that took place during the worship of many people was shown to be carried out by a fanatical islamophobe. The most important partnership of all humankind should be to fight against violence, hatred and exclusion. No matter what their beliefs are, all people have right to life, no matter what their justification is, there is no legitimacy of killing or torturing people. The right to believe, the right not to believe, the right to worship, the right not to worship, are the essence of human rights. Freedom of religion is the equality of all believers. This equality is a principle of equality. People can think and believe differently. Belief is an important cornerstone of human identity.

Election Once Again

Bahar Temir

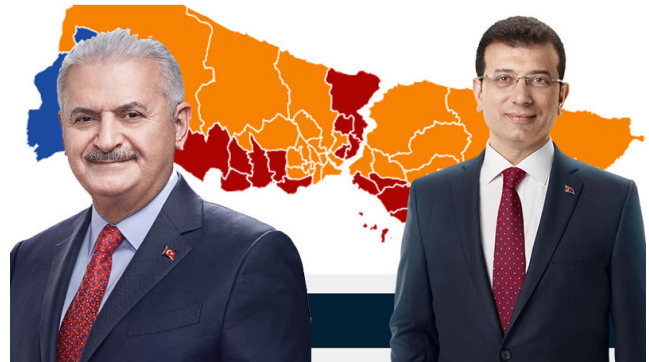


"Turkish system is based on a model which creates problems constantly, rising risks, then blaming others for the problems and defects."

-Mahfi Eğilmez

Turkey has faced an action-packed local election in March 31. However, the election marathon for İstanbul continued quite a long time and the new mayor of İstanbul, Ekrem İmamoğlu, eventually got his certificate of election in April 17. Later on, Turkish Supreme Electoral Council (YSK) took a decision of reelection only for İstanbul Metropolitan Municipality as a result of intense objections by the Justice and Development Party (AKP).

In other words, Turkey has been still living in the atmosphere of elections. Although this time election is all about İstanbul, whole Turkey can feel that. It seems like a general election. After the cancellation of İstanbul mayoral elections, the only vote among the other four votes in the same envelope, a new election is sighted on the horizon. Following couple days and even today, people mainly concentrated on the decision of Supreme Electoral Council which seems without a legal basis by experts. Turkey constantly argues how YSK accepted such a baseless objection. Yet, Turkey has not noticed the effects of this decision on Turkish economy and on the running the temperature of exchange rate of dollar.



This decision is mainly rejected by the legal experts and public. Turkey has been waiting for the justified decision by YSK for a long time. Finally it was published in May 22. However, this justified decision of 250 papers long, again, cannot appease legal experts and the public opinion.

While concentrating on mainly reelection of İstanbul, Turkey and government fail to notice that the main factor which determines the future of Turkey is economy. As many economists draw attention that the new crises are waiting Turkey which struggles with high interest rates and exchange rates currently. Experts indicated that sources which will be spent on the reelection of İstanbul should have spent for the economic reforms and this paves the way for new crisis. With the decision of YSK, local or international investors lost their confidence in Turkish law system, democracy as well as economy. Unfortunately, this is the dominating idea since experts anticipate that this decision eventually causes new economic and political crisis. BBC Turkey correspondent Mark Lowen uttered his opinion about this decision via Twitter:

It is predicted that Turkish economy which faces a deep crisis will continue to bleed out after these intense and repetitive election periods.



Since January 2019, erosion of Turkish lira has reached more than 14% against dollar. With the decision of reelection, Turkey that is in need of external financing support lost its credibility and prestige in the eyes of international actors and investors. These external investors already have lost their trust for the Turkish law and economy, and they perceive this decision as a further threat and strike on Turkish economy, so they probably will abstain from investing in Turkey which eventually means bad scenario for the Turkish economy. Since this reluctance of investing in Turkey will affect Turkish economy particularly exchange rate of dollar and other economic indicators negatively.

Turkey's future stands in scales...

On the one scale pan, there are Turkish economy and law system; on the other scale pan there is İstanbul mayoral election. The government took its choice and they chose the İstanbul elections. We will see the choice of İstanbul, the microcosm of Turkey.



Enver Burkan Yıldırım

Translated by: Utku Cenani

Eastern Mediterranean Crisis

The Eastern Mediterranean, which has maintained its importance in every period strategically, is still facing a crisis. The Greek Cypriot Administration (GCASC) declared unilaterally the exclusive economic zone and began to natural gas and oil exploration works with the European and US companies within the alleged borders got the reaction of Turkey. According to the International Maritime Law, the declaration of the exclusive economic zone cannot be declared as unilateral. It can be declared by mutual agreement of at least two riparian states. Although the supports of Europe, USA and Israel to this unilateral declaration of GCASC, Lebanon and Turkey rejected and objected to this declaration.

While GCASC continues its exploration activities with the foreign ships, it violates the Turkish Continental Shelf from time to time. This situation further strains the already strained relations due to the Cyprus issue. Turkey has increased the intensity of the military and intimidation in order to prevent it. The biggest practice in the history of the Republic which is the Blue Homeland Exercise, also covered the Mediterranean. On the other hand, the powers of the European states, USA, Russia and Israel are in the region. When the issue of energy search and sharing is considered together with the Cyprus problem, it is clear that the waters in the Eastern Mediterranean are already the fur flied and will get more.



On 21 March 2019 at the Jerusalem Summit, it was declared that Greek Cypriot Administration, Greece, Israel and United States would continue their cooperation in the Eastern Mediterranean. After that, the Greek side, which also received the support of the European countries, entered into collaborative works with the other foreign countries. Russia, which is one of the forces that settled in the region due to the Syrian Civil War, remains silent on this issue, but one of the reasons why the GCASC, Israel, the US and the European states give such importance to the Mediterranean natural gas is that Europe is dependent on Russia in terms of natural gas. The acquisition of natural gas resources by the GCASC in the Eastern Mediterranean will end Europe's dependence on Russia and the largest share position of Russia in the natural gas market. For this reason, it is thought that Russia will be included in this issue in the future.

An alliance has been grown up against Turkey. They oppose these activities carried out by other countries in the Eastern Mediterranean and try to protect their rights on the Eastern Mediterranean. For this reason, Barbaros Hayrettin Pasha sent the seismic research vessel to the region and started research activities at first. Turkey's investigations in its own continental shelf got reaction from GCASC and it claimed that it is against the international law. Although the GASC objected to the unilateral declared economic zone by showing its reasons, the boundaries and the declared territory are completely contrary to international law and have no validity.



As a result of the intensification of oil and gas exploration activities of the GCASC, Turkey has sent the Fatih drill ship on 4 May 2019 and started to exploration and drilling operations around the island of Cyprus. Turkey's sending of drilling ships to the region got many reactions from GCASC and Europe and Turkey was accused of provocation. Having received the support of Europe, the USA and Israel on this issue, the Greek Cypriot Administration requested an international arrest warrant be issued for the crew of the Fatih ship. In recent days, especially when we look at the statements of the France, it intimidated Turkey by stating that warrant of arrest regulation has come to an end. However, such an international arrest warrant is strictly against the law. Turkey maintains its rights in the Eastern Mediterranean and wants to get its due on natural gas and oil resources. Turkey does not take any against international law steps in this exploration activities. However, it has been provoked by GCASC many times. For this reason, Turkey has taken to protect the Fatih drill ship with naval ships. The execution of a de facto arrest warrant does not seem possible. However, even taking such a decision would more aggravate the Eastern Mediterranean and cause provocations. While the Greek Cypriot Administration considered the drilling activity as "equivalent to a new occupation", European states gave similar reactions and they want to put an end to Turkey's drilling activities. Greek Cypriots also has made agreements with Israel and Egypt in the region and because of the support in the Eastern Mediterranean they are trying to not taking a step to Turkey.

The complexity is increasing day by day, considering the conflicts between Lebanon and Israel in the Eastern Mediterranean. Are the reasons of these tensions only energy sources? Or are there other reasons?

The Cyprus issue is seen as one of the main reasons. There was no result from the Geneva meetings and the negotiations were blocked. GCASC demands large amount of land, the Turkish military's withdrawal from the island, the cancellation of Turkey's guarantor and united Cyprus leaded by a Greek administrator. As a matter of course, these demands are not accepted by Turkey and the Turkish Republic of Northern Cyprus (TRNC). The island of Cyprus is also regarded as a natural airplane carrier on the Mediterranean Sea. Due to the geopolitical location of the island, Britain, France and USA want a military base on the island and they work with the Greek administration in this direction. Considering the proximity of the island to the geography of the Middle East that the Cyprus issue is not only a Turkish-Grecian or Turkish-Greek problem, but also an international problem. GCASC wants the issue to gain an even more international dimension in order to maintain the support it receives from Europe and the US on the resources in the Mediterranean and Cyprus.

As a result, the storm is brewing in the Eastern Mediterranean and it is like becoming the meeting point of all the powers of the world. The Eastern Mediterranean issue, both diplomatic and military, has become very critical. European media, US media, Greek media and Turkish media discuss possible war scenarios or the possibility of war. Turkey has no chance of making mistakes in this environment. Eastern Mediterranean issue should be discussed about both energy sources and security by Turkey very seriously. Turkey which founded crowded blocks against itself must be in search of alliances in the region and seeking strategic moves should be made in order to relieve its hand. Turkey will face the risks of losing their rights on Eastern Mediterranean and losing Cyprus in case of possible wrong policies. Turkey's steps for the Eastern Mediterranean issue can be considered as lacking and also right. This issue should be taken into consideration in a serious spirit and attentively by Turkey and Turkey should move in that way. Cooperation to be held with the some countries on the coast of the Eastern Mediterranean will further strengthen Turkey's hand. Turkey needs to take into consideration this issue with great care without losing time and making domestic policy an instrument. Otherwise the losses will be great. What is happening today in the Eastern Mediterranean will not only affect the present but also the future. Therefore, Turkey must pursue and implement an Eastern Mediterranean policy which is durable, non-conciliatory, rational and robust in order to gain both present and future. Wrong and incorrect practices in Syria or the Aegean Sea from time to time should never be done in the Eastern Mediterranean.



DIYETİSYEN ASLIHAN GÜRAY

Sizlerden gelen soruları ve doğru bilinen yanlışları cevapladı

1- Spor öncesi ve sonrası beslenmede nelere dikkat edilmelidir?

Spor öncesi sporculara mutlaka kahve tüketmelerini öneriyorum. Bunun sebebi spordan önce alınan proteinin egzersiz ve antrenman performansını arttırması ve yağ yakımını yani lipolizi desteklemesi. Ana öğün spordan en az 1,5- 2 saat önce tüketilmeli. Aksi halde sindirim sistemi yoğun çalışırken egzersiz yapmak güçleşir. Spor öncesi öğünde mutlaka 100-300 gr arasında kompleks karbonhidrat tüketilmelidir. Bunlara örnek olarak tam buğday ve çavdar unuyla hazırlanmış besinler ve glikemik indeksi düşük meyveleri gösterebiliriz. Spor sonrasında ise kompleks karbonhidrat ve proteini bir arada tüketmek gerekir. Bunun örnekleri ise şayet ara öğün yapacaksanız ızgara tavuk veya hindi göğüs eti + çavdar ekmeği olabilir. Yoğurt ve meyve karışımları idealdir.

2-Dışarıda yemek yediğimizde ne tarz ürünleri tercih etmeli ve nelere dikkat etmeliyiz?

Dışarıda yemek yerken, yemek seçimi çok önemlidir çünkü kimi zaman yiyeceklerin porsiyonları, yağ ve tuz oranları lezzeti arttırmak amaçlı çok fazla olabiliyor. Bu yüzden ilk olarak yağ miktarına ve tuz oranına bakmak gerekir. Tükettikten de porsiyon kontrolüne önem vermeliyiz. Seçtiğiniz yiyeceğin tazeliği de çok önemli. Dışarıda yediğiniz bir salatanın iyi yıkanmış ve taze sebzelerden hazırlanmış olması çok önemlidir. Hazırlanan yemek ve salata soslarının çeşidi ve miktarı da kalori kontrolü açısından önemlidir.

Ben genelde dışarıda yiyeceğim zaman ızgara et, tavuk veya balık (mevsiminde tabi) tercih etmenizi öneriyorum. Yanında doyuruculuğu artsın diyet genelde makarna, pilav veya patates kızartması veya fırın patates servisi oluyor. Bunları da garsondan rica ederek buharda sebzelerle değiştirebilirsiniz. Yemeğin yanında içecek tercihinizde kesinlikle asitli içecekler olmamalı bu içecekler neredeyse yediğiniz yemek kadar kalori içerebiliyor. Özellikle yaz aylarında ayran ve sade maden suyu fresh ve doğru bir tercih olacaktır.

3-Alkolün diyet etkisi hakkında ne söyleyebilirsiniz? Tükettiğimiz alkolün türüne göre bu etki değişir mi?

Alkol yanlış tüketildiğinde ne yazık ki çoğu zaman diyet düşmanı olabiliyor. Alkolü diyetle olan danışanlarıma özellikle rica ediyorsa belli bir öğünde 1-2 kadeh şeklinde önerebiliyorum. Seçtiğiniz alkolün çeşidi de en az miktarı kadar önemli çünkü alkol çeşitleri farklı kalorilere sahip. Aralarından sağlığa en uygun ve en az kalorili şarap. Genelde kokteyller çok şeker içerdiği için en yüksek kalorililer grubunda. Alkolün yanında tüketilenlerde önem taşıyor. Ben genelde karbonhidratsız protein öneriyorum. Izgara balık, tavuk veya kırmızı et gibi ama bunun tam aksine alkolün yanında yağlı çerezler, karbonhidratlar tüketiliyor. Bu yüzde kilo alınıyor.

4-Özellikle son zamanlarda popüler bir hal almış olan glütensiz diyet hakkındaki görüşleriniz nelerdir?

Glütensiz diyet uzun yıllardır çölyak hastalarına yani glüten enteropatisi olan hastalara uygulanan bir diyettir.

Diyetisyen Aslıhan Güray 25 Mayıs 1992 tarihinde İstanbul'da doğmuştur. İlköğretim hayatını orada tamamladıktan sonra liseyi Ankara'da Gazi Üniversitesi Vakfı Özel Fen Lisesi'nde okudu. Lisans eğitimini ise beslenme alanında uzman öğretim kadrosuyla büyük bir şans olarak gördüğü Başkent Üniversitesi'nde tamamladı. Eğitim hayatı boyunca çocuk sağlığı, gebe ve emziren anne beslenmesi, obezitede beslenme tedavisi, sporcu beslenmesi, ağırlık kontrolü ve hastalıklarda tıbbi beslenme gibi çeşitli konularda çalışmalar yaparak deneyim edindi. Ankara Özel Güven Hastanesi, Ankara Özel Yüzüncüyıl Hastanesi, Cevizlidere Aile Sağlığı Merkezi, Ankara Numune Eğitim ve Araştırma Hastanesi ve Zekai Tahir Burak Kadın Sağlığı Eğitim ve Araştırma Hastanesi gibi Türkiye'nin birçok saygın sağlık kurumunda stajlarını tamamladı. Yüksek lisans eğitimine Başkent Üniversitesi'nde devam etti. Yüksek lisans tezini ise ' Duygudurum bozukluğu olan Hafif Şişman ve Şişman Bireylerde Diyet Kalitesi, Beslenme Alışkanlıkları ve İştah Durumlarının Değerlendirilmesi ' konusunda hazırladı. İlk iş deneyimi sporcu beslenmesine yönelik oldu.Profesyonel Milli Sporcularla ve amatör sporcularla çalıştı. Daha sonra Özel Çankaya Yaşam Hastanesi'nde 3 yılı aşkın bir süre; poliklinik, klinik ve hastane mutfağından sorumlu tek diyetisyen olarak görev aldı. Eğitim ve çalışma hayatı boyunca birçok bilimsel toplantı , kurs ve kongreye katıldı ve sertifikalar edildi. Şimdi ise çalışmalarına Dr. Figen Atak Kliniği 'nde multidisipliner bir şekilde devam etmektedir. .

RÖPORTAJ

Glütensiz beslenmenin zayıflattığına inanılıyor ama bu tamamen doğru değil yani genel olarak beyaz ekmek, makarna, kraker ve hamur işleri gibi basit ve rafine karbonhidrat içeren besinlerin diyetten çıkarılması sonucu gerçekleşir.

Tüm bu besinlerden tamamen kaçınmak ve onların yerine sebzeleri, kinoa ve karabuğday gibi sağlıklı ve glütensiz tahılları koymak fazla karbonhidrat alımını kısıtlayacaktır. Ancak, glütensiz beslenmek bilinçle yapılmadığında kilo alınmasına da sebep olabilir. Bahsettiğim bu diğer karbonhidratların fazla tüketilmesi sonucu da kilo almak kaçınılmaz olabilir.

5-Yine son zamanlarda özellikle genç kızlar tarafından sıklıkla uygulanan sıvı orucu hakkındaki düşünceleriniz nelerdir? Tüm öğünleri atlayarak bir gün boyunca yalnızca sıvı tüketmenin sağlığa etkisinin nasıl olduğunu düşünüyorsunuz?

Sadece sıvı beslenme uygulamaları ne yazık ki bilimsel diyet anlayışıyla örtüşmüyor. Sadece tek tip beslenmek doğru bir seçim değil ve vücutta yeterli ve dengeli beslenmeyi engelliyor. Sıvı beslenme aynı zamanda çiğneme refleksi de kullanmadığı için tam olarak doyunluk hissinde oluşmamasıyla sonuçlanıyor. Yalnızca sebze ve meyve sularından hazırlanan shake veya smoothie'lerle yapılan bir diyetle tahıl grubu ekarte edilmiş oluyor. Bu da doğru bir beslenme modeli değil.

6-Diyet ya da diyetisyen denilince insanların aklına genellikle kilo vermek geliyor ancak kilo alma konusunda da sıkıntı yaşayan pek çok insan var. Sizce bu kişilerde tıpkı kilo vermek isteyenler gibi özel bir diyetle girmeli midir?

Kesinlikle evet. Çoğunlukla obezitede beslenme tedavisiyle uğraşsak da biz beslenme uzmanlarının neredeyse on danışanından biri sağlıklı kilo almak için bizden yardım alır. Yeme bozukluğu, dengesiz beslenme, hızlı kilo kaybı ve hastalıklara bağlı malnütrisyon gibi durumlarda da kesinlikle bir beslenme uzmanından yardım alınmalı. Kan tetkiklerine bakılarak eksik olan vitamin ve mineral değerlerine uygun sağlıklı kilo alımını sağlayacak bir beslenme planı hazırlanmalı. Eğer kişiye bir yeme bozukluğuna bağlı kilo alamama veya hızlı kilo kaybı söz konusuysa bu durumda beslenme uzmanı ve psikologlar multidisipliner çalışmalılar çünkü bu yalnızca birinin değil iki meslek grubunun da ortak çözebileceği bir vaka türüdür.

7-Zaman zaman hepimiz çok fazla yesem de kilo alamıyorum veya kilo veremiyorum gibi ifadeleri duyuyoruz. Bu durumun ara öğünlerin metabolizmayı hızlandırmasıyla ilgili olduğunu söyleyebilir miyiz?

Ara öğünleri zayıflama diyetlerinde sık sık vermemizin nedeni ana öğünlerdeki iştah kontrolünü sağlamak ve metabolizmayı hızlandırmak ve aynı zamanda kan şekeriindeki ani dalgalanmaları önleyerek diyetin bireyin hayatını negatif etkilemesine engel olmaktır ama ara öğünlerin enerji miktarı ve içeriğindeki besinlerin çeşitleri de önemlidir. Kilo vermek isteyen bir birey için miktarı mümkün ve uygun olduğu ölçüde fazla görünen ve lif içeriği çok ama kalorisi düşük grup besinlerden (taze sebze ve meyveler gibi) oluşması gereken bir ara öğün seçilirken, kilo alma danışanının midesi küçük olduğu için kendisi minik ama enerjisi yüksek besinlerden oluşan bir ara öğünle doğru sonucu ulaştırabiliriz.

8-Pek çok diyet listesinde avokado, light ürünler gibi normalin üzerinde fiyatı olan besinler göze çarpıyor. Sizin bu konuda özellikle öğrencilerin bütçesine uygun önereceğiniz alternatif besinler nelerdir?

Böyle durumlarda ben her zaman diyet kişiye özeldir derim. Bir diyet programı hazırlarken danışanın sosyoekonomik durumuna uygunluğunu da göz önüne almalıyız. Mesela danışan bir öğrenci ise önerilen yiyecekler hem pratik ve hazırlanması kolay hem de fiyat anlamında çok fahiş fiyatlı besinlerle hazırlanmamış olmalıdır. Besinlerin değişimleri vardır ve bu her seansta hemen hemen danışanlarıma bahsettiğim konular arasındadır. Avokado yerine ceviz veya badem de seçerek faydalı yağları diyetle dahil edebiliriz. Light ürünlere gelince içeriğinde MCT dediğimiz faydalı yağlar bulunmadığı için genelde hiperkolesterolemi ve hiperlipidemisi olmayan bir bireye kullanımını önermem.

9-Ben çölyak ve tip 1 diyabet hastasıyım ve boyum 1.81 cm kilom ise 54 kg. Kilo alamıyorum onun için ne yapmam gerekli?

Genel olarak çölyak hastalarının diyetleri kısıtlı olduğu için düşük vücut ağırlığına sahip olurlar. Birde tip bir diyabet varsa daha da kısıtlı bir beslenme söz konusu muhtemelen yeterli enerji almıyorsunuz cinsiyet ve yaş belirtilmediği için günlük almanız gereken enerjiyi kabataslak olsa dahi hesaplayamam ne yazık ki. Ancak size önerim bir beslenme uzmanından yardım almanız. Size uygun enerjide ve sahip olduğunuz kronik hastalıklara uygun diyetetik ve glütensiz bir beslenme programı planlanması sorununuzu çözecektir.

10-İnternette hızlı kilo vermeyi vaat eden çok fazla diyet mevcut. Günlük almamız gereken kalori miktarı 2000 2500 ve hiçbir şey yapılmadığı halde vücut 1500 kalori yakıyor. Gün boyunca 1000 kalori aldığım halde bu diyetleri uygulayarak neden kilo verimi devam etmiyor?

Günlük besinlerle alınması gereken enerji miktarı her bireyde farklılık gösterir. Bunu profesyonel olarak bir diyetisyen hesaplayabilir. Yaş, cinsiyet, fiziksel aktivite durumu, sahip olunan hastalıklar ve meşgul olunan meslek grubuna göre bile farklılık söz konusudur. Bahsettiğiniz bazal metabolik hız dediğimiz vücudunuzun gün içinde hiç fiziksel aktivite yapmaksızın, organlarınızın çalışması için yeterli olan enerjidir. Bazal metabolik hızın dahi altında günlük besinlerle enerji alıyorsanız bu vücudunuzda kılık sinyali ortaya çıkartıyordur muhtemelen ve alınan besinler sanılanın aksine daha hızlı bir şekilde yağa dönüştürülüp metabolik hızında yavaşlamasına neden oluyordur.

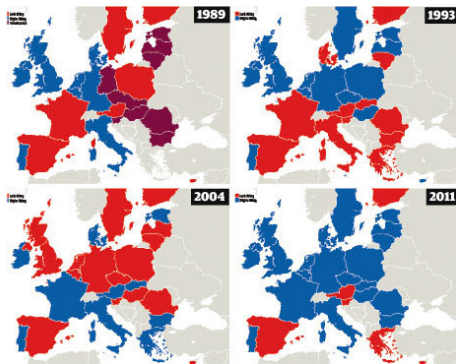


Mustafa Mert Koç

Importance of Geopolitics

By looking at maps, we can learn and realize much information because maps are the pictures of the earth's surface. They can show us land-forms, political boundaries, water bodies or positions of states. The maps generally give the depiction of large space. There are also physical and political maps which are different from each other. After the Second World War, there were some changes in these maps. However, political geography is still matter for social sciences, and it helps people to analyze current issues, the reasons of conflicts between nations or trading routes. In this article, I will try to explain why the maps are important and I will explain their importance by giving some examples from some countries and regions' maps.

Changing Political Map of Europe



First of all, there are some differences between political maps and physical maps as I said before. The main difference is that physical maps do not change much, but when we look at the political maps they change occasion-

ally. However, after the 1940s, together with the Atlantic Charter, the changing of political maps slowed down because according to Atlantic Charter, states cannot declare war for territorial gains but only for the ideological reasons like brining democracy, freedom etc. For the physical maps, we see the role of rivers, mountains and natural boundaries. For example, Poland is flat and there is no forest. That is why; it was always open for attack from foreign countries as Germany did during the Second World War. Also, when we look at the conflict between Azerbaijan and Armenia, there is lack of natural boundaries between them which is clearly shown at physical maps.

Secondly, there are some arguments like view from one place, view from everywhere or view from nowhere. However, we have to look at social phenomena from somewhere that is related to Massey's argument. He said that view from everywhere is not possible but view from one-point could be, though it is problematic. This debate is coming from Western-centrism because in late 19th century, the world was

divided as "the West" and "the rest", but now we do not have this division anymore. However, the problem is what we will replace the West with. According to a solution, western-centrism is not correct like the others, but we can balance the weakness of centrism via mixing and plurality of views. Hence, the politics, geography and maps are related to each other.

Map of Germany



Thirdly, Penck said that "knowledge is power but geographical knowledge is world-power." Geographers like Ratzel, Mackinder and Houshofer believed in this idea. It is true, but all maps are wrong according to Mercator. Africa is seen as smaller, but Europe is seen as larger than it is. It is because of Western-centrism. In 1904, Mackinder said that sea-power is declining because

of rail roads that connected with continents and therefore, Pivot area is the heartland of Euro-Asia. Although we are talking about geographical determinism, argumentation of maps is different, and it changes from time to time. However, it is still valid on the US foreign policy. Russia and Germany should not come together in the Euro-Asia. For example, by looking at the map of France, there is one giant state center that is Paris and we understand why there are three types of lands and French society was divided. Second example is Germany, it has egalitarian tendency like Poland because their population is similar to each other. However, after the unification Berlin became capital then distortion started in its egalitarian tendency. Turkey is the mixture of France and Germany. Turkey has Istanbul like Paris but also, we have other smaller cities as in Germany that determines Turkish economy, nation and Turkishness. Third example is about before Ankara's becoming the capital. People who lived

in the borders became poor after the establishment of republic because of deterring relations with neighbors. Early political philosophers also used maps to analyze empires or powerful states and they can be called as early political geographers. For example, Machiavelli said that it is easy to occupy France, but control is difficult and opposite for O.E. Aristotle also said that there will be always democracy in Greece, but dictatorship in Anatolia because of natural resources.

Map of France



Israeli Elections

Elif Bakar



Netanyahu declared his victory saying he will be the president of all.

There have been general elections in Israel on previous days. Netanyahu declared his victory for the fifth time with his biggest rival's acceptance of his loss.

This general elections' importance is that the votes between Netanyahu's party Likud and his rival Benny Gantz's votes were really close to each other from the beginning to the end. That is why there was a great uncertainty until the certain results' were explained. However, Likud managed to take majority with 65 seats in the 120-seated parliament with the support of right-wing parties.

Netanyahu is known with his closeness with the US president Donald Trump. After the certain results were explained, Trump

called Netanyahu to congratulate him for his victory. Binyamin Netanyahu announced this news from his official Twitter account.

After the results, Netanyahu gave a speech to his supporters by saying that it was an 'overwhelming glory'. Netanyahu, in the continuation of his speech at the centre of the party, said "We will be a right-minded power, but I will be the Prime Minister of everyone. Right-wing, leftist, Jewish or not. I will be the Prime Minister of Israeli citizens."

Netanyahu became the longest-serving prime minister

Netanyahu will be the longest-serving prime minister which belongs to the country's founding leader, David Ben-Gurion if he founded the government.

In Israeli system, in order to enter the 120-seated Knesset, the electoral threshold of political parties or alliances needs 3.25 per cent. The reason why the threshold is not high often results in the representation of more than 10 parties in the parliament. For this reason, no political party in Israel has ever reached the number of seats to form a government alone. By the way, the number of seats required to establish a coalition government is at least 61.

The number of seats of the right-wing parties is 65, the left and the Arab parties 55. Even though Netanyahu and Gantz had the same number of seats, at least 61 MPs had to support the coalition government so that they would form. Everyone was curious about whether Netanyahu set up a right-wing coalition or not.

In the previous election, the Likud, which had formed a coalition with the Jewish House, Kulanu, Our House Israel, Shas and the parties of Judaism of the United Torah, provided the majority with 67 deputies. However, when a cease-fire was announced after the tension with Hamas, Avigdor Lieberman, the leader of the House of Israel, who is also the defence minister, left the coalition by blaming Netanyahu for "weakness". The number of MPs decreased to 61, and in November, a decision was made for early elections. Lieberman did not make a statement about whether to go to the coalition with Netanyahu but if he does not join the coalition, there is a chance that the position will be assigned to Gantz because without Lieberman's Our House Israel Party, the number of deputies remains at 60, even if all the other right-wing parties take part. The Israeli media writes that Lieberman opposed to the establishment of the centre-left government, but he will support Netanyahu because the system should not be locked.

The votes of the left-wing parties increased, Palestinians boycotted the ballot box.



Benny Gantz who was the leader of the Blue and White alliance, was the head of the Gaza operation in 2014 called the "Protective Line". Following the 50-day-long operation that the Israeli army attacked from the land, 1462 civilian 2251 Palestinians and 67 Israeli soldiers were killed, according to the UN data. Palestinians had called for a boycott before the elections. The call was partially met, according to poll polls, the Palestinians showed the lowest participation in the Israeli history of elections.

Iran's Revolutionary Guard and US

Mert Erol



Translated by: Yağmur Taşdemir

The Iran's Revolutionary Army, which played a major role in the recent history of Iran and is still continuing its role, was founded on May 5, 1979, in the early days of the Iranian Islamic Revolution, by a religious leader Ayatollah Ruhollah Khomeini. According to the Iranian Constitution, there are 125,000 military personnels in the Land, Air and Naval Forces within this organization, which are responsible for the maintain of internal order, protection of the revolution and the prevention of deviant movements. In recent years, it has become "billions of dollars of business empire" and "Iran's third richest institution" after the National Iranian Oil Company and the Imam Reza Fund.



The reason why it is again on the world agenda is the recent announcement of US President Donald Trump: "We will designate Iran's Revolutionary Guard as a foreign terrorist organization." The President of the Iranian National Security and Foreign Policy Commission, Hashmetullah Felahetpise, threatened that if the US declares the Iran's Revolutionary Guard Army as a terrorist organization, they will designate the US military as a terrorist organization too. Social media platform Instagram closed the account of senior commanders, including Chief of Staff Major General Mohammad Bakir, after the US administration officially designate the Iran's Revolutionary Guard Army as a foreign terrorist organization.

The senior commanders whose accounts were closed by Instagram include Chief of Staff Major General Mohammad Bakir, former commander-in-chief of the Iranian Revolutionary Guard Mohammed Ali Jafari, Armed Forces Human Resources Administration Mosa Kamal and the former president of the Radio and Television Corporation Izzetullah Zergami, who was a member of the Revolutionary Guard at one time.

How does this decision by the US administration result?

The former Director of the Counter Terrorism Finance and Designations Office at the U.S. Department of State's Counterterrorism

Bureau Jason Blazakis warned that the decision could have huge implications. He said that officials from the US Central Intelligence Agency (CIA) have reservations about the outcome of the decision. Finance and Designations Office at the U.S. Department of State's Counterterrorism Bureau Jason Blazakis warned that the decision could have huge implications. He said that officials from the US Central Intelligence Agency (CIA) have reservations about the outcome of the decision.

Blazakis also said "Defining the Revolutionary Guard Army as a foreign terrorist organization can be a precedent. The sanctions against the foreign terrorist organization had not been applied to any country's institution before. This decision will have profound consequences in the future." With these words, Blazakis pointed out that an institution that belonged to another country would have been taken a list of terrorists by the United States for the first time. The Washington administration has already included dozens of people and organizations associated with the Revolutionary Guards to the list of terror, but no decision was made to cover the entire army. The President of the Iranian National Security and Foreign Policy Committee, Hashmetullah Felahetpise, said the US military would be blacklisted next to DEASH. This tension is a sort of preliminary demonstration that these two states, which have an impact on the geography of the Middle East, will experience bigger problems in the coming days. It also means that there may be military conflicts between Iran and the United States, which are already exist economically in the forthcoming days.



More than just 1.8 kilometres square: The Golan Heights

Ceren Güler



Where is the Golan Heights?

It is a region which is about 1,800 square kilometres. The Golan Heights is the area captured from Syria and occupied by Israel during the Six-Day War, territory which Israel effectively annexed in 1981.



What is the importance of the Golan Heights?

First of all, it has a strategic military importance. It is so close to Damascus. The Golan Heights has an important water resource, especially at the higher elevations, which are snow-covered in the winter and help sustain base-flow for rivers and springs during the dry season. The Heights receive significantly more precipitation than the surrounding, lower-elevation areas. The occupied sector of the Golan Heights provides or controls a substantial portion of the water in the Jordan River watershed, which in turn provides a portion of Israel's water supply. That is to say, the Golan Heights supply 15% of Israel's water. Moreover, it is a fertile land which is used for agriculture, with growing areas for vineyards and orchards.

What is the brief history of the Golan Heights?

In the early 16th century the Golan Heights were conquered by the Ottoman Turks. In the late 19th and early 20th centuries, the settlement of Jews started to the area. Later the area experienced British and French mandates. When we came to 1948, Arab-Israeli conflict started to emerge.

With the broke out of The Six Day War at 1967, Israel captured the Golan Heights. In the battle, Israel lost 115 soldiers and had 306 wounded. Approximately 2,500 Syrians were killed, and 5,000 wounded. On 14 December 1981, Israel passed the Golan Heights Law that extended Israeli "laws, jurisdiction and administration" to the Golan Heights. That law is not recognized internationally. However, there was an eager state to recognize it: the United States. According to international community, the Golan Heights is a sovereign territory of Syria which is now under the occupation of Israel.

Syria witnessed a civil war starting from 2012. At that time the eastern Golan Heights became a scene of repeated battles between the Syrian Arab Army, rebel factions of the Syrian opposition including the moderate Southern Front and jihadist al-Nusra Front, and ISIL-affiliated factions. Israeli Prime Minister Benjamin Netanyahu wanted from the White House to recognize the Israeli claims of territory because Syria started to disintegrate. However, Obama dismissed that suggestion and continued to support UN resolutions 242 and 497. Today we do not have Barack Obama anymore. Instead of him, we have Donald Trump who is not as sympathetic as Obama. Thus, there are some changes regarding the Golan Heights.

What is occupation? Is it legal?



International law provides that a situation of occupation is a form of international armed conflict that arises when a territory or parts of the territory come under the authority of foreign hostile armed forces, even if it is not met with armed resistance.

If we talk about the legality, is it possible to talk about legality while talking about occupation? Occupation is against both international law, international humanitarian law and human rights law. It is the exact abuse of human rights.

What is going on about the Golan Heights right now?

As I said before, we have some changes with the Donald Trump's appearance in the international area as the president of the United States. He has pledged to recognize Israeli sovereignty over the Golan Heights. While the whole world recognizes it as an occupation, a country wants to recognize the sovereignty of an occupying state. How come a country which openly violates the international law can have the sovereignty of that land?

What about Israel's reaction? Donald Trump made them proud by that action. In order to thank him, Netanyahu would ask his government to approve naming a new Jewish settlement in the Golan Heights for President Trump: such an appreciation!

Trump is really making a historic decision. If it is really that much easy to violate the international law, then who cares it? Although it is not legal to occupy a land, a country can occupy and its sovereignty can be recognized by other states. What does that mean? It means that the world had experienced two bloody world wars and many deaths for occupying the others' lands. We had "peaceful" world. Every country had their own territory which could not be taken from them by any country's use of force or threat. Now, the Golan Heights can be the first example of it. We may experience a third world war soon.



The First International Definition of Sexism made by Committee of Ministers of the Council of Europe

Selen Ceylan



The Committee of Ministers of the Council of Europe adopted a proposal text for the closure of sexism, including its first internationally recognized definition.

The Committee of Ministers of the Council of Europe, in response to #MeToo and other international campaigns that have increased the awareness of sexism in society, adopted the proposal text which includes the first internationally accepted definition of sexism.

It emphasises that sexism is an indicator of “historically unequal power relations” that occurs between women and men and as a result it steers to discrimination, frustrates full progress of women in society.

Council of Europe underlines that gender equality is essential for the protection of human rights, the functioning of democracy and good governance, for the esteem of the rule of law, and the fosterage of well-being for all. It adds that these can only be achieved when equal rights for women and men, girls and boys are provided in both public and private spheres of life.

It argues that sexism is connected with violence against women and girls. However in addition to this, daily acts of sexism are accepted as a part of violence that creates a great fear, discrimination, exclusion and distrust that limits the movements of opportunities and freedom.

As “sexism and sexist behaviour, which are common and present in all sectors and in all societies”, are rooted in these ways and strengthening gender stereotypes; for the first time it has been defined in a special legal instrument to combat life in every aspect, from advertising and media to employment, the justice sector, education and sports. The recommendation text adopted by the Committee of Ministers of the Council of Europe remarks that states should accelerate their struggle with sexism in all parts of life.

Because it is thought that sexism is the expression of “historically unequal power relations between men and women” it is argued that it causes discrimination and prevents women from advancing in society.

Council defines it with these words;

“Any act, gesture, visual representation, spoken or written words, practice or behaviour based upon the idea that a person or a group of persons is inferior because of their sex, which occurs in the public or private sphere, whether online or offline, with the purpose or effect of:



- I. violating the inherent dignity or rights of a person or a group of persons; or
- II. resulting in physical, sexual, psychological, or socio-economic harm or suffering to a person or a group of persons; or
- III. creating an intimidating, hostile, degrading, humiliating or offensive environment; or
- IV. constituting a barrier to the autonomy and full realisation of human rights by a person or a group of persons; or
- V. maintaining and reinforcing gender stereotypes.”

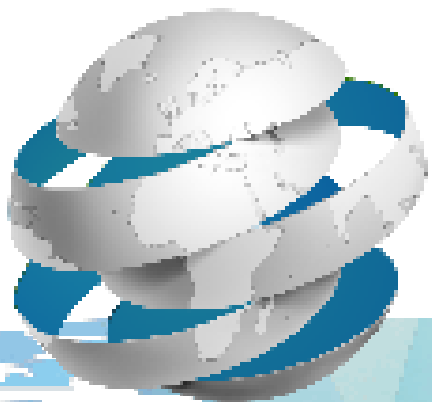
It also underlines that language and communication must not sanctify the “hegemony of the masculine model”. It suggests using non-clichéd communication, education, and rising awareness to prevent sexist behaviour. The termination of the use of sexist expressions and the use of gender-sensitive language are suggested as example of this.

The text also focuses on the new technologies. While the Internet and social media can support freedom of expression and gender equality, it would also allow perpetrators to express malevolent thoughts and conduct malicious behaviours. Thus, states should be ready to use their tools or create new tools to prevent sexism.

And finally, the Recommendation text requests all states;

- “To encourage and prevent measures to combat sexism and its manifestations in public and private areas and to encourage relevant Recommenders to implement appropriate laws, policies and programs using the definitions and guidelines attached to this Recommendation;
- To monitor progress in the implementation of this Recommendation and to inform the competent Council of Europe executive boards / committees of the measures taken and the progress achieved in this area;
- It requires that this Recommendation, including its annex, be translated and distributed to relevant authorities and stakeholders (in accessible formats)”

With this recommendation, states are going to step up in order to struggle with sexism in all spheres of life. It will create more awareness not only in the people but also in the governments.



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