

BOTAN TIMES

Kurdish news stories in international standards...

8 MARCH IN DIYARBAKIR...

Painted fingers
in the tents...

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from post-earthquake trauma?

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Until we don't have nationalist
thinking..”

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“As soon as we arrive to the prison, he takes off his clothes”

Gulistan Korban Yonca Sarsilmaz March 09, 2023



As soon as we arrive to the prison, he takes off his clothes” and opens his arms to both sides for the physical search. When he gets to the X-ray machine, he starts taking off his shoes.

Beritan Elyakut

The child of two journalists, Roger Baz, is 3 years old.

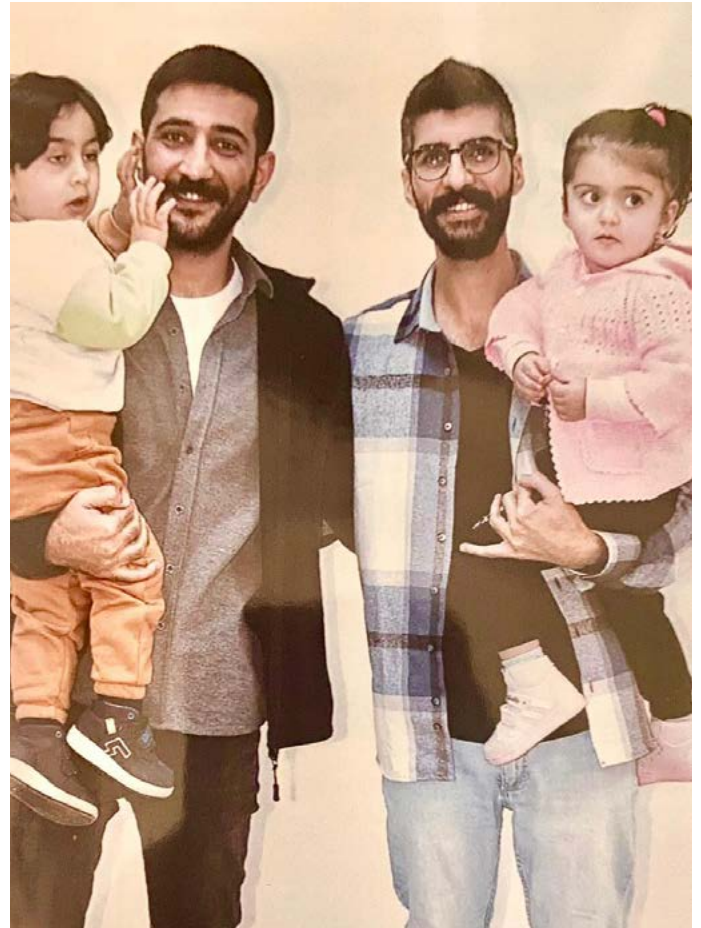
He remember all the rules of the prison by going to and from meeting his father in prison.

His father Mazlum Geciken worked as a cameraman in Diyarbakir until June 8, 2022.

He was arrested along with 15 of his colleagues in the June 8 operation.

Roger’s mother, journalist Beritan Elyakut has been angry since her husband has arrested.

She states that going to and from prison causes trauma in her son.



In the beginning, he was looking for his father a lot, asking a lot. We say your father is working and can't come home.

But one day when we were leaving the prison meeting, he took his father's hand and asked him to come back with us. After his father did not come, he was angry with him and does not want come again to him. Although we thought that it was temporary, in reality, it has settled as a trauma in the child's mind.

Beritan Elyakut



Roger baz, Mazlum Geçiken, Beritan Elyakut

Journalist Geciken has been imprisoned for 9 months.

He is charged with 'organization membership'.

Despite the passage of 9 months, the indictment is still not ready.

My husband and I have been separated for 9 months. It is a very difficult process. Even this is a corridor of uncertainty. To be both a mother and a woman are very tiring. But on the other hand, these arrests give us patience and struggle as a journalist.

Beritan Elyakut

Turkey ranks very badly in the world in terms of arresting journalists.

Journalists who have no hope of justice came together in front of the Diyarbakir court today.

They removed the pictures of imprisoned journalists and demanded the freedom of their friends.



Journalists' statement in front of Diyarbakir Court

Women in the earthquake region: I don't take off my underwear when I wash my head

Gulistan Korban Yonca Sarsilmaz Murat Bayram March 08, 2023



From the camp of earthquake, Amed

The earthquake on 6 February affected everyone.

But like every incident, women, children, foreigners, and refugees affected more in this disaster.

Fatma Cadir is only one of those women who faced the earthquake in her house in Hatay.

Since that day, we are mentally depressed. We cannot avoid the impact of the earthquake. I don't take off my underwear when I wash my head. I say that if there is an earthquake, I can get out as soon as possible. In a such case, I feel more secure.

Fatma Cadir

She is a nurse and a mother of 2 children.

She has been working in the Samandag district of Hatay for years.

In the first earthquake of February 6, she and her children run to the street without their shoes and clothes.

We stayed in the car for 5 nights. The biggest problem for women is the toilet. The problem is still kept on. I didn't go to the toilet at night for days. Because my husband had to come with me.

But if he came then no one would stay with our children. There were hundreds of women like me who could not go to the toilet.

Fatma Cadir

Access to fundamental necessities such as 'pads' and clean underwear for women is a serious problem in the earthquake region.

Fatma says that menstruating women can't change their pads or underwear. There isn't any place to make this.

The United Nations Population Fund revealed that 15 million people were affected by the earthquake in the earthquake region.

But 4 million of them are women who need healthcare delivery.

In Pictures: 8 March in Diyarbakir..

📷 Beril Caymaz 🌐 Yonca Sarsilmaz 📅 March 08, 2023



Hundreds of women come together to celebrate 8 March Woman's Day in Diyarbakir.

Women shouted the slogan of "Woman, Life, Freedom".





The program of the women came true in the riot shields.



In the program, killed women was commemorated with candles.



Also, women dead in the earthquake lighted candles.



Some of the women only watched everything from a distance.

“Until we don’t have nationalist thinking..”

Yonca Sarsilmaz March 07, 2023



Fahriye Adsay

A girl who was born into a poor family had a big role to change her nation’s destiny between a pile of men. At a young age, she believed that she could take part in changing the destiny of her nation. And she did so.

Fahriye Adsay

The book “My Life” by Golda Meir has entered our Kurdish literature with the translation of Fahriye Adsay. In Golda Meir’s book, we witness a unique work. It can be said that Golda Meir opens her eyes to the issue of Zionists (Jewish nationalists) and political movements. And this is the main reason to spend her whole life with those issues. From her childhood until she was seventy years old, Meir worked to establish the Jewish state.

Why did she translate this book into Kurdish, What will this book bring or lose to Kurds, What is the relationship between Kurds and Jews...

Fahriye Adsay told to Botan Times about the translation of the book, Golda Meir, Jews, and Kurds:

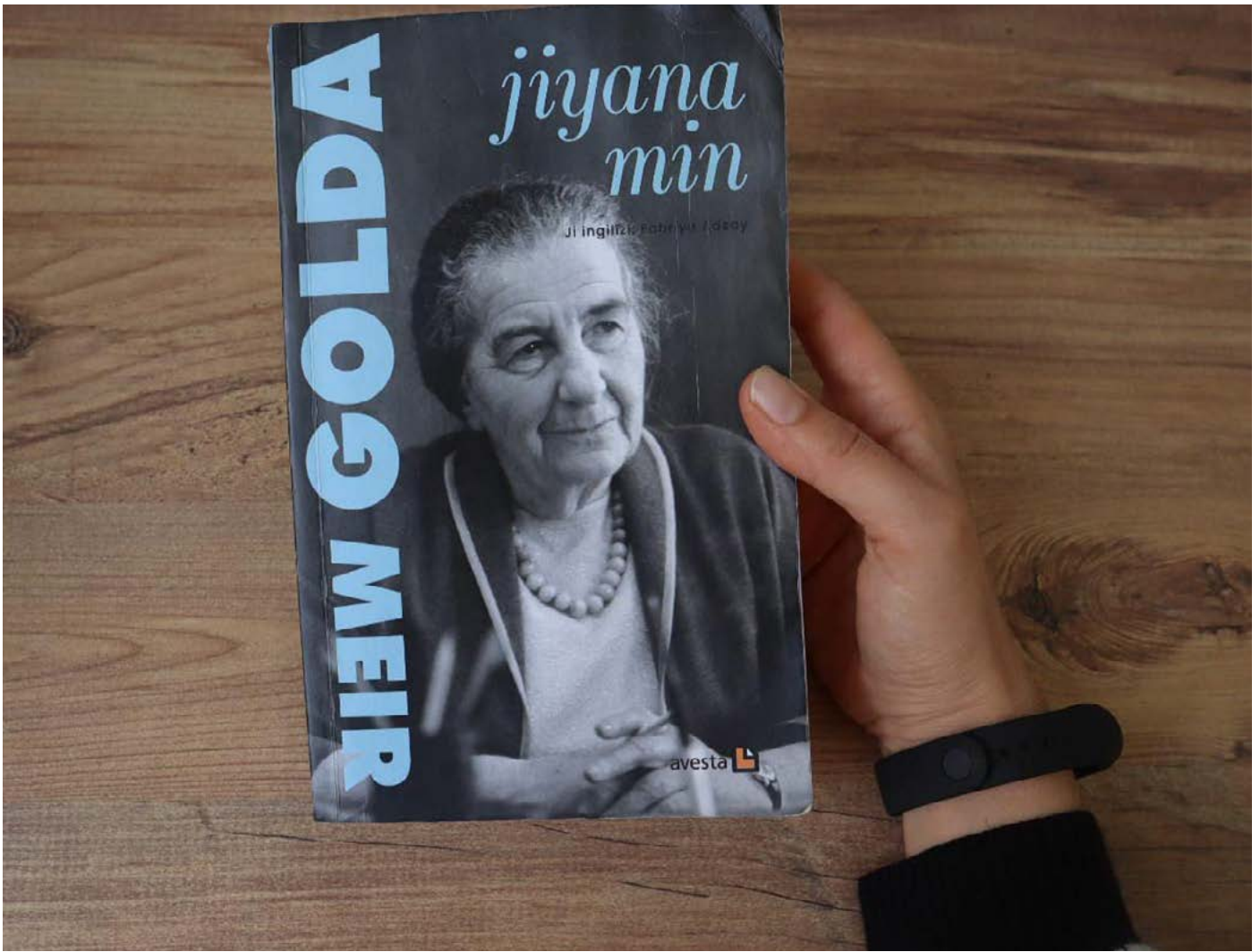
What did you most feel in the translation process?

Without reading the whole book, I started to translate. For that reason, every part of the book is new excitement for me. It is like a series, it inspired me in every new section.

On the other hand, when I compared us and them, I was sorrowful. I saw that what is lacking us, they have it. Whatever we left unfinished, they accomplished.

What is the necessity of ‘My Life’ in Kurdish, and which gaps will it fill?

For a better understanding of the current situation of Israel and the issue of Palestine, Golda Meir’s autobiography tells us many things.



And as I said before, Golda's life is the history of the establishment of a state and the explication of Zionism idea.

What interested you most in the book?

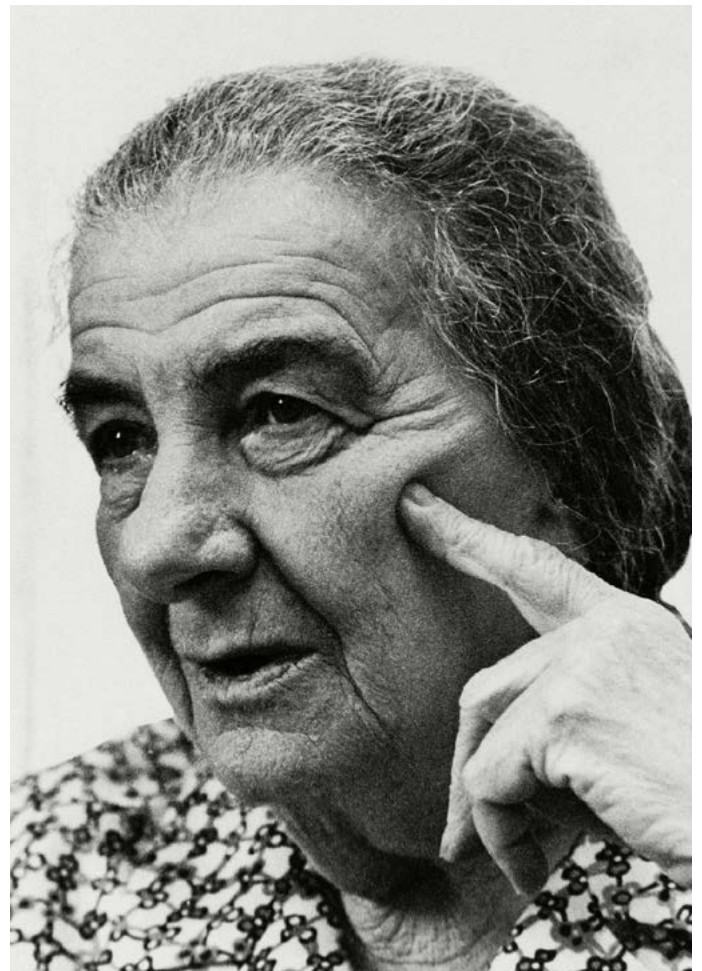
First of all, Golda's idealism and effort started at a young age and grew stronger until the end of her life. It was quite inspiring.

The second one is the method of socialist Zionists, their implementation of the idea of socialism.

According to you what are the differences between us (Kurds) and Jews?

Of course, there are some main differences and similarities between us. One of the differences is that they were scattered all over the world, and we were/ are always on our land.

The second one is the language. Language is a crucial factor for the identity of the nation, as well as for us.



How do we protect ourselves from post-earthquake trauma?

📍 Murat Bayram 🌐 Yonca Sarsilmaz 📅 March 05, 2023



Photo: Murat Bayram, Semsur, 19.02.2023

After the Kahramanmaraş earthquake, many other earthquakes occurred. According to official figures, more than 45 thousand people died in these earthquakes in Turkey. More than 2 million people have been displaced.

For those who physically survive the earthquake, there is also a risk of mental breakdown.

Canan Yalçın, a psychologist from Vienna, answered Botan Times' questions. She explained how those who have experienced earthquakes can protect themselves spiritually.

What are the most common post-earthquake psychological symptoms, and do you have any tips to help people protect themselves from trauma?



Canan Yalçın, Psychologist, Photo: Yalçın Archive



Common post-earthquake psychological symptoms include anxiety, panic, depression, stress, and post-traumatic stress disorder (PTSD).

In order to protect from trauma after an earthquake, people need to pay attention to both physical and psychological factors.

I can suggest a few strategies that can help psychologically.

Prioritize safety and personal care:

This means taking steps to keep your surroundings safe. Get medical attention, ensure access to basic needs like food and water, and prevent further harm.

Recognize and acknowledge emotional responses:

It is natural to have many emotions after an earthquake, such as fear, anxiety, anger, and sadness. It is important to encourage people to recognize and acknowledge these feelings, rather than trying to suppress or deny them.

Connect with others: Connect with people who have experienced the same earthquake or similar trauma. This helps individuals feel less isolated and provides a sense of support and connection.

Get professional help: If someone continues to experience trauma symptoms, such as flashbacks, nightmares, or hypervigilance, they should get help from a mental health professional trained in trauma therapy.

In summary, it is important to recognize the potential impact of earthquakes on mental health and to take proactive steps to promote safety, emotional regulation, and social support after an earthquake.

How is the normalization process after the earthquake and how long does it take?

I can say that the normalization process after the earthquake is different for everyone. For some this process is quick and easy, but for others it can be more complicated and needs more time.

An important factor that can affect the normalization process is the size and severity of the trauma experienced during the earthquake.

For people who suffer a significant physical injury, the loss of a loved one, or major damage to their home or community, it will take longer than those who have experienced less severe trauma.

Another factor that can affect the normalization process is the mental and emotional state of the people before the earthquake. People who already have mental health problems such as depression or anxiety may be more vulnerable to the impact of an earthquake and may need more support to get back to normal.

In terms of time, the normalization process can take months or years. However, it is important to note that everyone's journey is unique and there is no set time for recovery.

Overall, the key to a successful normalization process is a combination of emotional support, effective coping strategies, and access to appropriate treatment and resources.

This includes therapy, stress reduction techniques, social support, and a healthy lifestyle. The process can be difficult, but with the right support and tools, individuals can regain a sense of control and peace in their lives.

Psychologist, Canan Yalçın

Painted fingers in the tents..

📍 Beril Caymaz 🌐 Yonca Sarsılmaz 📷 Esra Gayretli / Semsur 📅 March 01, 2023



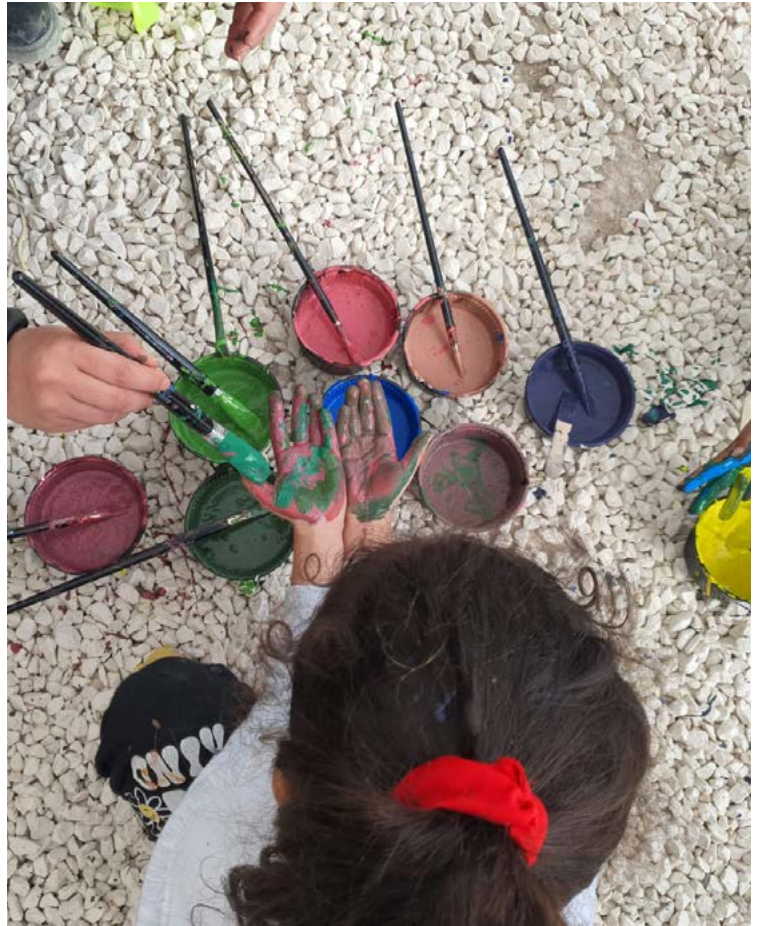
The most impressive thing in this process was that a Syrian family was familiar with these tents.

Dilek Durgun, a volunteer educator in tents

The Children's Rights Crisis Management Network of Diyarbakir is setting up games and activities workshops for children affected by the earthquake at the place of the tents in Adiyaman. They help willingly children overcome their traumas.

Dilek, who is one of the volunteer trainers in the tents, told to Botan Times.

The first thing we pay attention to is whether the children get along or not. Because in the tents, Kurdish, Turkish, and Arabic children are together. We have problems with the language. When children speak Arabic, we get help from our friends who know Arabic.



Children love finger painting more. Because they freely use the colors they want and paint their fingers. We don't set any limits, and they like that too.

There are plastic bottles in the tent area. We pick up them with the children to transform those bottles and prepare them into multiple toys.

We also play football and volleyball with the children in the parking area according to their age. In this way, their families try to motivate the children.

When families see that their children are happy, their fear of earthquakes moves away a little. The parents come and thank us. They say you do a good job. In this way, our children don't have to stay at the tents. Of course, this also makes us very happy.

I talked to a Syrian mother and she said, 'After coming from Syria, we joined the camps. In February we were taken to the tents and this year in February my house was destroyed and we are in the tents again. Therefore, February is a very hard month for me and my children. And they think that if February finished, everything will be better after this month.'

