



The Yizraelite – No 2144 Date: 2.2.2024

Kibbutz Yizrael

Edi-torial This week we bring you the obituaries, from Michal Sadur's funeral last week. We wish the family a long life. Michal will be sorely missed. I am reprinting Yifat's moving words, spoken on behalf of the whole kibbutz, so that the family will have all the English translations in one place.

Obituaries

Zvi

Dearest Michal,

It's been 60 years since we've been together, and 58 years since we got married.



We had 4 lovely children, and 12 glorious grandchildren were born to them. What a happy life we had! A family that is always together. What pride it gave us to sit at a long table and see everyone.

One day we were informed of the cursed disease that afflicted you and everything began to fall apart. The situation deteriorated and one day you asked me "Zvi, what's happening to me? Why am I like this?" I could not find the words to explain to you and just muttered something.

A few days after that you started crying "help me, help me" and I sat helplessly, with tears in my eyes.

I stand here and apologise for not being able to help.

Now, my love, you have gone to a world that is all good. At last, you are at rest.

Michal, as you said to me a week ago, "You are my husband" and I said, "You will always be my wife, forever and ever."

Love you always.

Rest in peace.

Zvi.

Oren

Mum, my dear mum took her last breath today.

A mother with whom we always went on trips,

A mother who taught us how to look for and find the opening of the trapdoor spider.

A mother who can identify any flower or bird.

A mother who, children would bring her a box with a chick they found in the hope that she would be able to save it. Or who knows, a child with a stubborn tooth that won't fall out, maybe Michal will be able to pull it out.....

A mother with whom we always went out to look for mushrooms.

Often, I went birdwatching with my mother. After all, every child and grandchild of Michal Sadur knows the sentence... "Look, there is a bird of prey above..." For us it was a bird of prey, mum of course knew exactly what it was, and without binoculars. She was always right.



When the grandchildren arrived on the scene, she would always call to ask: "How is Rotem, how is Shir, and how is Gal..." and not how I am, because they are the most important ones. There were the calls "Can I speak to Danny...?" because you wanted to talk about basketball and Danny is the one for basketball. Slowly the conversations moved to soccer and tennis and as Federer's

No. 1 fan (Mum knew every detail about Federer) Danny is the expert.

I knew if I needed an idea for an activity, you would always have ideas. You always asked, "What did you make with the kids today...I found a lovely activity, maybe you'll make it with the kids in kindergarten."

That's how the years passed and suddenly you started to fade away.

You tried to keep it from us.

Mum, you were always a strong woman, even stubborn at times.

I miss you so much. I promised you that we would take care of Daddy and you must take care of us from above.

I love you very much and can't hold back the tears.

Oren 

Einav

Our mother...

It was obvious, when the anemones, cyclamens, and wild almonds, are blooming you choose to stop fighting and connect with beauty and nature.

Your rich and enveloping world filled us all.

I remember you coming to every sports competition we used to take part in.

I remember you taking us for walks and telling us the name of every flower, tree, bird or mushroom.

I remember you playing games with us on winter evenings at home, next to the paraffin stove.

I remember you rolling with laughter and us following suit.

I remember you sitting for hours doing creative activities with children and adults.

I remember the smell of the orange cake, yeast cake and Mimi's cake you made.

I remember you enjoying fishing with the grandchildren, visiting the crafts room, and taking them on hikes.

I remember you enjoying classical music.

I remember you watching over the family unit with great love. How you loved dad. What a special relationship you two had.

I also remember the last year and a half, when you stopped creating, traveling, coming to the children's games. You understood the situation.

Remember I told you that I love you and you answered me that you love me very much too...

Rest in peace our beloved mother, enjoy the blossoms, the smells of the rain and the silence.

Ayelet

My mother, how symbolic that the week in which you chose to say goodbye to us, is the week of Tu B'shvat.

Nature is at its peak, everything is green, the anemones blooming in a variety of colours and the cyclamens peeking from under the rocks with their splendid blooms. The almonds are beginning to blossom, and the meadow is spectacular.

An upright, proud, and beautiful woman. All your life you have been involved in education. You connected us and all the children you met, to nature, to the love of the land, to trips, to birds and to the love of people and the community. You are a role model for me. You taught me the values of giving, tolerance and patience, human dignity and the ability to see everyone, reach them, touch them, support, contain, reflect and embrace.

Many generations of children passed under your baton, and I am sure that in all of them, a little something was imprinted.

As children, we were privileged to go walking with you. You taught us to enjoy nature, to discover, to explore, to ask questions.

The girls were blessed with a loving, caring grandmother. You were a good listener for them. You were supportive and you didn't spare them your opinion...

You and Dad will always be an example for us, of a healthy relationship and a warm and close-knit family.

In the last year there was a deterioration in your condition, and Dad together with us accompanied you, supported and protected you.

In the last months, your body betrayed you and you could no longer stand unaided. We made a joint decision to transfer you to "Beit Eshel" in Gvat. It wasn't easy for you. You were angry. You requested to go home. We knew that for you and for Dad, it was

the best decision. We felt that the most important thing is that you will be watched over and taken care of, and that you will not suffer.

Last week you ran out of strength. Fighting to keep breathing, a little longer... a strong



and stubborn woman. We sat around you, told you how much we love you, appreciate you, we hugged and thanked you for who you are, mother, grandmother, partner. And you wouldn't let go... I just wanted you not to suffer anymore, to let yourself rest in peace, free of the suffering.

I love you. I apologise if I offended you. We are here with Dad. I promise we will take care of him. I promise that we will continue to look after each other as a family.

Watch over us. You are always in our hearts. I already miss you... Ayelet.

Omer

Our Savta,

Today I say goodbye to you.

I sat and wrote some parting words, then deleted them. So I wrote again, and again I deleted them....

How am I supposed to quantify who you are in one farewell letter?

Our Savta is the songbird that walks among the trees on a sunny day, she is fields of wildflowers that grow in the valley and on the hill.

Our Savta is the sounds of classical music on Friday afternoons, the enveloping and warm smell of yeast cake.

Our Savta is a collection of colours, beads and creations, she is a long braid that rests on the nape of her neck.

Our Savta wishes "Shabbat Shalom" and "Chag Sameach", she is Shavuot in the kibbutz.

Our Savta is an endless collection of memories and stories.

For us you were a Savta full of love, with a rolling laugh and a warm hug. For our parents, you were a strong, caring and somewhat stubborn mother. For Saba, you were his best friend, his eternal love and confidant and partner in adventures.

Your life changed in the last year, it was not easy, but you persisted and fought, and we were by your side.

Our Savta, rest in peace.

Thank you for who you were for us, for me.

We love you very much, I love you very much.

Iyar

My Savta

What a strong woman you are

I don't know where to start. I am writing and unable to stop the tears.

I decided to start writing today, Sunday, after I got back from visiting you, probably for the last time, because I know I have so much to say.

I was with you, and I gave you the biggest hug there is. I looked you in the eyes and told you, several times, that I love you. That you are the best Savta in the world. I told you that I was lucky to have you and I was lucky to be your granddaughter. I talked to you about the crafts room and things we liked to do together.

Blinking your eyes, you gave me a sign that you heard me and shed a tear. I gave you a few more kisses and caressed you to have your smell on my hand. I didn't want to leave the room.

Savta, my Savta

Thank you, thank you for everything.

Thank you for being the best Savta one could ask for, for the past 21 years.

Thank you for being there for me, to listen, accommodate and advise and just give me a Savta's hug.

Thank you for coming to say hello to me in kindergarten when I was a child and then when I was a metapelet, until the last, even when it was difficult for you. When I would

go for a walk with the children, we would pass by your house and every time you would show them your handicrafts you made, which are hanging on the fence.

Thank you for every meal in the dining room and magnum for dessert in the kolbo.

Thank you for every silkworm we raised.

Thank you for every time I would say I wasn't feeling well just to come get treats and a neck massage from you.

Thank you for phoning every day and checking to see if I've been drinking enough water, putting on sunscreen and wearing a hat.

Thank you for every creative lesson, when you would whisper in my ear what to say to the children.

Thank you for every trip, for every name of a bird and a flower.

Thank you for every pitango fruit you picked for me, every time we left the house.

Thank you for every "good luck" before every test, when I would come to you in elementary school, and you would give me a candy and you would tell me "Do your best".

Thank you for allowing me to feel comfortable with you and consult with you. We had a special relationship that I wish for every grandmother and granddaughter.

Thank you for accepting Idani and treating him as if he were your own grandson.

Thank you for making me a good granddaughter, thanks for being a special Savta.

Thank you for coming to every dance performance of mine and waving with both hands while I dance, so I can see you.

Thank you for calling to inform me to turn on channel 55 to watch floor gymnastics.

Thank you for every fruit salad and every lemonade.

Thank you for being a good mother to my Mum and to Einav, Oren and Ilan.

Thank you for being a good wife to Saba, you were fortunate to have each other.

I wish for myself a love like yours, a love that does not depend on anything, right up until the last moment.

What a family you have established, be proud, "Savtush", you have a wonderful family, and a fairytale husband.

I'm proud of you, proud that you were my Savta. I always went to school and boasted I was Michal Sadur's granddaughter, and my friends told me, she taught them. The



teachers always asked me to send you their regards.

What a woman you are, Savtush, how special. Every time they told me they knew you, my eyes lit up and I was proud. I'm so happy that my friends know you and were privileged to have you teach them.

I'm sure you did for many boys and girls as much as you did for me.

Savta, look how many people are here to accompany you in your last moments! I want to tell you all, that my Savta was the best Savta one could ever dream of.

I wish for one more kiss on the cheek, one more Friday, that I come in and you say "Shabbat Shalom" and then I sit at the table, and you come to braid my hair, and close the end of it with a special clip that you made yourself... because you can't eat with unbraided hair.

My Savta, thank you, thank you for the privilege of being your granddaughter. I know you want us to continue to be happy and smile, to continue to travel and spend time together, and to continue to create, to love and hug because you and Saba taught us all about love and warmth and that there is nothing more important than family.

I hope you are in a good and pleasant place.

We here will continue to talk about you and mention you at every opportunity. We are strong for each other and for Saba, like you were strong for us. You have lovely children.

I love you my Savta, always and forever.

Yours, Iyari, the granddaughter who loves you the most in the world ❤️

Lynton

I am writing this with a heavy heart, to honour Michal's memory. This is a difficult task, not only because there are so many wonderful things to share about her, being the matriarch of the Sadur family. Her spirit was indefatigable and her heart immense. To me she had the unique ability to make everyone feel like they were the most important person in the world, especially her husband, children and grandchildren.

Today, as we gather here, in sorrow, we all take solace in the memories of Michal. She lived a full life, surrounded by family and friends, who loved her and whose lives were touched by her. Her spirit, her teachings and her love will always live within us.

As we remember Michal today, let us not just mourn her loss, but also celebrate her life. Let us hold onto the lessons she taught us. The love she shared and the memories. This is the way that she would want to be remembered.

To the entire Sadur family, I wish you all long life,

Lynton

Yifat Assaf – On behalf of the Kibbutz

Michal was born in Kfar Maccabi in 1944, daughter of Yehudit and the late Avraham, sister of Nir and the late Ehud. She grew up and was educated in Kibbutz Kfar Maccabi. During her service in the army, Michal represented Israel, as an officer, in the delegation to the Netherlands, something that brought her great pride.

In 1962 Michal met Zvi, when he was working at the Kfar Maccabi dairy with her father, and in '64 they became a couple. In '66 they got married and in the same year the twins, Oren and Einav, were born.

In '68 they went to Rhodesia as emissaries for the Habonim youth movement.

In 1971 they moved to Yizrael, and Ayelet was born, and six years after that, Ilan was born.

Michal worked for many years in the education system on the kibbutz, and in the regional school - as an instructor, a home economics teacher, and a nature studies teacher, as an assistant in special education, and for many years as an instructor in the after-school activities houses.

Michal was considered the 'mythological educator". She set clear boundaries, specialised in arts and crafts activities, social games, and simple pleasures - campfires, sports games, field cookouts and of course lots and lots of creating - on Jewish festivals, at the almond blossom festival, in countless classes for all ages, using any material at hand, from nature, from shredded paper collected for her at the kibbutz offices, from empty coffee capsules and much more.

She was often involved in organising the Jewish holiday celebrations and was in the founding team of the highlight of the summer seaside vacation for the children of Yizrael at Sidney Ali, together with Benny Touz and the legendary Gantz. She ran the summer camps for the children of Maytronics employees and she taught Bar Mitzvah groups in preparation for the traditional climb up to Masada.

Michal instilled in generations of Yizrael children the love of nature. She had a wide and deep knowledge. She loved to travel very much, loved the beauty of our blooming surroundings, the meadows and almond trees, and the dam, where she loved to fish.

She knew every flower and every bird. When someone found an injured animal, a snake's skin, or a stray hedgehog, it was clear that there was someone in the kibbutz that would be happy to receive them for the "nature corner" in the children's house or would care for it until it recovered and could be released.

For many years, all the children of Yizrael passed through her hands. She had common expressions spiced with her unique humour. She was a significant presence in the children's lives, even when they were already grown up.

The tall, strong, and noble Michal, who was also so vulnerable and emotional, could shed a tear at the sight of migrating birds in the autumn sky.

Michal coordinated our Shavuot ceremony for many years. We celebrated according to the ceremony that she wrote. It was entirely hers, with the customs, the songs and dances, the texts, and the parade of the various kibbutz branches.

Michal was so proud of everything that was built here.

Michal, the proud and dedicated family woman. A woman with a warm home, and a glorious family that she founded with Zvi. Four children and 12 grandchildren. Michal baked several well-known and excellent cakes. She loved classical music. She would come to every sports competition of her children and then her grandchildren. She went to rugby games. She was a dedicated grandmother and spoke daily to her grandchildren.

Above all, the wonderful relationship with dear Zvi, who supported her in the days of health and strength, and even more so, when she was sick and weak.

A year and a bit ago, Michal fell ill. She fought to remain present, aware, in control. But life had its own plans, and she dwindled away, surrounded by her loving family, until her sad farewell yesterday.

Dear Michal, it's good that you were spared the awareness of the difficult days we are all going through. Thankfully you don't have to suffer anymore.

Dear Zvi, Einav, Oren, Ayelet and Ilan, and all the grandchildren. Perhaps you will find comfort in the fact that something of Michal is in the hearts and memories of the many whom she educated, and on whom she left her mark. We will miss her very much, and we are with you in your grief.

Michal, we will remember you with love.

Beit Yizrael



THANK YOU: Dear and beloved members of Kibbutz Yizrael,

We would like to thank you all for the love, warmth and care you provided for our mother.

A special thank you to the kibbutz management, the clinic staff, the “Beacon on the Hill” team, the Third Age Cluster team and the bereavement committee, who rallied, helped and supported our family throughout the hard times we went through.

Yizrael will always be a warm and loving home for our family.

Sadur Family

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Note from the Edi-Tor – If you decide you want a hard copy of “The Yizraelite” and did not receive one, please let me know - Ed

Economic Council

on Monday 5/2/2024

at 20:00

Agenda:

Update - Maytronics chairman

Council Committee



THANK YOU

From the soldiers we hosted in the Rugby caravans over the past weeks

To the dear members of Kibbutz Yizrael,

Thank you from the bottom of our hearts for the warm and generous hospitality. Thank you for your commitment and consideration of the small details, so we could be as comfortable as possible. At a time like this, there is nothing as strengthening as the warm embrace of the home front and the understanding that this is exactly what we are fighting for. You were partners in the training of the future generation of soldiers, who will soon be fighting on the battlefield.

We thank you. We appreciate what you have done for us.

Always for you... until victory.

The Duvdevan Unit

Unit 217, frequently called **Duvdevan** (Hebrew: דובדבן, lit. 'cherry'), is a *mista'aravim* unit in the **Commando Brigade** of the **Israel Defense Forces**.



Community Management Meeting Summary - 28.1.2024

Information

We were asked about guarding the gate because the volunteer public is getting tired. Kinneret and Erez informed us that we were down to one guard during the day, and that most of the hours are recorded for the permanent guards as working hours.

Kinneret said she was opposed to turning voluntary guarding into compulsory duty shifts. She is concerned that it could adversely affect the project currently underway, to improve the duty shift programme and lighten the burden for all.

1. Use of the social project funds from work bonus sources for the war expenses (invited - Amir Armoza, Coordinator of the Social Project Team)

The amount in question is about NIS 1,200,000, which is awaiting the asefa's decision.

We presented to the Economic Council a budget plan for war expenses until the end of 2023 based on the amount designated for social projects from the labour bonus. In the option presented to the committee, 30% of the work bonus will go to the members and 70% to the war expenses.

In the discussion, there was an agreement that in this war year, and high costs related to security and hosting of evacuees, it would be correct to direct most of the work bonus for these purposes, and that all the planned projects, however important and worthy they may be, presently come second in terms of priority.

Different options for distribution were proposed.

A vote was held between the two main options raised -

- 70% to cover war expenses in 2023, 30% to members: 8 votes

- 100% to cover war expenses in 2023 (nothing to members): 4 votes

Decision: to recommend to the asefa to transfer 70% of the work bonus money to cover the war expenses, and 30% to the members' budgets.

2. 2024 budget

As part of the process of preparing the 2024 community budget, the managers of the large clusters and branches were instructed to present the implications of a 10% cut,

each in their area of responsibility. A discussion was held regarding the degree of damage to the services, and how compatible the proposals are with our cooperative way of life.

Considering the presentation of the data and the discussion, the following cut was decided:

Health - 400,000 NIS

Education - 300,000 NIS

Culture and sport - 50,000 NIS

Towards the continuation of the discussion at the next meeting, where the implications of the cut for the service branches will be presented, it was said that it is not correct to reduce the budget by increasing the members' participation in the costs of the various services, but we must find additional sources to increase the budget.

Maor presented an analysis of the survey that was carried out regarding the consumption of media in the kibbutz, and the conclusion led him to think about changing the budgeting method, to a method similar to our water and electricity budgeting system. Instead of each member paying approximately 30 NIS for Hot's communication services, whether they use them or not, each household will receive 70 NIS per month for its budget, and the member will be able to choose the communication provider, according to his taste, whether Hot or one of other services: Netflix, Disney and the like. According to the survey, for almost 50% of the members the amount will meet the needs and for some members there will even be money left over. Members who consume large and expensive communication packages will be required to supplement money to cover costs for the package they choose.

The move will bring certainty to the planning of the communications budget and generate savings of approximately NIS 300,000 per year.

Erez Peleg and Yifat Assaf



Setting up of a Regional Response Team

The Gilboa regional council is setting up a regional response team that will train and provide rapid response in the case of an emergency in the Gilboa region.

Those interested, please speak to Lilach Ron Harpaz.

Clarification – Yifat Assaf

In the summary of the community management from 1/21/24, the following sentence which arose in the discussion, was quoted: "..... it was said that there are people who see the cooperative kibbutz as a resource, and ask what they can get **from** the kibbutz, and do not ask what they can give **to** the kibbutz."

This sentence indeed arose in the discussion, but as an extension of the discussion and not with specific reference to those members defined as "edge cases". It was possible to understand from the sentence that it was referring to "edge case members", and this was not the intention, but rather referred to a way of thinking, that we encounter in general.

I apologise to those who were hurt by the wording.

Yifat Assaf



H.R. Management Meeting Summary - 28.1.2024

Participants: Noa Armoza, Rotem Agmon, Peter Pezaro, Eddie Solow, Shlomo Cohen, Irit Shemesh, Yifat Assaf, Erez Peleg and Kinneret Govrin.

1. Election of a public representative from the H.R. Management for the "salary team"

It was agreed on the addition of a kibbutz member to the "salary team", which currently includes three office bearers, who are themselves salaried employees.

Shlomo Cohen will join the salary team as a representative of the H.R. Management.

2. Closed discussion on non-compliance with the work obligation

Kinneret Govrin



Cultural Dilemma

Do we celebrate Purim during the war?

We want to consult with you regarding our dilemma - how (and if) we should we celebrate Purim for adults this year?

We will conduct a short opinion poll on Kehilanet, and the WhatsApp group "Cultural Updates" and we would be very happy to hear your opinion.

- The survey will remain open until Thursday, February 8

(N.B.: Children's Purim **will** be celebrated as usual!)

Thank you in advance, for your cooperation.



Tal Wolfson-Darom, Yifat Segal (Culture and Sport Cluster)

Replacing the Information System in the Accounting Department.

Maor Parsai

The current system - One ERP, has been working for about 20 years in its current version, and this year we will embark on a special and complex project to replace it. The system we will implement is PRIORITY, known to many who have worked with it in the worlds of industry and business. Software of this type is purchased and installed in a uniform and standardised manner in each and every company, and after installation, many adjustments are made, allowing each organisation to implement the work processes it needs. Implementing ERP software in an industrial company is not the same as implementing it in a kibbutz, and the challenge before us is to characterise the processes that are appropriate for us, and to implement them in an optimal way.

The motivation for changing the software today stems from several factors: an improvement in information security, a saving of 20% in the cost of ongoing maintenance, an improvement in the processes of receiving and processing data and an improvement in the budgetary control processes (in particular, personal allowances). Of course, in such a project there are also risks: implementation of unsuitable processes, difficulty in assimilation, errors in data conversion, gaps in expectations and other reasons from the field of organisational behaviour and the ability to adapt to change. In preparation for the project, we interviewed a number of kibbutzim that implemented the system in recent years and tried to learn from the successes and difficulties they experienced.

We chose Abra North (formerly Ana-Gal) to lead and guide us in the transition process.

I believe that the team is ready for the challenge, and that the information system is stable and ready for conversion. We will know how to respond to the challenge and carry out an accurate, efficient and useful project. Wishing success for all of us!



Yizrael Agriculture – Daniel Rosenfeld

We received a certificate following donations of agricultural produce to the needy through “Collect Israel”, contact with boarding schools in Migdal Ha'Emek and contact with educational agricultural farms and bringing groups to pick and donate.

(Well Done – Ed!)



Rainfall from the beginning of the 2023 - 2024 season: 393 mm

Multi-year average to date: 281 mm

As compared to the multi-year average to date: **+39%**

Rainfall Table

Month	Sep	Oct	Nov	Dec	Jan	Feb	March	Apr	May
Total	0	23	92	92	186				
Average	0.38	16	51	99	111	80	52	19	5

Daniel Rosenfeld – Agriculture Manager

Since the Hebrew Alon went to press, a further 34.5 mm fell (...Most of it on me – Ed) and there is more rain on the way!

An Outside View of the Kibbutz Society

Nitzan Horovitz recommends Lior Simcha for Mazkir of the United Kibbutz Movement

Lior Simcha is also not ashamed to say that the kibbutz should be an example of a social model.

In recent years, at the national level, the kibbutzim have bowed their heads, and their status has been pushed aside in favour of Netanyahu's "money-power-honour" era. They themselves were immersed in their internal affairs, as part of the sectorialisation that turned Israel into a collection of disparate tribes. Now is their time to return and lead social democracy, solidarity and equality.

Kibbutzim have always been a small minority in Israel. But their contribution to settlement, security, absorption and development of the country was above and beyond their demographic weight. Even in times of difficulties and shortages, the kibbutz movements devoted a considerable part of their resources for the benefit of society as a whole. Because the kibbutz idea is judged not only by the degree of partnership and mutual responsibility within the kibbutz, but also by the activity of the kibbutz in terms of its social mission in society. (With thanks to Nitzan Feldman)

Little Tips for Big Feelings - Gaya Sankar

How is your mood?

When the storm outside meets the storm inside...

For many of us, the rain and inclement weather is associated with feelings of lack of desire, and maybe even sadness and annoyance. Like a cloud that casts a shadow overhead.

There is something in the rain, the wind, the frost, that causes a gathering inward, without much desire to move and do things. Suddenly, feelings arise that are pushed aside on a day-to-day basis, while doing things. We are more confused, more tense, more tired, more anxious.

So, these days, after we forced ourselves to take the children to preschools, go to work, go shopping, go for a walk with the dog... As evening falls, it's time to turn the

house into an inviting place that is pleasant to be in - so that even when it's cold outside, we will be warm and happy in our soul.

What can you do?

You can put on music you like, light candles (sounds strange but it works!), diffuse relaxing scents (such as lavender or jasmine), and engage in activities that bring the members of the household closer together: draw together, play together, cook together, or simply sit down to dinner together and tell one another how our day went and what we did.

I am also including three warming and relaxing drinks, which are pleasant to drink under the duvet:

1. An infusion of lavender and mint - one of the outstanding properties of lavender is its calming effect, both mentally and physically. It reduces anxiety, regulates adrenaline levels, and helps to relax the body.

- How to prepare - Steep mint and 2-3 lavender stalks (after the first time you will know how strong the flavor you like) in boiling water for 5 minutes. You can add a little honey or other sweetener.

2. Chamomile infusion - Chamomile is excellent for general relaxation of the body - reduces tension and involuntary muscle contractions, calms the digestive system, supports the activity of the nervous system, and works for gentle relaxation.

- **How to prepare** - Soak a teaspoon of dried chamomile flowers (or two thymes) in a glass of boiling water for 5 minutes. You can also add a little bit of honey or sugar.

3. Moon milk drink - a drink from Ayurvedic medicine, which has countless versions. Here I chose to add to it an amazing plant called "Ashwagandha". This plant is one of the super plants, which know how to adapt themselves to the momentary need of the body. Thus, on the one hand, it is very helpful for relaxation, reducing stress, sleep difficulties, depression, and difficulty functioning, and on the other hand, it provides strength to the body, the immune system and strengthens physical ability (it's not without reason that its name means "horsepower").

Ashwagandha can be bought in health food stores (or online at the "iHerb" website) as a dry mixture.

(Not suitable for people with thyroid problems. Can be used during pregnancy but recommended not in the first trimester. Do not use in cases where pregnancy is at risk. It may be used while breastfeeding.)

- How to prepare Moon Milk - In a small pot, heat:

1 cup of water

Half a cup of cow's/almond milk

A teaspoon of Ashwagandha

A teaspoon of honey/maple syrup

Cook on low heat for fifteen minutes, and drink all intermittently breathing deeply, while you are warmly covered with a blanket.

(You can cook a larger amount in advance and store it in the refrigerator).

For pleasant and warm days in body and heart



The Archives are Back in Action!

At this stage we are learning the field.

Service will be provided while we are learning.

You can contact us, (and we will try to help) via the archives email or on WhatsApp and by phone.

archion@yizrael.com

Jules 052-3756308

Tsafnat 052-4573448

**Dina Weinbaum, Arnie Friedman,
and Na'ama Peled plant trees**

Tu B'Shvat 1991



Please Note!

**The Almond Blossom Festival
will take place on the 24.2.24!**

Tu B'Shvat Events - more changes.

On Friday 9.2, at 12:45 we will meet at the "Gan Hatil" playground to plant winter flower bulbs and deposit our wishes in the Dove of Peace statue.....in the hope that the blossoms, the wishes and the dove will bring peace and tranquility to our kibbutz and our country.

* **Please Note:** The project to restore the hiking trails in Tel Yizrael has been postponed to March and will take place on Saturday, March 9.



TOP 10 AMAZING COINCIDENCES

What goes around....

In 1965, at age 4, Roger Lausier was saved from drowning at a beach at Salem, Mass., by a woman named Alice Blaise. Nine years later, in 1974, on the same beach, Roger paddled his raft into the water and pulled a drowning man from the ocean. The man was Alice Blaise's husband.

Number nine, number nine...

Nicholas Stephen Wadle, was born at 9.09 a.m. on the ninth day of the ninth month in 1999. But the string of coincidences doesn't end there. He weighed 9 pounds, 9 ounces.

"The mother couldn't believe it but the most surprised were the professionals involved. As the nines started to stack up, they were going crazy."

The baby was due September 15th, but complications with the births of Mrs. Wadle's two older children led her doctor to schedule a cesarean section for Thursday, to be safe. The delivery was set for 8.00 a.m. but there was an emergency, which allowed the birth to take place at 9.09.

Are you my daddy?

Wilf Hewitt, 86, a widower from Southport, wanted to look through a list of registered voters in the library, and asked the woman who had the list if she was going to be long. Vivien Fletorisis replied that she was looking for a man named Hewitt. She was his daughter, whom he had not seen for 46 years. Wilf had had a wartime love affair with Vivien's mother, who died in 1983. Their daughter was adopted in 1941 and went to Australia with her adoptive parents. In July 1987, she traced her two brothers and sister through an agency, and then set out to find her father.

Reincarnated survivor

On three separate occasions - in 1664, 1786 and 1860 - there were shipwrecks where only one person survived the accident. Each time that one person was named Hugh Williams.

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The Earth is 100 million years older than the moon.

The world's most popular colour, is red.

It takes about 20 pounds of milk to make 1 pound of butter.

Which language has the most words? English – nearly 1,000,000.

The German language has about 185,000 words.

French has less than 100,000.

The water we drink is 3 billion years old.

A light-year (the distance light travels in a year) is about 6 trillion miles.

Credits:

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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!!!



Programme for 04/02/24 – 08/02/24

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

Sunday 04/02

Opening the week with Monica.

09:10 Zoom Lecture – Nessia Schecter – Romania / Gypsies

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

Monday 05/02

Tiyul (no walking) to Emek HaShalom – slow walking over a short distance for those who wish to walk.

Tuesday 06/02

09:30 Trivia and thinking games with Galia Shemi

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

Wednesday 07/02

09:30 Nature is Blooming with Hammutal

14:00 Ceramics room open with instruction from Ziv Ben Bassat

Thursday 08/02

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'an'an