

The Yizraelite – No 2142 Date: 19.1.24

Kibbutz Yizrael

Edi-torial : That dammed Hamas has forced us to make cutbacks. It will probably do us all some good to realise that the goose that lays the golden eggs is also vulnerable. We, The Yizraelite, will play our part. Next week I intend to use less conjunctions...no ands and buts between words. The rain forests will also benefit from less printed words. Have you noticed that the articles in the Hebrew Alon are crammed together lately? Not wasted space. I was asked to use a smaller font. I explained about our aging eyes, and they let us off the hook.

Please see the footnote at the foot of the next note.



Changing the Format of Sending the Newsletter to Readers

As everyone knows, we have been thinking for a long time about the best way to deliver the Alon to our diverse readership. We are trying to combine budget efficiency, preserving the environment and the comfort and fun of browsing through the pages on the weekend.

Following the current budget cuts, starting next week, 26.1.24, everyone will receive the Alon by email and on Kehilanet, except for those who contact Zohar and request to receive it in print. In addition, until we get used to it, several printed copies will be placed on the table opposite the mailboxes.

Those who are interested in a printed Hebrew Alon should contact Zohar Assaf at the mazkirut or by email (reception@yizrael.com) or via WhatsApp 0523756028.

Erez Peleg and Yifat Asaf

(The question is whether the content of the Alon is worth the cost of the paper on which it is printed – Ed)

YIZRAELITE READERS WHO RECEIVE A PRINTED COPY, PLEASE NOTE: If you wish to continue to receive a printed copy, please leave me a message on WhatsApp 0523756240.

The Archive is Back in Action

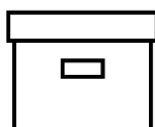
We are happy to announce that we have found a team to operate the archives - Jules Feldman and Tsafnat Mor.

Jules and Tsafnat took on the task out of love for the subject, understanding its importance and simply caring about documentation of events and life in the kibbutz. In the first stage, they will get to know the place and the technologies that exist, learn basic archival laws, meet with archivists in other kibbutzim and build a work plan.

Later, they will begin to receive the public and make the contents of the archive accessible to the community.

Good luck to Tsafnat and Jules!

Yifat Segal and Yifat Assaf.



A Message from the Library

As of last Friday, emails have been sent to those who have books out for over three months (listed on their reader card). There are cases where the books have been out for more than three years...recently a book was returned after 10 years, so even if the book is listed as borrowed a long time ago, this does not mean that it is lost, but that it is patiently waiting for you to look for something on the shelf, or in the box under the bed and return it (**you can return books to the return box even when the library is closed**).

Shani Baor and Reut Shaliv



For Sale - Steve's Photo Exhibit on the Dining Room Stairs



Following my photography exhibition, which lasted for almost six months, people contacted me and expressed a desire to buy the photos. I inquired about printing costs of the photos. Anyone interested is welcome to contact me so we can make a combined order.

Those who would like to see the photos, to choose which photo they want to order, can contact me: 0523756233

Cost of Prints on 1cm thick Kappa	Cost of Prints on Photo Paper	Size in cm
90	45	30X45
160	80	40X60
180	90	50X75
300	150	60X90



A Message from Daniel Rosenfeld



Director of Agriculture (away fighting)

Shalom Chaverim,

We haven't met for a long time.

There is no doubt that a difficult reality was forced upon us in which we had to abandon the blessed routine and enter into combat against our enemies.

The fighting is progressing with strength and great spirit. There are also successes.

I would like to thank you - the agricultural workers and its managers, Yizrael holdings and the community, on the home front, who continue on bravely with the daily routine. This is a very important part of the war. We must not cease the routine. We must continue bravely building, farming, planting, sowing and educating our children.

We are "stiff-necked people"... in the positive sense of the word!

Even in the days of Nehemiah, in the days of the Second Temple, when the state was re-established, we had to fight and build:

"Half of my young men are doing the work, and half are holding the spears, shields, bows, and armour, and the officers...the builders of the walls and the carriers of the burden are labouring with one hand doing the work and one hand holding the spear..."

We will not be broken! Good luck to all our soldiers in combat and may the hostages return soon safe and sound.

Soon we will return from the fighting and continue our work.

Thanks to everyone who showed concern for my wellbeing. Unfortunately, most of the time I am without a cell phone... Thanks for the parcels and the encouragement for my family.

Regards to everybody,



Daniel Rosenfeld.



Dear Members of Yizrael ❤️

We want to thank you for the warm hospitality.

We encountered a cordial and hospitable community.

A strong, diverse and cultural community, with many good people.

You gave us a sense of belonging and a home - thank you!

We will be happy to keep in touch and meet in better and quieter days 🙏

Adam, Simona and Shira Ben Porat

Evacuees from Matzuba ❤️

Economic Council Report - 15.1.2024

Chairman of the Council - Uri Gilad

Present - 21 council members (60%, according to the updated regulations)

On the agenda - approval of a budget for the construction of a youth housing structure

Erez presented the project:

The plan: adding a building to the east of the existing building adjacent to the oak grove. The project was approved by the Asefa on 18.7.2022 and by the Economic Council, as part of the investment plan for 2023, (27.4.2023). Description of the building: 7 rooms measuring 30 square meters each. Estimated construction time about 8 months. Start of work In February 2024, ending in September 2024.

In the discussion:

- There is no reserve budget in the plan because, according to Shlomo Levy, this is a project that is expected to be very similar to the plan, there is not much room for surprises in it.

- The need for the project is based on a demographic survey, which shows that the project is necessary.

- If things go according to plan, in July 2024, 7 twelfth graders will move in. They are currently living in their parents' houses because they have given up their rooms for the use of evacuees. If the project is not completed on time - they will stay extra time in their parents' homes.

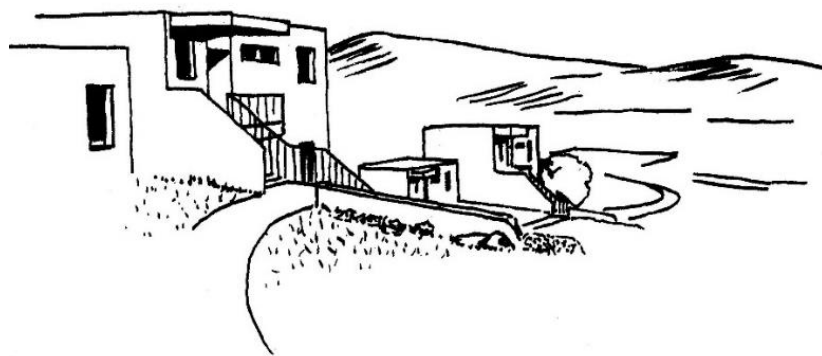
- Noga Harpaz detailed the state of occupancy of the younger generation's rooms. Today there is not a single room available, and there are a number of young people living in pairs. The new structure will provide a solution.

A vote was held: approval of a budget for the construction of a building in youth housing in the amount of NIS 3,687,000

For - 20, against - 1, no abstentions.

The budget of NIS 3,687,000 was approved.

Yifat Assaf



Nostalgia

(Are you old enough to remember “Shikun Hod” looking like this – Ed?)

The Results of the Ballot Regarding Controls in the Food Branch

In Favour - 102 (45.74%) Against - 112 (50.22%) Abstentions - 9 (4.04%)

The community management will discuss the implications of the voting results at its next meeting on Sunday.

Note: In the original Asefa on **12.12.22** it was decided that at the end of the process, any change will require a 60% majority. In fact, the proposal fell by about 12%.

The Yizraelite Classified Section

Situations Vacant – H.R.

The position of finance manager

Towards the end of Maor Persai's term as the kibbutz's finance director, this coming March, the search team is currently beginning the process of examining another term for Maor.

The process will include meetings with job partners, community managers and members.

The team will collect the feedback and process it, in order to formulate a recommendation by the end of February.

The team's recommendation will be presented at the kibbutz asefa and the election will take place by ballot, as is customary.

We invite the members who are interested in talking with us to contact one of the members of the search team to coordinate a meeting: Hila Alterlevi, Amir Darom, Irit Shemesh, Ofra Shelef, Kinneret Govrin.

2. Tender for a Project Manager (tree description and recording) in the Gardening Branch

Nature of the job:

For the sake of orderly monitoring of the kibbutz trees and providing optimal care, it is necessary to build a database of all the trees in the kibbutz.

Job description:

- Registration of all the trees on the kibbutz (about 1,000 trees)

- Collecting various data on the tree

Applications can be submitted to Kinneret Govrin until January 27, 2024



From Erez's Desk

Another term of office. Last week I was elected by the majority of the kibbutz members to serve as the community manager of the kibbutz for another term.

I thank you for the trust placed in me and approach the continuation of the work with excitement and a great sense of responsibility.

Putting in order, permission for barriers in the kibbutz center (Pal App)

For about two weeks, it seemed that everyone enjoyed the privileges to open all the barriers in the kibbutz, and indeed it was as a result of a change in the system

As part of the process, the permissions for the entrance gate of the kibbutz were entered, by mistake, and therefore, suddenly, all the gates of the kibbutz appeared in the application for everyone.

After about two weeks, we finished sorting out the permissions and some of the members were disappointed to find out that permission to open the gates in the kibbutz centre was taken away from them. The gates disappeared from their list.

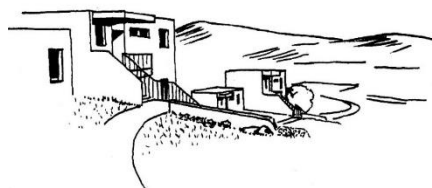
Why so?

The centre of the kibbutz, at the centre of which is the Eucalyptus Junction, is defined as a vehicle-free zone. This area allows for safe pedestrian traffic, as much as possible, between the playgrounds, the swimming pool, the kolbo and the dining room.

No one has permission to travel with vehicles in this area, except for specific service providers.

For our safety, it is important that we keep this area free of vehicle traffic. (With the exception of drivers of electric vehicles, who need to be extremely careful otherwise some child will be seriously injured - Ed). We thank you for your understanding and cooperation.

Erez Peleg



Summary of the Planning Committee Meeting - 02.01.2024

Present: Vicky Hollander, Shlomo Levy, Alita Mor, Erez Peleg, Berry Feldman, Axel Levin

1) Request to establish a Maytronics warehouse

The committee meeting was attended by Amir Binyamini, on behalf of Maytronics, and Shimon Zelas, on behalf of Holdings. Amir presented Maytronics' request to build a finished product warehouse instead of the tents, opposite the existing loading dock. The warehouse will be located 3 meters from the border of the lot (that is, at a distance of about 6 meters from the existing green strip), with a size of 550 square meters and a height of 13.5 meters. The planning committee emphasises that the height and character of the proposed building do not fit the local landscape, in the seam area between the factory and the community services area of the kibbutz. **The committee does not approve the current request and suggests that the plan be adjusted with reference to the following issues:**

- In the green strip there are large trees that must be protected (the size of the crowns of the trees is around 12 meters). Maytronics is asked to take measurements and mark the trees to protect them, in the demolition plan and the warehouse construction plan. In addition, an agronomist's opinion is required on the minimum distance between the trees and the demolition activity of the existing loading dock and the future construction, for the successful preservation of the significant trees in the landscape of the area. The planning committee requests to see the plan and give their approval before submitting the paperwork for the building permit.
- The planning committee requests that the plan consider, the existing buildings in the same area, both on the side of the kibbutz and on the side of the factory. The existing buildings around the planned area are about 4, 7, 9 meters high. The new building will be 13.5 meters high and therefore stands out, especially on the north side. The planning committee requests an examination of the possibility of moving the new building away from the northern border and/or the possibility of planning a lower building and/or planning a staggered height building.
- In addition, the committee requests a livelier northern facade (not a smooth opaque wall).
- The committee requests to receive an updated plan for approval before submitting the plans for the permit.

2) The Dolinko family's request to build a deck

Nofar Dolinko joined the committee meeting. She asked the committee to look into the possibility of building a deck above the roofing of the neighbors below. The request refers to the south side of the house, between the heavy wall and the houses. The exact location and size of the roof and deck have not yet been finalised. Nofar presented a sketch by a constructor that shows how the roofing and the deck above can be connected. The committee discussed issues related to this request, among others: light for the neighbours from below, dirt between the deck and the roof, a building permit required for a floor, and exiting the boundary of the existing construction. **The planning committee decided not to allow the request because it is a construction that requires a permit outside the boundaries of the existing construction of the houses.**

3) Cohen family's request to approve bicycle storage

Shlomo Cohen attended the committee meeting to present his family's request to approve the placement of a storage structure for his families' bicycles outside the bounds of his garden. The requested area is a public area planned for the public garden. The area has not yet been planted, but it is planned to be carried out in the coming months. The private area of the house includes a front garden 7 metres deep, a back garden 7 metres deep and a side garden 3 metres wide. The front of the house includes an entrance balcony about 1.5 metres deep. Shlomo presented examples of other bike storage and pergolas that exist in the kibbutz. The planning committee discussed the following topics:

- The private area of the house is planned by the kibbutz in advance in accordance with all the required functions including balconies, storage and parking for carts and bicycles as needed.
- The examples Shlomo brought are parking for public use, and a pergola in a private garden in an unapproved location.
- The public area in the cottage housing is intended for public gardens, for a uniform and green appearance around the houses, as planned.

Considering all of the above, the planning committee decided not to approve the request. The committee asks the Cohen family to move the "bike storage" to their garden in the near future, so that the gardening branch can plant the area as planned.

4) Changing the existing parking lot in the Hod neighbourhood.

In the planning of the new neighbourhood and the roads around it, a plan was prepared to change and enlarge the parking lot between Hod housing and the new neighbourhood, and above the Western Sadot housing. It has become clear that the plan is not realistic (requires cutting down large trees, did not take existing paths into account and requires large earthworks). Additional options for improving the lot and adapting it to the increase in demand for parking spaces were examined. To plan a larger parking lot, while maintaining the existing access roads and old trees on the residential side, it is necessary to insert the parking area mainly to the west into an existing garden area. Since the trees in the area in question are relatively young, we can try to transplant them. In coordination with the representatives of the gardening branch, the planning committee decided to order a detailed planning for the modification of the parking lot considering the information presented.

5) Moran's Hut Colour

At Naomi Amit's request, it was checked whether the colour in which Moran's hut was painted meets the conditions of the planning committee's policy from two years ago. The colour was tested in the field, against the colour palettes approved by the committee, and it was found that the colour is sufficiently similar to the approved palettes. A request to paint one wall, in front of the pergola in the middle of the area built for Neomis' customers, was not approved, because each hut is an independent unit.

6) Disabled Driver's Parking

The committee was joined by Inbal Adler, who worked for the past month with all officials involved in the disabled parking procedure. Inbal presented the draft of the procedure, its rationale and how the procedure translates into practice in the field. In addition, Inbal requests the addition of parking in one or two specific places. The planning committee discussed various aspects of the issue. The committee agrees with the principle of the procedure. The committee emphasises that disabled parking is not private parking and can be used by any disabled people who live nearby. Approval of converting parking for the disabled will include consideration of the general number of parking spaces in that cluster and the number of residents requiring parking spaces. Regarding the two specific requests - one has already been reviewed before the meeting and the committee approves its establishment (in the Parents' neighbourhood area). The second request is new and requires field testing.



In Preparation for a Workshop on Cooperative Leadership, for the Executive Committee - Jeremy Perling

(For your Edi-fication.... worth a read - Ed)

Cooperative identity, values & principles. The International Cooperative Alliance (ICA) is the global steward of the Statement on the Cooperative Identity – the Values and Principles of the cooperative movement.

In 1995, the ICA adopted the revised Statement on the Cooperative Identity which contains the definition of a cooperative, the values of cooperatives, and the seven cooperative principles as described below. You can also consult the Guidance Notes on the Cooperative Principles and Values which give detailed guidance to the cooperative enterprises and advice on the practical application of the principles.

Definition of a Cooperative. A cooperative is an autonomous association of persons united voluntarily to meet their common economic, social and cultural needs and aspirations through a jointly owned and democratically controlled enterprise.

Cooperative values. Cooperatives are based on the values of self-help, self-responsibility, democracy, equality, equity, and solidarity. In the tradition of their founders, cooperative members believe in the ethical values of honesty, openness, social responsibility and caring for others.

Cooperative Principles. The cooperative principles are guidelines by which cooperatives put their values into practice:

Voluntary and Open Membership. Cooperatives are voluntary organizations, open to all persons able to use their services and willing to accept the responsibilities of membership, without gender, social, racial, political, or religious discrimination.

Democratic Member Control. Cooperatives are democratic organisations controlled by their members, who actively participate in setting their policies and making decisions. Men and women serving as elected representatives are accountable to the membership. In primary cooperatives members have equal voting rights (one member, one vote) and cooperatives at other levels are also organised in a democratic manner.

Members Economic Participation. Members contribute equitably to, and democratically control, the capital of their cooperative. At least part of that capital is usually the common property of the cooperative. Members usually receive limited compensation, if any, on capital subscribed as a condition of membership. Members allocate surpluses for any or all of the following purposes: developing their cooperative, possibly by setting up reserves, part of which at least would be

indivisible; benefiting members in proportion to their transactions with the cooperative; and supporting other activities approved by the membership.

Autonomy and Independence. Cooperatives are autonomous, self-help organisations controlled by their members. If they enter into agreements with other organisations, including governments, or raise capital from external sources, they do so on terms that ensure democratic control by their members and maintain their cooperative autonomy.

Education, Training, and Information. Cooperatives provide education and training for their members, elected representatives, managers, and employees so they can contribute effectively to the development of their co-operatives. They inform the general public - particularly young people and opinion leaders, about the nature and benefits of co-operation.

Cooperation among Cooperatives. Cooperatives serve their members most effectively and strengthen the cooperative movement by working together through local, national, regional, and international structures.

Concern for Community. Cooperatives work for the sustainable development of their communities through policies approved by their members.

Guidance Notes on the Cooperative Principles. In 2016, the ICA's Principles Committee released the Guidance Notes on the Cooperative Principles, giving detailed guidance and advice on the practical application of the principles to cooperative enterprise. These Guidance Notes aim to state our understanding of the application of the principles in contemporary terms for the 21st century.

What do I have to do with the Central Kibbutz Movement???

Nitzan Rivlin Feldman and Stav Halevi write about the candidacy of Lior Simcha

Nitzan: Many must ask themselves the above question and wonder "what do we get out of our membership in the kibbutz movement, how does it concern us? How does it affect our lives?"

It is clear to me personally that being part of a movement gives us strength and leverage to influence Israeli society as well.

Unfortunately, in recent years the captains of the movement have led it in the wrong direction and turned it into a kind of "ministry of interests" that takes care of the interests of the kibbutzim only (which is not bad in itself). More than once they have done things and made statements that distanced us from Israeli society, instead of finding connections. The

kibbutz society has become an exclusive organisation in the eyes of broad audiences in the country. We have become the punching bag of Israeli society.

For these reasons, it is very important to me **who** will lead the kibbutz movement and in what way he will lead it.

The elections for the leadership of the kibbutz movement will be held on 13.2.24 and I **would like to recommend Lior Simcha**, a member of Kibbutz Netzer Sireni, who is currently the secretary general of the Milk Producers Association.

I asked **Stav Halevi**, who lives in Netzer Sireni, to express her opinion and give her impressions of Lior and his work:

Why Lior?

Stav Halevi: Shalom to all my friends on Yizrael.

I was asked to express my opinion about Lior Simcha because I live in Netzer Sireni and know some of Lior Simcha's work. I also know Lior personally.

I have been living for about five years on Kibbutz Netzer Sireni.

Lior was the secretary of the kibbutz for several years and during that time made very significant changes for the kibbutz, changes that directly affected the quality of life of each member of the kibbutz.

After years of social tensions and a severe housing shortage which prevented kibbutz children from returning to live on the kibbutz, in recent years three new neighbourhoods were established (which today, house about a hundred families of kibbutz "children") and the housing shortage was significantly eased.

Many children return to Netzer Sereni, the kindergartens are full, and many babies are born every year who fill the kibbutz with joy.

There is a vibrant community here, a rich culture that includes mutual support, activities, joint holidays and trips, and committees that operate in all areas as in our kibbutz. In my opinion, this is not to be taken for granted in a non-cooperative kibbutz unlike Yizrael.

In recent years Lior has been running the Dairy Board. Since October 7th he has been involved and has been traveling around The Gaza Border settlements and the north of the country, supporting moshavim and kibbutzim.

My personal impression of Lior is that he is a diligent and sharp person, full of charisma, abilities, endless drive, and faith. He can optimize systems and bring about change.

Nitzan Rivlin Feldman and Stav Halevi.



The Dove of Peace - a New Environmental Sculpture in the



“Hatil (Missile)” Garden

We must believe that better days are at hand.

This war will end someday, and better days will come.

I feel that a hopeful dialogue is also needed, certainly with all our children, from here, north, and south. The whole country is a border, and the border is also within it.

Our dove is another small act of optimism. Built based on recycled products, tyres, bottles that made their contribution to our lives in their original state, and now give a basis for hope through joint action. Our dove now looks like a hippopotamus, squat, and gray. Soon it will receive another layer of cement of resilience and refinement, more caresses of hands. It will hear some more laughter and good intentions to strengthen, stabilise and shape it, until it becomes a big dove, a great and proud dove. And may peace follow her.

How it came about:

In the kibbutz we're hosting many guests. I was asked to think about an environmental activity to mark the event in our history. In a flash, I immediately answered - a sculpture, environmental, communal, of “Yonat HaShalom - the Dove of Peace” in a joint effort that

will remind us all of these times, long after everything is over, there will be a memory of it, of hope and commemoration.

As well as this project we have already engaged in a creative activity for the children of our guests using soil with recycled paper, with the help of the "Green Network" organisation that deals with environmental education. Without receiving instructions on what to sculpt, and in a calm place for personal expression, on the grass at the agricultural farm, the children created small models of the date 7.10, the Israeli flag, a small dog from their grandparents' house in the kibbutz from which they were evacuated, small bowls and more.

The dove project, which required engineering, equipment and construction, required many hands. Our dear and talented guests - Yoni Jacobi from Kfar Sold and Ran Hajaj from Matsuba readily agreed to join the mission. In their professional lives, Yoni is a statistics lecturer and ecological surveyor, Ran is engaged in construction and engineering, two such smart, experienced, creative people, with hearts of gold and the hands of craftsman.

We bought the necessary equipment and along the way many people helped us: Barry Feldman in guiding and creating the initial infrastructure, Moshe Mizrahi in bringing the used tyres, Nachem Levin in bringing the equipment and partnering for the original event, Gil Hillel with the tractor, the children of the Zachat in bringing bottles in coordination with Paul Zelas and filling them with sand, the Shin-shins in the setting up and in educational activities with the entire education team of Tlaton Tabor and Arava, Axel Levin and Shachar Levy from the planning committee and the gardening branch, who approved the chosen location, Guy Arad from the building branch who helped with a smile in all the organisation, and first and foremost Yifat Segal from the outset and Tal Darom who accompanied and supported the project from its birth as an idea for community creation, to its progressive transformation into actuality. Within the framework of our joint education systems, with the support of Adi Goldstein-Ilan, the education group, Nitzan Brakin-Aharon and Omer Sharoni and the whole wonderful team of instructors lead the activities with the children.

The children from Tlaton Tabor and Arava including both the children of Yizrael and the children of the guests from the north and south, this week, coated the dove with cement while working with masons' shovels and spatulas. The children did a beautiful job, and it was a great pleasure to see them enjoying the creation together.

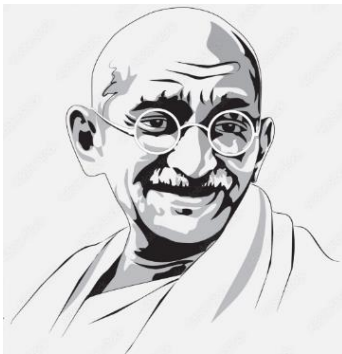
The preschoolers helped compact the soil and continue to follow the dove's progress on their daily walks. This week they drew and painted blessings of hope and wishes for the future, which they will fold and feed the dove, thereby further assisting in the construction, so that the cement rests on the shell of the materials that fills it.

Soon we will cover our dove with another layer of cement and close the remaining openings. This is the time for those who want to – to come visit, wish her and all of us, every success.

We continue to create, in the hope that the dove of peace will be pleasant to look at and embrace. We do it for anyone who wants a moment to rest, laugh or dream, and to remember this unforgettable time.

* Even before the end of the work - the war is invited to end... **today!** May everyone return home in peace!

Ella Cohen Shwartz.



Little Tips for Big Feelings - Gaia Sankar

"Be the change you want to see in the world"

Mahatma Gandhi did something that stunned the world - he responded to violence and hatred with love and forgiveness.

As human beings, we also have painful feelings such as sadness, anger, frustration, insult, etc. They are part of the whole that we are. And perhaps, of late, we meet them in a way that tears our hearts. I invite us to observe them, to observe ourselves.

Many times, in a moment of anger or pain I forget. I forget to listen, I forget that there is a person in front of me, just like me, who is also sure of the rightness of his way, just like me.

I am angry with the children (and they are angry back, so I increase the anger). Angry at my wife, who doesn't understand me. Angry at the colleague, at the kibbutz member, at the neighbour, at the driver on the road.

And when I'm angry, and he's angry, neither of us listens.

An explosion contributes to another explosion.

Think about it:

When I yell at someone - for the most part, he will respond to me in the same way.

When I love someone - usually he will respond to me in the same way. When I yell at someone - and he manages to take a breath, observes my painful anger, and despite his

painful anger, he lowers his tone, to bring compassion, to bring calmness into the situation - for the most part, I will also lower my tone.

Maybe not at first. It might take me a moment to trust him, to trust his offer of silence.

But very soon I will surrender to his acceptance, and we can really talk.

That's all I really wanted - I didn't want anger, I wanted peace. I wanted his ear.

It's not easy. Even very difficult at times. In all of us there is the animal part, which gets worked up when angry.

And it is true, it may be impossible to be completely "non-violent" - we are not looking for the 100%. But if all humans behaved this way even 80% of the time, imagine how much better it would be here.

What can you do?

You can write a list of feelings-

Whenever I have an unpleasant feeling, I can send it to myself on my cell phone. And then, before going to bed, or in a moment of silence, I can confront it - what caused this feeling? And why did it affect me like that?

The goal is not to make a list of bad feelings that upon re-reading I will justify to myself how much they did me harm - but a tool that allows me to look at the big picture, invites me to make room for the other person's point of view as well.

This does not mean to accept it totally, or to give up on myself, but simply to connect with its very existence.

And when I connect with the other side, I return peace to myself.

So, it's true, we won't be able to bring peace to the Middle East with the snap of a finger.

But I can bring peace inside my house.

I can bring peace among the friends around me.

And perhaps, above all, I can bring inner peace to myself,

It seems friends, that is the key to everything. Wishing us all a Shabbat of peace and lots of



Dear Friends - Tamar Sankar

A new year has begun. A year of emotional challenges the likes of which we have never known.



And faced with these difficulties and lack of control, the body and mind also react.

I invite you to come for a physical and emotional healing process with the rich therapeutic experience and the wide basket of tools that I have at my disposal:

Natural Medicine and acupuncture, herbs, diagnosis and treatment of the feet, various massage techniques as well as emotional support through NLP, EMID and family constellation.

Wishing you a year of health and peace of mind,

Tamar Sankar

A reminder regarding health reimbursements: from now on the charge will be made for the full price of an hour of treatment (NIS 220). The invoice you received must be put in the mailbox of the health department, and thus you can receive a credit of 130 NIS. Each member is entitled to reimbursement for 15 body treatments per year.

The Almond Blossom Festival

Will Take Place This Year on the 24.2.24

...Save the Date





PUSHED!

They can say what they like – I was pushed, and I have the distinct feeling I heard quiet laughter as I lay helpless on my back with my leg trapped at an alarming angle in the cattle grate.

There are several suspects - some family, a so-called friend and four dogs. Sadly, I include Kiwi (the wonder dog) partly because she hasn't looked me in the eye since the near fatal tragedy but mainly to throw the others off the scent. I don't really believe she was an accessory because she doesn't have the brainpower to carry it off and because without me, she would starve to death, and she knows it.

Last Saturday morning all the elements existed to take me out. The valley was covered in a heavy mist – you couldn't see anything clearly more than two metres away. The ground was very wet due to the mist and heavy dew from the rain that had fallen through the night. We had set out very early, so we were the only ones up and about – I was a sitting duck. I suspected nothing.

I set out with a song in my heart to meet the heirs by the gate to the cemetery – hindsight an omen for what was to come. We set out and "by chance" met up with "a member" coming towards us with his dog. It seemed strange that he was walking in the opposite direction, but he mumbled something about his dog being afraid of the mist – we invited him to join us.

We walked westward until the path became too muddy to continue easily. I would have happily continued but some around me didn't want to soil their designer walking shoes or, God forbid, spatter their expensive dri-fit pants. What can I say? I was surrounded by iPhone users – need I say more. Kiwi raised her eyebrows when we turned back, and I discreetly turned my palms skyward to signal that sadly I agreed with her but that we'd need to go with the flow.

It slowly became apparent that the walk was going to be a little short, so we decided to try and add a few metres – this meant we had to cross a cattle grid which was challenging for some but not for Kiwi, my faithful companion or for myself. It was on the return climb that I found myself trapped between the bars of the cattle grid. Because of my cat like reflexes, I fell sideways thus preventing greater injury. I sprang to my feet and with the adrenalin coursing through my body, I made my way (with the help of the crown prince) home.

After a five hour wait in the ER (totally unnecessary in my opinion) the doctor took one look at me and voiced his amazement that someone of my advanced years had come through the ordeal relatively unscathed. He did, however, lecture me that at my age I shouldn't be falling because I wasn't as young as I used to be and that I don't heal as quickly as in my far-off youth. I promised him I'd cut back on the bungy jumping and that I'd consider giving up free rock climbing (I didn't mention the big wave surfing or the bull riding). He seemed satisfied and insisted on giving me a few days off work (which made the whole thing worthwhile).

I really don't want to blame anyone (especially not myself) for my horrific injuries and anyway everyone is denying I was pushed so I will probably just have to let the whole thing rest. I know it couldn't have been a family member so that only leaves the three dogs and "the friend".

Which leaves me wondering that if dogs are man's best friend who is left to blame....? Well, we know, don't we? Very unsettling.





Tu B'shvat Events

Friday 26.1

12:45: Planting winter flower bulbs in the ground and planting our wishes at the statue of the Dove of Peace - in the missile garden (Missile Garden.... A paradox if ever there was one)

19:00: Tu B'shvat holiday ceremony and dinner served to the tables.

Saturday 27.1

Restoration of hiking trails in Tel Yizrael-

Scraping, cleaning and re-marking of the paths we marked on the 70th anniversary.

10:30 Departure on foot from the gate of the packing house to the Tel.

(At 11:00 There will be transportation from the parking lot to the event location for those who need it...)

* We recommend bringing a hat, closed shoes and water

For those who have, you are welcome to bring work gloves, a rake/ho.

12:15 Ceremony to end the path restoration day.

The trail restoration team led by Hanan Shaliv: Uri Gilad, Amir Beutler, Arnon Matalon, Jules Feldman, Zohar Assaf, Yoni Brauman, Meir Mashali, Niv Edelstein, Nicole Emerick, Nitzan R. Feldman, Idit Halevi, Rochele Matalon.

Volunteer Trip to the South

Thursday-Friday 8-9.2.2024

Departure on Thursday at 14:00 (it will also be possible to leave later)

Driving directly to the accommodation at Dandan Bolutin Farm. A pampering dinner.

The next day - wake up early, go to work in agriculture until 13:00.

Then - a visit to the flowering anemone field.

Back home on Friday around 5pm.

You are invited to **register on Kehilanet**

It will be fun !!

Sportiyulim



Sportiyulim Programme for 2024

8-9.2.2024 -Thursday-Friday volunteering and anemones trip to the south (departing on Thursday afternoon and returning on Friday afternoon)

17.2.2024 - basketball tournament

16.3.2024 - Multi-route and multi-age trip 0-100 including two routes on foot and two routes by bike and a meeting at the end in the Ramot Menashe forest.

1.6.2024 - annual professional and collective triathlon

13.9.2024 - trip to the sea

4.10.2024 - during Rosh Hashanah SWIMRUN event

8-9.11.2024 - two-day family trip.



Programme for 21/01/24 – 25/01/24

Daily 08:30 – 12:00 – coffee, cake, chats, board games

Sunday 21/01

Opening the week with Monica.

09:15 Zoom Lecture – Seeing the World with Ravit Havshush – Sardinia / Secrets of the Stone

10:30 Ceramics room open with instruction from Ziv Ben Bassat

Monday 22/01

08:00 Pedicure with Limor Mualem (by appointment only)

09:30 Meeting with the “Reshafim Women”

16:00 Or B’Givah is open for coffee, cake, and chats.

Tuesday 23/01

09:30 Trivia and thinking games with Galia Shemi

10:30 Ceramics room open with instruction from Ziv Ben Bassat

Wednesday 24/01

09:30 Blooming Nature with Hammotal

Thursday 25/01

07:00 Pedicure with Na’ama Baum (by appointment only)

10:00 Movie screening with Galia Shemi

17:15 Exercises on chairs with Michal Sha’anan

English is Fun - with Rahel

ADDITIONAL WORDS TO "THE DEVIL'S DICTIONARY"

Pantheism: (n.) The doctrine that everything is God, in contradistinction to the doctrine that God is everything.

Patience: (n.) A minor form of despair, disguised as a virtue.

Piety: (n.) Reverence for the Supreme Being, based upon His supposed resemblance to man.

Politician: (n.) An eel in the fundamental mud upon which the superstructure of organized society is reared.

Pray: (v.) To ask that the laws of the universe be annulled on behalf of a single petitioner, confessedly unworthy.

Rack: (n.) An argumentative implement formerly much used in persuading devotees of a false faith to embrace the living truth.

Reporter: (n.) A writer who guesses his way to the truth and dispels it with a tempest of words.

Road: (n.) A strip of land along which one may pass from where it is too tiresome to be to where it is futile to go.

Selfish: (adj.) Devoid of consideration for the selfishness of others.

Senate: (n.) A body of elderly gentlemen charged with high duties and misdemeanors.

Trial: (n.) A formal enquiry designed to prove and put upon record the blameless characters of judges, advocates and jurors.

Twice: (adv.) Once too often.

Year: (n.) A period of three hundred and sixty-five disappointments.

Zeal: (n.) A certain nervous disorder afflicting the young and inexperienced. A passion that goeth before a sprawl.

.....

Siberia means “sleeping land”.

Fish cough.

Pontius Pilate was born in Scotland.

A shark’s teeth are nearly as hard as steel.

Shorter people have fewer back problems than tall people.

At Old English weddings, guests threw shoes at the groom.

Can you flare your nostrils?

Only 30% of humans can.

Longest word in Japanese: Chi-n-chi-ku-ri-in.

It means “very short person”.

.....more next week

Disclaimer: The Edi-tor and translator does his best to provide an accurate reflection of the Hebrew Alon. Please be warned that it is not a direct translation. The original Hebrew text is the official version. This is of particular importance when it comes to decisions and procedures!!!

Credits: Translated and edited by: Eddie Solow

Proofread by: Biff Markham Oren

Printed by: Zohar Assaf and Hedva Shaharabani