

**The Yizraelite – No 2178 Date: 11.10.24 Erev Yom Kippur**

**Kibbutz Yizrael**

**Ceremony in Commemoration of the October 7 Catastrophe -  
Limor Griman 6.10.24**



A year after October 7, we are still mourning and in pain, still in shock and struggling to grasp the magnitude of the disaster, as well as the scale of the failure and abandonment.

We identified personally with the disaster affecting the kibbutzim on the Gaza border, the images of terrorists on the lawns of the kibbutzim reminded us of our own lawns. The reports of what happened in the young people's housing threw our thoughts to the housing where our sons and daughters live, people held hostage in the dining room, just like our own dining room - concrete images reflecting social reality.

It's hard to grasp and imagine the loss of over 100 members from one kibbutz when you know how the loss of a single person affects small communities like ours, everyone is related in some way or other. It's difficult to comprehend, but you can feel how terrible and destabilising it is, you can imagine the struggle to rise afterward and resume a normal life.

And precisely from this understanding, it is amazing and inspiring to witness the resilience of the kibbutzim, especially of Be'eri. The ability of a kibbutz to maintain its core, to hold ceremonies and maintain traditions, which in each, grief and loss are powerfully present, while simultaneously instilling the hope of revival.

For me, the images and stories of Be'eri after October 7 are a great source of strength and faith in humanity and in particular, the kibbutz community.

A year of pain and loss has come to an end and the beginning of a journey of renewal out of the ashes, has begun.

We chose to mark this process, as will be done simultaneously in many other kibbutzim, by planting a tree in a flowerpot.

Planting is our way of remembering that we have roots even when the home is shaken; planting is our way of expressing our belief that even from such a difficult reality, one can rise, grow, and nurture life.

The pot symbolizes the communities that are still wandering and waiting to return to their roots in their permanent homes. When they return home, we too will transfer the plant to our own soil.

**Yifat Assaf:** We commemorate this evening a year since the disaster of October 7, the **Day Everything Changed**. The day we were taken by surprise on the Shabbat morning of Simchat Torah and suffered an unprecedented blow.

We, the organising team, have chosen to focus this evening on one community—the kibbutz of Be’eri, a cooperative kibbutz so similar to us.

We thought this way we might, perhaps, understand a little, touch a little. If that is even possible.

We will strive tonight to express the days before, the day of the disaster, the memory, but also the revival and hope.

## **Candle Lighting**

### **Candle for the Murdered** – Reading by Daniel Hyams-Assaf

The victims of October 7, residents of the Western Negev, partygoers, travelers, farmers, elderly, parents, members of the emergency response teams, children, babies. The year that has passed does not dull the terrible pain and loss. The courage and the cries from the burning houses. Their blood still cries out to us. The people of the kibbutzim and the city, those we have known for a long time and those we did not have the chance to know. May their blessed memory be forever cherished among us.

### **Candle for the Fallen Soldiers** – Reading by Nitzan Rivlin-Feldman

For those who went out and did not return.

Some received orders, and some were not called but went to battle at the call of their hearts.

Those who went to save the besieged and attacked settlements and their friends who crossed enemy lines.

They did not ask if it was dangerous; they knew it was. Their wives and parents did not ask either; they only asked them to be careful, and they promised. They went out, saved lives, and paid with their own.

We will carry and cherish their memory and the memory of their bravery in our hearts, with gratitude and appreciation.



### **Candle for the Evacuees** – Reading by Avichai Ilan

For the tens of thousands of citizens who were urgently evacuated from their homes a year ago, embarking on a journey of wandering and displacement with no end in sight.

They left behind familiar homes, frameworks, friends, neighbours, workplaces, hobbies, plants, pets, and went to temporary places, to a new and unfamiliar world.

For the dozens of communities scattered across the country, whose daily routine was abruptly ended. They who moved to temporary settlements with a different culture and heritage. They who are uncertain if they will ever return to the place they have always called home.



### **Candle for the Kidnapped** – Reading by Zohar Assaf

Good people who went to sleep in their homes and woke up in hell.

Soldiers who did their duty to protect us and woke up in the tunnels of hell.

Young people who danced at a party until dawn, and instead of enjoying the wonder of sunrise, fled for their lives and did not get away.

They were kidnapped to the cursed place beyond the fence, and are held in darkness by monsters, and there is no one to save them. No one to listen. We fight and pray hour by hour, day by day, month by month, a whole year, and no one listens to their prayers, no one hears their cries.

We will continue to pray for their return, for there is no other choice, **and they must return to us**, to the sunlight, to homes, to families, to friends, to loved ones. On behalf of Beit Yizrael from this place, I call on the powers that be, to **bring everyone back now!**



In the lobby

Candles representing the innocent, cruelly massacred on 7.10.24

## Yizkor

**We will remember the victims of "Black Saturday" 5784 and embrace life in our hearts. -Shitim Institute. Text for the Memorial Day 5785**

May the people of Israel remember its sons and daughters, the faithful and the brave, the men of work and peace, sacrifices of the massacre on Black Saturday 5784.

Let us remember the murdered, both at home and in the fields and on the road, in the western Negev, who were invaded and taken by a cruel and merciless enemy.

The mother holding with her last remaining strength onto the handle of the iron door to protect her family from the aggressor outside.

The father throwing his children from the window of their burning home shielding them, thus absorbing the bullets in his body.

The friends dancing in the light of dawn, and behold, they are fleeing in the field from the murderers... but there was no escape.

Let us remember the brave-hearted who rushed to defend.

The fighters in the standby units, who faced the enemy with their bare hands without weapons and risked their lives for others.

The soldiers and other security forces, who fought valiantly, few against many, and fell as martyrs.

The members of the security and rescue forces, and the civilians who rushed from across the land to help their attacked brothers, fell and died in the killing fields.

Let us remember all the residents of the border settlements, the civilians and the soldiers, the immigrants and the foreign workers and the visitors to our country, whose bodies marked our national border.

May the martyrs of Black Saturday be etched in the hearts of Israel for generations.

We will embrace life in our hearts, the survivors of the abyss and the rescued from acts of horror.

The kidnapped and the captives still imprisoned in the Gaza tunnels. The elderly and the young, the female soldier and the male soldier, the infant and the toddler, the mother and the father. Behold, their eyes are raised to us, and let us not be silent until they return to their borders.

We will embrace in our hearts the girls and boys who grew up under the shadow of the tumult and were caught in the exploding abyss.

The wounded in body and soul.

The anxious for the safety of their kidnapped loved ones.

The orphans and the widows, all those who mourn.

The refugees of the sword, communities, who were forced to flee from their homes and no one knows when they will be able to return.

Let there be no rest, no comfort, and no relief from the mourning until Israel returns and redeems its devastated land, and lives in security and peace for generations.



**Testimony: Alon Packer, a member of Kibbutz Be'eri - October 11, 2023:**

"As the hours pass, we see the messages and understand that we are facing complete chaos. Citizens with bare hands and minimal emergency response. This is a horror that has not occurred in the history of Zionism, since the events of 1929, when Jews stood unprotected against Arab marauders.

How much decay must there be, for it to take hours until the army arrives to handle an event that should have been prevented in the first place? We have an amazing people; this is proven here every day.

But the first Zionist commonwealth has been destroyed. The world that was will no longer be, and the second Zionist commonwealth must be built anew and clean."

We have hostages in Gaza. Each one who dies will double the pain. We will pay the price of this disgrace with compound interest for the next hundred years. There are serious people who still think it is entirely legitimate to sacrifice these hostages to erase Gaza. No one has the authority to extract any more a price from us, not even a fingernail; our blood is on your heads! Everyone must return alive! You owe us that. We have already paid more than enough."



## The following is an extract from the Yom Kippur prayer:

### “Netaneh Tokef”



Let us now relate the power of this day's holiness, for it is awesome and frightening. On it Your Kingship will be exalted; Your throne will be firmed with kindness and You will sit upon it in truth. It is true that You alone are the One Who judges, proves, knows, and bears witness; Who writes and seats, (counts and calculates); Who remembers all that was forgotten. You will open the Book of Chronicles – it will read itself, and everyone's signature is in it. The great shofar will be sounded and a still, thin sound will be heard. Angels will hasten, a trembling and terror will seize them – and they will say, 'Behold, it is the Day of Judgment, to muster the heavenly host for judgment!' - for they cannot be vindicated in Your eyes in judgment.

All mankind will pass before You like members of the flock. Like a shepherd pasturing his flock, making sheep pass under his staff, so shall You cause to pass, count, calculate, and consider the soul of all the living; and You shall apportion the fixed needs of all Your creatures and inscribe their verdict.

**On Rosh Hashanah will be inscribed and on Yom Kippur will be sealed how many will pass from the earth and how many will be created; who will live and who will die; who will die at his predestined time and who before his time; who by water and who by fire, who by sword, who by beast, who by famine, who by thirst, who by storm, who by plague, who by strangulation, and who by stoning. Who will rest and who will wander, who will live in harmony and who will be harried, who will enjoy tranquility and who will suffer, who will be impoverished and who will be enriched, who will be degraded and who will be exalted.**

**But REPENTENCE, PRAYER and CHARITY Remove the Evil of the Decree!**

**Especially for The Yizraelite readers:** The following is the link to the version of “Nataneh Tokef” sung at Kibbutz Beit HaShita in memory of their fallen in the Yom Kippur War....and we never learn!

<https://youtu.be/yspXvbBPrXc?si=q0cQJ1J2nhgTZL8U>

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## **Get Well Soon!**



**Wishing a speedy recovery to Zimra!**

The newsletter team and everyone on Yizrael wish Zimra a full recovery and a quick healing!

### **Joint Meeting of the Management Committee and Community Management**

**Sunday, October 13, 2024, at 17:30.**

**Agenda:** In preparation for the open meeting to be held on Monday 14.10.24

### **Public Meeting regarding the Proposal from the Management Committee and Community Management to Develop a Profit-sharing Key**

**Monday, October 14, 2024, at 20:30.**

**V.I.M! (Very Important Meeting – Ed))**

Submitted by: Limor Griman





## Yom Kippur Prayer Times

### In the Shul

Kol Nidrei	18: 00	כל נדרי	<b>Friday</b>
Shacharit	08: 30	שחרית	<b>Saturday</b>
Yizkor	+/- 10: 00	יזכור	
Mincha	16: 25	מנחה	
Neilah	40: 17	נעילה	
Shofar Maariv	18: 36	תקיעת שופר, מעריב	
End of Fast	18: 46	וקידוש לבנה סיום הצום	

Happy New Year

Gmar Hatimah Tovah – May you be inscribed in the Book of Life

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## Thank You

**Thank you for the “Songs of Hope” evening on Rosh Hashanah.**

I wanted to express my gratitude for the opportunity to sing again, not in the shower, not in the garden, and not in the car, but on stage for the members of Yizrael. Every time our own “In House Band” reaches out to me, it fills my heart, and I eagerly agree to sing. The songs of hope warmed my heart and provided a chance to look a little ahead with optimism. I look forward to many more opportunities in the future...

Rinat Chikorel

## **Thank you for an evening of quizzes and videos on Rosh Hashanah - a moment of tranquility in turbulent times – Daniel Hyams**

On Friday evening, we gathered in the moadon for an event organised by the holiday team. During this period of ongoing tension, alarms, and concern for the hostages, it was a blessed moment of quiet and community gathering.

The evening included a Kabbalat Shabbat, song quizzes, a photo display from the early days of Yizrael, and a presentation by first graders. The combination of old and new, memories of the past alongside the faces of the community today and the sweet faces of children starting their journey in school was particularly comforting.

Among the familiar sounds of Shabbat songs and nostalgic images, we found a moment of normalcy. It was uplifting to see so many different age groups participating and connecting. The audience was diverse in age, and the holiday team was also very varied, including Nir Baor, Idit Halevi, Tal Darom, Alma Brauman, Reut Mor, Ariel Sadur, Guy Dashevsky, and Zohar Assaf. The team succeeded in creating an atmosphere that suited everyone, from the young to the old.

An evening like this, even if short, provides a lot of hope and is a reminder of the strength of our community and the importance of togetherness, especially during challenging times.

Thank you, dear team.

Daniel Hyams-Assaf

## **Thank you for shutting down my fire alarm – (or was it “shutting up my fire alarm – Ed)**

Ilana Shani thanks Oren Broadhurst for sorting out her faulty smoke alarm in the dead of night!

## **Published on Kehilanet 10/3/24 – Hungry Soldiers – Liran Penn**

I received a message from a friend about a battalion of soldiers who arrived at a gathering area on their way north. The soldiers have no kitchen or means to prepare

food. I reached out to Itzik Shechter and Adi Ilan (Donations Committee), and in seconds, work was underway.

Thank you to the Donations Committee for the financial support, to Itzik Shechter, who came to the kitchen and prepared burgers and fries, equipping us with everything needed for a good meal, to Tami for opening the Kolbo and helping with drinks and snacks, and to Rachma for bringing fresh buns.

We arrived with plenty of tasty food for the hungry heroes.

May we always be on the giving side 🙏 with hope for good news, the return of the hostages, and the safe return of all soldiers 🙏

Written by: Liran Penn

## Messages from the Health and Welfare Cluster



1. **Yesterday, 10/10/24, was World Mental Health Day.** It is aimed at promoting knowledge and awareness in the field of mental health and combating the social stigma surrounding it.

It's okay not to be okay. Just as a person can have physical diseases and pains, they can also experience mental health challenges. Among us live individuals who are dealing with mental health issues. While they strive and do everything they can, with the help of professionals, to achieve personal goals and live fulfilling lives, we as a society also have ways to help, even if not directly.

We can educate ourselves, read articles, attend lectures in person or on zoom, teach our children, be less judgmental (even towards ourselves!), remember that there is always more than meets the eye, and therefore refrain from jumping to conclusions and clucking our tongues. Each of us can contribute in our own way to breaking down stigma and prejudice.

On Yizrael, there are several professionals to whom one can reach out for questions, advice, and guidance. There are also the organisations, initiatives, and mental health services available in the country.

## 2. Reimbursements from Clalit Mushlam – It's important to respond to SMS messages from the health fund



Hello, I am reminding you again: if you received an SMS from Clalit Mushlam, please do not ignore it.

Whenever you go for physiotherapy/hydrotherapy, consultations, psychological services (for children), hearing aids, pregnancy tests, and more, we submit the receipts for reimbursement. We handle the claims submission on behalf of the member (you and me – Ed), but it is the member and not the health authorities who will receive the notification, which could be one of the following (examples attached):

- Confirmation that the claim documents were received.
- A link to a letter regarding the claim (missing documents, claim denial with details, reimbursement confirmation with the amount).

**Please click the link in the message you received and retrieve the letter, then forward it to us.**

Completing the claim fully is very important to us; it would be a shame to leave the money with Clalit! Most importantly, it allows us to increase reimbursements for members in the future.

For assistance navigating the website, opening the SMS, retrieving claim letters from the personal area, completing missing documents, uploading them to the website, or any other issues – please reach out to me (Talía) or Inbal Pezaro. We would be happy to meet with you and assist.

Thank you in anticipation,  
Talía Arad  
Coordinator of the Health and Welfare Cluster



## A Message from the Appointments Committee

We are calling on the public to suggest candidates for various positions.

**1. Environmental Quality Committee** - The committee thanks Ella Cohen for her two terms in the position and invites the public to suggest names for a new coordinator.

**2. Initiatives and Small Businesses Committee** - We are looking for public representatives and a representative from the entrepreneurs themselves.

3. **Audit Committee** (Va'adat Bikoret)- We ask the public to propose an additional member.

**Suggestions can be submitted over the next two weeks to the members of the Committee.**

**Committee members:** Kinneret Govrin, Albert Rosilio, Liran Penn, Anat Friedman, Ori Ayalon, Tzach Sassi, and Nir Segal.

## **"Everything here is Temporary, for Now". Tzafnat Mor**

**Summary of Tzafnat's text:** The text reflects on the emotional and psychological toll of the ongoing conflict, particularly marking the one-year anniversary of the tragic events that occurred on October 7, 2023. It describes a memorial service for a fallen soldier, Idan Raz, where attendees honored his memory by wearing red and transforming the cemetery into a stadium of love. Despite the somber occasion, the atmosphere was filled with spirit and camaraderie.

The narrative transitions to a visit in Kibbutz Kfar Azza, where volunteers are tending to the community and private gardens after the devastation. The writer shares insights from various encounters, highlighting stories of survival and resilience amid the ruins. There are poignant reminders of those lost, with memorials in place to ensure they are not forgotten.

As the day concludes, the writer reflects on the stark contrast between the beauty of the kibbutz life that once was and the horror of the recent past. The message emphasizes the need to keep the stories of the abducted and the fallen alive, reminding readers that these are real people, not just statistics. The text captures a sense of collective mourning while also showcasing the determination to remember and rebuild.

### **Full Text Translation:**

**Tzafnat Mor:** Everything here is temporary, for now. Everything stands still, time continues to move, you were here and suddenly... a year has passed, time, and numbers that seem to have lost their meaning. Life has not returned to normal; it continues at a different pace in a kind of parallel world. It was halted on October 7, 2023 - the day that does not end. The terrible days of awe are ahead of us, but we have been living them for a whole year; they have no end. How can one even get

through this day, marking a year since the terrible war? The greatest disaster that has happened to our people since the founding of the state?

In the afternoon, I was with Eran Shkolnik at the memorial for First Class Sergeant Idan Raz, a soldier in the Golani Brigade, a fan of Hapoel, and a kibbutznik from Ein Hamifratz. A wonderful and special family. His mother, Etti, asked only one thing from the attendees - come dressed in red, turn the cemetery, for a moment, into a stadium of love; and that is indeed what happened. Golani flags in green and yellow alongside Hapoel flags in red and white, drums, flares, and cheering accessories usually found in the "ultra" section, blended in a strange but natural way. At the end of Etti's eulogy, she asked the Hapoel fans to take the baton and cheer, and for a moment, it was easy to mistake the venue for Bloomfield Stadium instead of a cemetery.

After the memorial, as we were about to disperse towards the moadon, the siren sounded, Missiles, and interceptions reminded us that the winds of war still blow. Loud explosions of interceptions above us - just hoping that no shrapnel would fall here. Shrapnel did fall, but at a distance, signaling us that the time had come to move off. From the memorial in Ein Hamifratz, I headed dramatically towards the southern border for a tour organised by the Kibbutz Movement.

**We started the morning in Kibbutz Kfar Azza**, where we met Ido Fraber from Beit Hashita, who, along with another friend, established the 'commune' in Kibbutz Kfar Azza - a place where wheat grows again. Every week, up to 15 people come to help with the landscaping work in the private gardens of the members. Ido took us on a tour of the Kibbutz; we began at the back gate, where the massacre started. The distance to Gaza is short; a quick run and they are here (or we are there) ... On October 7, a year ago, the gate was breached, and the path was clear straight to the young generation's rooms.

Time stands still. The destroyed and burned young people's apartments remain, silent testimonies to what happened here. Signs with pictures and names of the victims outside each apartment, and a family that turned their daughter and son-in-law's apartment - Sivan Alkabetz and Naor Hasidim - into a memorial display so that everyone could enter, see, and tell of what they had seen... so we never forget those who were and what happened to them.

Nitzan, Neta, Ofir - may their memory be blessed; Emily, Gali, and Ziv; they were here and disappeared. The apartments are desolate, the dimensions of destruction and horrors are still exposed to all. Doron and Keith, only a sign indicating that they lived and were abducted from here. Remnants of what was the home of Ido's friends from the days of Protective Edge - Lily and Ram Itamar, may their memory be blessed.

Towards the end of the tour in the kibbutz, we arrived at the last point - the weapons depot. Outside it on the grass, one of the fierce battles of the brave standby team took place - Ofir, Uri, Nadav, Aviv, Tal, Avi, and Shachar, may their memory be blessed.

**From there, we continued to the abandoned kibbutz Sufa** - we met a nice couple of volunteers from the Kfar Menahem, who, along with other volunteers, maintain the greenery and the abandoned kibbutz. When they arrived, after about ten months of war, the kibbutz was neglected. According to them, it looked as if it had been abandoned for even longer than ten months. Slowly and carefully, under the guidance of a representative from the kibbutz, they began to weed and clean in hopes that maybe, at some unknown time, the residents would want to return here. They are afraid, but the visit of most of them to the kibbutz on the anniversary of the massacre gives a feeling that perhaps there is something to talk about regarding their return.

**Nir Yitzhak was the next kibbutz on our programme.** First, we met with a kibbutz member – Tuval, who briefly told us her family and kibbutz story from the day of the massacre, what happened to the community since then, and where they are today (some have returned to the kibbutz, some have not). We toured the volunteers' houses, and in one of them, Olga, an experienced kibbutz member responsible for volunteers and mourning, shared her incredible story from that day. She and her husband were locked in the secure room, but they had no idea what was happening outside. We visited with Olga, the house where the family - parents, children, and two small dogs - quietly hid in the secure room while the terrorists turned their home into a command center for an extended period. From there, we continued to the "dining room" of Nir Yitzhak for lunch, a summing up meeting, and farewell remarks.

Just before the long drive home, with a lovely couple from Timrat who gave me a ride, we stopped at Kibbutz Holit and met the survivor – Nitzan. Holit is also abandoned; only Nitzan and another member of the standby team remained. While they discussed what needed to be done and what tools to bring, I took the time to admire the old laundry that had been repurposed for the gardening branch. Outside stood a "new toy," just like ours - a multifunctional tractor, next to an abandoned and empty structure, remnants of a nursery that used to be there, and Nitzan wants to rebuild. The dining room is also abandoned and neglected, but it seems to have been so for much longer than a year. At the entrance to the dining room, there is a memorial corner with candles and a sign with names and pictures in memory of the 15 members of Holit who were massacred.



Familiar faces and names suddenly spring back at once... and all their personal stories; a short drive in the empty parking lot, a burned armoured vehicle on one side, vegetation, a road, and remnants of burned belongings on the other side.

The long drive home, endless traffic jams, silence.

I could have stayed for hours if not for time constraints. I tried to imagine and understand what had happened. I couldn't. It's simply unfathomable.

99 percent paradise, turned in an instant into 100 percent hell.

In the evening, while I was browsing social media a bit in search of survivor and hostage stories, I came across what Sharon Calderone from Kibbutz Sufa said. Her husband, Nissan, is the brother of Ofer Calderone from Nir Oz, who is still a hostage; and this is what she said - "We must keep the struggle high on the agenda, echo the story of every hostage. **The hostages are not billboards, they are people!**"



## A Toast for the New Year – The Librarians



A year full of pain has passed. This year, the library functioned as an island of light, safety, and assistance. When the war first began, we opened the library in the mornings for families with small children, and very quickly, it also became a pleasant place for families displaced from the south and north who came to stay in Yizrael. You probably remember the afternoons when the library was bustling with people and the storytelling hours well attended.

At the end of last year, we took down the previous exhibition, which dealt with libraries that existed in Yizrael before the complex was established, and later in the year, the current exhibition was presented, about Anne of Green Gables, designed and set up by A.G. Gilad, when he returned to Yizrael from national service due to the war. We even made a bit of history by obtaining permission from national service for him to serve at the kibbutz library (he later returned to service Ramat Gan). After the holidays, we will take down this exhibition and begin preparing for the next one.

Libraries around the world serve as a refuge and sanctuary for anyone in need. Here in Yizrael, there is no population of homeless or poor individuals who might come to the library because they have no home or need a warm place to stay during the winter. Fortunately, during the war, we were able to be a haven for displaced families who lived here. In regular times, what is required of us is to warmly welcome children who come to the library, **sometimes reminding those eating here to keep it down**, (I couldn't resist leaving Chat's mistranslation untouched – Ed) and occasionally reminding people that there have books overdue for more than a month that they need to return.

I hope that in the coming year, many people will come here, but not because of the war, rather to enjoy the place, see the exhibition, borrow books, and spend some time in a space of culture and tranquility.

Reut Shalev



## Notes from the Music School



### How Does Music Affect a Child's Personality?

Music accompanies each and every one of us from infancy and throughout our lives. Everyone has a song that reminds them of a significant period or moment in life. Music has a powerful ability to enhance emotions and heal psychological pain. The music we listen to affects us and our children's behaviour in various ways.

**Music influences children and their personalities:**

- Music affects intelligence. Research shows that exposure to a wide variety of musical styles improves children's spatial thinking.
- Music affects memory. Children who play musical instruments demonstrate a higher memory capacity than other children, not just in the musical domain.
- Music affects mood. Listening to cheerful music, or any music we like, triggers chemical reactions in the brain. This music is effective in helping to remarkably improve mood during moments of crisis and sadness.
- Music affects concentration, cooperation, and self-discipline. Studies in several kindergartens that incorporated musical activities have proven beyond doubt that music raises children's concentration levels, encourages participation, and leads to better self-discipline.

The impact of music on personality:

Once the sounds begin to play, children naturally come to life and respond in the purest and most automatic way. This ability must be preserved. As we grow, we become aware of ourselves, our bodies, and how we appear to others. This awareness also affects our dancing, and sometimes we might feel shy to dance and let loose around people, even if we love music and want to dance. Children, generally, do not have this barrier. They hear music, enjoy it, and move to its rhythms.

Music creates energies of joy in children. They dance, enjoy, feel excited, and confident. When they dance, others also feel happy and enjoy it, making them feel more secure. Thus, their self-confidence increases. A happy child who dances and connects with music can forget themselves and not notice other children or adults around them. This is a wonderful ability that we tend to lose as we mature. Music and dancing significantly contribute to a child's self-confidence and help them cope with stage fright or the fear of not fitting in.

From the moment a baby starts responding to their environment, they also respond to music. Some mothers play music to the fetus while still in the womb. Infants, toddlers, and children listen to music almost automatically. Naturally, they begin to move and dance without thinking about their surroundings or who sees them. Children aged two to four are typically engaged in their personal experience and do not critique other children or themselves. Therefore, exposure to a joyful environment greatly helps improve a child's self-confidence.

Many parents discover their child's love for music and wish for them to learn to play a specific instrument. Therefore, it is recommended to expose children at home to as

many musical styles as possible, so they can connect with the style that resonates with them. Later on, they can be given a percussion instrument like a small darbuka or a toy guitar. When a child falls in love with music at home and sees their parents happy and enjoying music in their surroundings, they too will develop a musical taste and enjoy listening, dancing, and expressing themselves in their own way. This way, the child can create their "self-identity" from the musical world.

The article was originally written by Ben Adler in collaboration with "The Great Banjo" on the "Noni" website for early childhood and edited by Maida Nechushtan for the Music School and the Yizrael newsletter.

## **Yom Kippur Eve – Friday 11.10.24**

### **Discussion and Study on the Topic:**

### **"Redemption of Captives"**

Led by Shlomo Cohen

Lot was in captivity under Kdarlaomer, Dinah, the daughter of Jacob, was captive with Shchem the son of Hamor, Joseph was imprisoned in Egypt, the daughters of Yavesh Gilad were captured by the Israelites, the Philistines captured the Ark of the Covenant, two of David's wives were taken captive by Amalek, Achinoam the Jezreelite and Abigail the wife of Nabal the Carmelite, and more...

How were they redeemed?

Friday, October 11, 2024, Evening of the 10th of Tishrei

**20:00 at the Moadon**

**No refreshments will be served.**

## **N.B. - Holiday Meals During Succot!!!**

In light of the regional safety guidelines and the desire to allow seated meals in the dining room on the eve of the holiday and during Sukkot, it has been decided:

- On the eve of the holiday - Wednesday, October 16, a festive self-service meal will take place, according to the hours published by the food department.

- **To maintain the gathering limit of 300 people in the building, you are requested not to invite guests to the dinner in the dining room.**

- The holiday reception will take place after the meal in the moadon, and guests are welcome to attend.

- On the holiday - Thursday, October 17, a festive brunch will be held.

We hope that by the eve of Simchat Torah, the security situation will improve, and we will be able to celebrate together as we are accustomed, in a full and joyful dining room.

## **Succot Programme**

**Wednesday 16.10.24** - Festive dinner served buffet-style

– see food branch announcements

19:30      Opening of the “festival” Moadon

20:00      Sukkot Celebration, various quizzes, and "Kahoot" game

**Thursday 17.10.24** 10:00-12:00    In the Sukkah

Challenge: "Preparing the Longest Sukkah Chain in the World"

"Rain Guessing Booth" – a new activity with great prizes!!!

21:30      FOUR TUNE in a liberating rock performance – pub

**Sunday 20.10.24** 17:30      "The Brother of Paspas" - a show for young children, a collaboration with the library – in the sukkah

**Monday 21.10.24** 19:00      Traditional BBB Evening – in the dining hall

**Wednesday 23.10.24**              Festive dinner served buffet-style

– see food Branch announcements

19:30      Opening of the “Festive” Moadon

20:00      Simchat Torah Celebration – in the moadon

**Thursday 24.10.24** 10:00-12:00    Kite Workshop

17:00      "Yellow Kite Festival" – at the rugby field

The festival program has been adapted according to the current security guidelines for Wednesday, 9.10. If there are any changes, we will update on Kehilanet and the WhatsApp group "Cultural Updates."

Wishing a Happy Holiday to all Beit Yizrael

**Festival Team:** Axel Levin, Tal Wolfson-Darom, Nofar Dolinko, Nicole Emerik, Einav Nagar, Tamar Sanker

## English is Fun - with Rahel

### THE UNSCIENTIFIC HALL OF FAME

- When you breathe, you inspire. When you do not breathe, you expire.
- An artery carries blood to or from the heart. I forget which. But the body remembers, and that is the important thing.
- Scientists are hypothetical people.
- Our new teacher told us all about fossils. Before she came to our class, I didn't know what a fossil looked like.
- A squid is a sort of a small jellyfish, except that it has ten to twelve testicles that hang down from its body.
- Water is composed of two gins, oxygen and hydrogen. Oxygen is pure gin. Hydrogen is gin and water.
- Sir Isaac Newton invented the law of gravity, which says no fair jumping up without coming back down.
- Genetics explain why you look like your father and if you don't, why you should.
- Artificial insemination is when the farmer does it to the cow and not the bull.

### COURT COMEDIANS:

*Each of the following actually took place in the law-and-disorder atmosphere of a real courtroom.*

Q. Did you see him bite off the plaintiff's ear?

A. Nope, Your Honour, but I did see him spit it out.

Q. Now it's a fact, isn't it, that whenever your husband leaves town on his job as an over-the-road truck driver, another man comes to live in your house?

A. That's a lie! My husband is not an over-the-road truck driver.

Q. Have you changed your mind about your dissolution of marriage?

A. No. I'm still disillusioned.

Q. Did the perpetrator have facial hair?

A. Yes, eyebrows.

Q. Have you ever been accused of taking anything from your employer that you were not entitled to, Mrs. Anders?

A. Do you mean other than my pay check?

Q. How old are you?

A. Seventeen, and I've been masturbated.

Q. What gear were you in at the moment of impact?

A. Gucci sweats, and Reeboks.

.....more next week





## **Programme for 13/10/24 – 17/10/24**

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

### **Sunday 13 October**

Opening the week with Monica.

09:10 Armchair lecture or “Easter Islands” with Galia Shemi

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

### **Monday 14 October**

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

10:00 Trivia and Brain Games with Galia

16:00 Or B’Givah is open for coffee and lively conversation

### **Tuesday 15 October**

10:00 Movie screening – Galia

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

### **Wednesday 16 October**

Erev Succot – closed

### **Thursday 17 October**

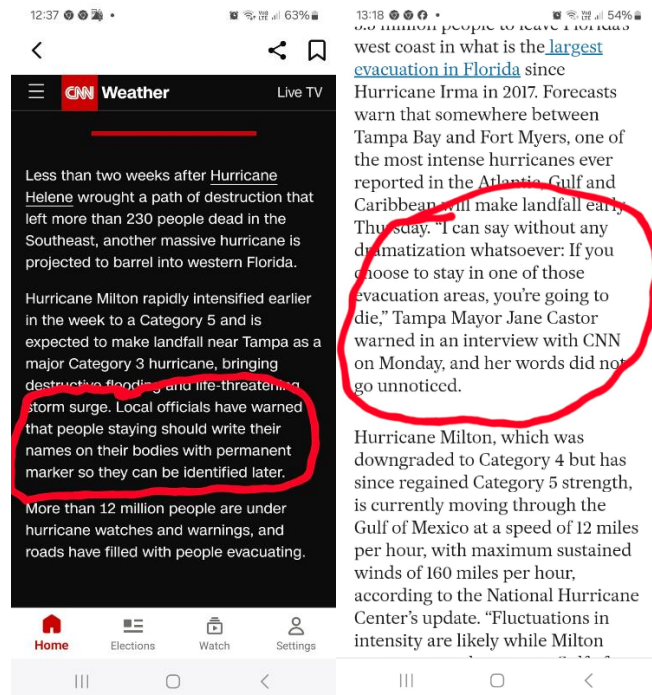
Succot – closed

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## **Hurricane Milton Wreaks Destruction in Florida**

This Milton guy is no joke – we always knew that!!!

The Yanks certainly do not mince words. Look at the wording of the evacuation warnings: No Edi-Torial adjustments have been made!



Now I understand how Joe Biden dared speak with disrespect to my very honorable prime minister



Bernie Fink

## **Credits:**

**Editor of Hebrew Newsletter: Reut Shaliv**

Translated and edited by: Eddie Solow

Proofread by: Biff Markham-Oren

Printed by: Danit Duvdevani Kirshberg and Hedva Shahrabani

**Disclaimer 1:** The Editor 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! Not all the material published in the Hebrew newsletter appears in "The Yizraelite". Considerations of length, readers' interest and the Editor's ability to grapple with the subject matter, determine what is included.

**Disclaimer 2: "English is Fun":** At the request of the author, this column is not proofread or edited in any way. Content and format are at the discretion of the author.

Note: The readers are encouraged to submit for inclusion "letters to the editor", photos and material that does not appear in the Hebrew Alon.