



**The Yizraelite – No 2203 Date: 11.4.25**

**Kibbutz Yizrael**

**Edi-torial: Let My People Go!!**



**Reut's Editorial**



**"May there be freedom for all the hostages soon...  
NOW."**



## **Congratulations on the marriage of Chen Tchernichovsky to Ilan.**



Congratulations to Natasha and Dima Tchernichovsky,  
and to brother Amit.

Congratulations to the entire Tchernichovsky family and Ilan's family.  
Wishing you an abundance of joy, health, and lots and lots of love

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## **The Completion of Adi's Role as Education Coordinator**



Adi Ilan has completed 6 years as Education Coordinator.

We bid farewell to her with words of gratitude for years  
of dedication. A huge thank you and appreciation to Adi  
from the entire Yizre'el community! Attached are



messages from various farewell events:

**Dear Adi,**

We want to express our deep gratitude for establishing a team that feels like family, a team that inspires envy in all the neighbouring communities. You invested in content and collaborative learning, building a comprehensive system that aspires to move forward.

A system that captures attention in every forum, and you created a unified language in every home: response scales, key transfers, weekly plans, group activities, email communications, tri-monthly meetings, and vegan initiatives.

You never tire! Even at midnight, you are always blessing us. You provide unwavering support to the team, and when criticism is needed, you offer it in a constructive manner.

You instilled values of compassion, acceptance, and tolerance. There's no doubt, you fulfilled your role with dedication.

We wish you, continued blessed endeavors, full of satisfaction and success. Thank you for everything you've done.

"Behind all visible things, there is something greater; everything is a path, a gate, or a window opening to something else." (Antoine de Saint-Exupéry) Good luck!!!

With love and already missing you,

The Social Education Team :

Or, Eyal, Eliya, Barak, Tali, Yuval, Yarin, Maya, Matan, Nitzan, Noam, Naomi, Almah, Amit, Inbal, Ofer, Ofri, Tzafnat, Ronen, Shachaf, Shimrit.

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### **From the Education Management Forum,**

We stand stand next to you and can't believe we are now blessing you as you embark on a journey that is somewhat paved, guaranteed in certain ways, mysterious and challenging in others, intriguing and enabling in many respects. Most importantly – it is your own path.

We have walked together for several years, and many children have passed through your hands. Directors and community managers have changed, and we've navigated organisational structures that challenged our understanding. There have been crises, disagreements, personal and professional growth, and countless conversations, dilemmas, Covid, and war, meetings both within and outside the framework of the forum. Above all, there has been partnership and mutuality that transcend time and place.

Adi, the thought of the forum without your community and collective perspective, consideration for the individuals in the group in all their diversity—makes us nostalgic and reflects on your rightful place in this framework over the years.

The current forum, which has already undergone and will continue to undergo changes in the coming months, will surely miss meeting with you, sharing dilemmas, challenges, and plans. Throughout the years, you have never rested, always thinking and dreaming of another social perspective, another challenge for the team, maintaining local human resources, quality activities "for us," parent workshops, team meetings, education in Yizrael 2030, a brave and forward-looking perspective on the structures of day-care centres, and much more... Surely there are still plans in your mind that have yet to be realised.

Adi, the magic of a youth leader has not faded even as you became a director, and it was evident in your interpersonal interactions with the leaders, immediate and so important and meaningful. This uniqueness of yours was present in team discussions, mentoring new and older leaders, one-on-one conversations in the room, and large team meetings, both personal and group guidance. You have left behind an organised, well managed, and budgeted system, with clear values, traditions, and routines. Thank you for all the work you've done with generosity and an open heart!

Adi, you came to Yizrael and immediately joined the education branch. Quietly and modestly, you earned your status and established what you already knew and we learned—that you are a first-rate educator. We wish for you to continue to act, grow, and develop. To evolve and specialise in any field and matter you desire. Dear Adi, you are a model and example of a true, honest, sincere, responsible, sensitive, and strong professional. Your team will miss you, but you have left a part of yourself in each of them, and we are sure that your phone and WhatsApp will remain open to us. Continue to be unique and wise, compassionate, and proactive for yourself, for your family and friends, and for others you accompany along the way. We know you are here, just around the corner. We send you off on your new-old path with love, nostalgia, anticipation, and a hug.

We admire you greatly.

Education Management Forum, Spring 2025

Avishag Sharoni, Limor Griman, Yael Oster, Yifat Assaf, and Netta Ratzin-Blass

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## **Adi Addresses the Parents**

Dear Parents. It is not easy to conclude and summarise nine and a half years in the system, of which for nearly six years as the education coordinator (Merakezet). When I entered the role, the Rimon Group was in sixth grade, and now they are just about to finish twelfth grade. A few months later, we welcomed the Clovers group, who are now our sixth graders. We have travelled a shared journey together—activities, events, system changes, as well as years of Covid, lockdowns, quarantines, and a long and ongoing period of war.

Throughout my years in the system, I have done my utmost to create and maintain a values-based, nurturing, and stable education system for our children and youth. The educational work was made possible thanks to a truly special team, exceptional educators with whom I had the great privilege to work (a huge thank you to each and every one of them), with the support of good and supportive partnerships in the education leadership (a big thank you to all the partners in the education forum past

and present), much support from officials and coordinators, and of course—thanks to you, the parents.

I want to express my gratitude to you, dear parents, for your trust and support in me and the team, for walking with us, for believing in us, and for entrusting us with your most precious treasure. This is not something to be taken for granted, and I truly appreciate it. I also want to take this opportunity to apologise to those who were hurt along the way; the intention was always for the benefit of the children. Thank you all for the heartfelt gift and the touching blessing.

I wish Ofri much success in her new role — I believe and trust that you will do this to the best of your ability. I wish us all continued meaningful and positive educational and community work. We hope for days of peace and a swift return of all the hostages!

With gratitude and appreciation,  
Adi

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## **Community Management Meeting Summary – 6.4.25**

**Participants:** Ilana Peleg, Erez Peleg, Talia Arad, Yifat Segal, Ishai Levi, Kinneret Govrin, Maor Persai, Stas Gavrilov, Shlomo Levi, Tamir Blass, Limor Griman.

### **Agenda:**

#### **1. Updates and Miscellaneous**

- **Protest Committee Formation:** Limor announced the establishment of a protest committee following the asefa decisions. Members include Alita Mor, Danit Kirshberg, Jonathan Wittelson, Yitzhak Peleg, Nitzan Rivlin-Feldman, Shimrit Meir, and Tamar Sankar. A letter was sent to the regional council head urging support for judicial rulings.
- **Topics for the Asefa:** Limor will inform the management about topics for discussion in the asefa. Members can request to discuss specific issues beforehand.

#### **2. Proposed Changes to Work Procedures**

- **Work Procedures Update:** Kinneret Govrin presented proposed updates to the work policy addressing non-compliance and maternity leave. The main changes include:
  - Increasing the minimum work requirement from 70% to 85%.
  - Imposing a cap on fines for not meeting work obligations, with a maximum of 10,000 NIS.
  - Addressing situations of non-compliance due to maternity leave or other circumstances.

- **External Workers Procedure:** Updates aim to raise wages for outside workers to enhance community income. This includes establishing a minimum wage and clearer definitions for travel expenses.

### 3. **Community Discussion on Sleeping Arrangements in Youth Rooms**

- Limor presented the ongoing discussion in the education council regarding sleeping arrangements for older youth. A process will be initiated to gather community input, including discussions with youth, parents, and the public.
- **Decision:** The Community Management approved the examination process, and the topic will be brought to the asefa for discussion and decision.

**Reported by:** Limor Griman

(Edi-tor's Note. Last week we accidentally published the detailed article on the subject of the process which appears in this week's Alon – Ed)

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## **Carmi's Bat Mitzva – THANK YOU**



Now, as we've caught our breath after the excitement of Carmi's special Bat Mitzvah, it's the perfect time to stop and say thank you.

**To Noa Armoza**, who was the beating heart of the production – thank you for your sensitivity, dedication, precision, and love. You planned every detail with us, knew exactly what needed to happen and when, did everything with a big smile and a lot of heart, and we knew we were in good hands.

To Idit Halevi, who keeps the moadon welcoming, organised, and pleasant, looks after the beautiful utensils for all of us, and is always available for anything we need. Thank you for caring.

To Naomi Levin, Shimrit Tzfadia, and the wonderful boys and girls – thank you! You are simply champions. We couldn't believe how much calm and confidence you brought with you – you set up, dismantled, and operated the event with professionalism, quietly and precisely. You gave us a gift: the ability to be present and enjoy the moment.

To our kitchen team, led by Itzik Shechter and Adi Laviv – the food was amazing, everyone talked about it and complimented it, from the oldest to the youngest. Thank you for your precision leading up to the event and for the taste.

Thank you to our wonderful family and friends, who are always there, always helping, always celebrating with us, even when we're pestering you with last-minute requests...

And to the Yizrael community for the good wishes and smiles along the paths – thank you!

Carmi, Nir, Ari, Eviatar, and Danielle Assaf

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## Community Management Report – 6.4.25

**Participants:** Ilana Peleg, Erez Peleg, Talia Arad, Yifat Segal, Ishai Levi, Kinneret Govrin, Maor Persai, Stas Gavrilov, Shlomo Levi, Tamir Blass, Limor Griman.

### Agenda:

#### 1. Information and Miscellaneous

- a. **Protest Committee.** Limor updated that according to the asefa's decisions regarding the kibbutz's participation in the protest, a protest committee has been established and will begin operations this week. Members of the committee: Alita Mor, Danit Kirshberg, Yonatan Vitlson, Yitzhak Peleg, Nitzan Rivlin-Feldman, Shimrit Meir, Tamar Sanker.

**A letter was sent to the head of the regional council**, urging him to take a stand and announce his support for the statement of local authority heads calling on the government to respect court rulings. (Following this report – Ed)

- b. **Regarding topics to be brought to the asefa**, Limor promised that a list of subjects for discussion will be shared with the Community Management. Management members who believe a specific topic needs prior discussion before the asefa are welcome to request it.

#### 2. Proposals for Changes to The Work Procedure and Outside Workers Procedure.

(Invited members from HR management: Ilan Sadur, Irit Shemesh, Peter Pezaro, Rochele Matalon, Shlomo Cohen and members from the outside workers management: Inbal Pezaro, Rafi Baum. Guests: Ariel Dolinko, Elad Ilan.)

Kinneret Govrin, HR manager, presented the topic: The HR management and external workers management dedicated significant time to these two procedures, with in-depth discussions published to the community. The procedures create an organisational infrastructure and provide members with a sense of security and fairness through uniform decisions regarding all members, addressing various issues and enforcement as needed.

**A. Work Procedure:** It is proposed to update two sections of the procedure. The first relates to failure to meet work obligations and the second regarding

maternity leave. The rationale for changes in the section on non-compliance stems from several factors:

There is a need to sharpen the value of work due to a sense of erosion, and it is the responsibility of HR management to prioritize this issue.

- a. In light of budgetary difficulties and the need to increase community income, it is essential to boost members' earnings.
- b. Updating the section ensures fairness towards all members fulfilling their work obligations.
- c. Currently, it is possible to work only four days a week and use substitute days (vacation, illness) to meet work obligations, which contradicts community decisions.
- d. Additional references were added for cases where members did not work most of the year due to maternity leave or absorption.
- e. The current penalty amount is negligible when there are no bonuses.
- f. A maximum penalty cap has been added to ensure moderation.

The significant change is raising the minimum employment rate from 70% or below to 85% or below. Previously, there was no penalty cap for not meeting work obligations. HR management proposes to charge the member for missing work days up to a maximum of 10,000 NIS. Additionally, the existing penalty which reduces work bonuses and profits will remain proportional to the member's employment rate.

#### **Discussion:**

- \* Some claimed the fine was high, while others disagreed. It was asked if a member could choose to pay the fine instead of working full-time that year.
- \* There should be a reference in the procedure for cases where a member consistently fails to meet work obligations (beyond one year), The Management Committee should deal with these cases.
- \* The essence of the change is not the penalty amount but that for the first time there is a reference to the member's employment standard to root out the phenomenon of choosing part-time work supplemented by sick or vacation days, which is currently allowed (even if this was never our intention – Ed).
- \* Regarding maternity leave, the wording needs to be clarified to prevent loopholes.
- \* Decisions regarding non-compliance with work obligations are made by HR Management based on data and not randomly.

**B. Outside Workers Procedure:** The main goal of updating the procedure is to raise the wages of outside workers to increase the kibbutz's income from work. The tools for this are raising the minimum wage requirement for outside workers and providing clearer definitions regarding travel expenses,



which are a significant part of salary costs. Currently, only a few members do not meet the minimum wage threshold, and discretion is already applied. It was also decided to give the outside workers time to deal with their low salary situation.

**Discussion:**

\*The issue of setting a minimum wage for outside workers is common in many cooperative kibbutzim, and the existing threshold in Yizrael is considered low compared to other kibbutzim.

\*On one hand, it was said that the population in Yizrael consists of educated individuals, some with master's degrees, and thus there is an expectation that their salaries would be higher than the minimum wage. On the other hand, there is concern that the demand is too high. In response it was said that discretion is applied, and there may be approval for lower salary requests in certain cases.

\*There is a need to link salary requirements to the profession and market rates.

\*The threshold set in the outside workers procedure for receiving a vehicle from the employer is based on common practice in the market. It is not acceptable for an employer to provide a vehicle to a low-paid worker, and it is uncertain that this benefits the kibbutz.

\*It was said that a vehicle from the employer is worthwhile for any salary since we only pay the tax on the vehicle's value.

\*Setting a criterion for receiving a vehicle from the employer interferes with the employer's discretion in managing their employees, which is not appropriate.

\*On the other hand, it was noted that taking a vehicle from the employer reduces the employee's gross salary according to the vehicle's cost and expenses.

\*It is uncertain that taking a vehicle arrangement is worthwhile due to high costs. It was noted that the efficiency of vehicle arrangements is a separate issue, but in any case, most of the money remains in the kibbutz.

\*Members should be encouraged to work externally with private vehicles as it is the most beneficial.

\*It would be good to communicate the proposed procedure to outside workers clearly. Things are clearer when explained in conversation.

**Decision: The HR and outside workers management will hold another discussion based on the points raised in the meeting.**

**3. Community Discussion Process on Sleeping Arrangements in the Young Adult Accommodation**

(Invited: Adi Goldstein Ilan, Guest: Shlomo Cohen)

Limor Griman, Secretary and Chair of Education, presented the discussion taking place in the Education Council regarding sleeping arrangements in the young adult accommodation and the decision to initiate an examination process on the topic, starting now and continuing until a decision is made in the summer months. The process presented to the Community Management includes discussions in broad circles - youth from grade 9 and above, the Education Council, parents, and the entire community. The Education Council requests the Community Management's approval for the process and to determine which body will make the decision.

Adi Goldstein Ilan was chosen by the Education Council to lead the examination process along with two other members from the Education Council - Uri Ayalon and Nir Baor.

Adi presented the background to the Community Management to request bringing the discussion to the Education Council.

**Discussion:**

- a. This is an important community issue that relates to the identity and characteristics of the kibbutz over the years, thus requiring discussion in the asefa and even a ballot.
- b. It is unreasonable for someone who no longer has children for whom the topic is relevant (either currently or in the future) to decide for those for whom the decision is part of their children's education.
- c. There is concern that various interests unrelated to the essential educational decision will influence the discussion and outcome.
- d. There is concern that the process could lead to unwanted outcomes. There is significant responsibility for managing a proper educational process with the youth.
- e. Consideration should be given beforehand to the housing needs of large families, as a decision to change the current situation will affect them. Additionally, it should be decided in advance what the implications will be for the personal budget of the youth and the family.

**Decision: The Community Management approves the examination process.**

**The topic will be discussed and decided in the kibbutz asefa.**

Reported by: Limor Griman

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## Letter to Dani Atar – Regional Council Head

**Date:** 6 April 2025

**To:** Mr. Dani Atar

**Head of the Gilboa Regional Council**

**Subject:** Taking a stand in the struggle for the character of Israel as a democratic state  
In the past two years, the Israeli judicial system has faced unprecedented attacks that threaten the continued existence of Israel as a Jewish and democratic state. Recent statements from government officials, including the Prime Minister, reflect an intention not to respect the decisions of the Supreme Court. Such actions undermine the values of the State of Israel as established in the Declaration of Independence and will lead to harming national security and resilience.

In a democratic state, the law binds all parties—citizens, businesses, and government alike. Disobedience to judicial decisions sets a dangerous precedent that could destabilise social and economic stability.

The coming weeks represent a test of the Israeli leadership's commitment to the rule of law and the ability of the Israeli public to demand this from their elected representatives.

On Friday, March 21, 2025, dozens of local authority heads in Israel signed a letter urging Prime Minister Benjamin Netanyahu to respect the Supreme Court's rulings, announcing that they would suspend the activities of their authorities if the government fails to honour the court's decisions.

On Sunday, March 30, 2025, the Yizrael kibbutz asefa convened and decided to call on the Gilboa Regional Council to join the local authorities' appeal to the Prime Minister and announce its participation in the authorities' strike.

Sincerely,

**Members of Kibbutz Yizrael**

**Jeremy Perling**

Chairman of the Management Committee

**Limor Griman**

Kibbutz Secretary



## Asefa Report - 7/4/2025

**Participants:** 58 members

**Chairperson:** Shlomo Cohen

**Secretary:** Eddie Solow

### 1. **Election of Public Representatives to the Yizrael Holdings Board.** Amir

Darom, representative of the search team, presented the process and the team's recommendations:

After a call for public representatives to the board, aside from one outreach, no member applied for candidacy. The team approached six candidates, two of whom expressed willingness to join the board and stand for election. The candidates are: Niv Edelstein, Nir Segal, and Tamir Blass. The three met with Arik Shor, the chairperson of the board, for a suitability assessment. All three received approval to continue the process.

The board is a legal entity with powers and responsibilities. Board members do not engage in the daily management of the company but focus on strategy formulation and oversee the CEO's activities. A director must act in the company's best interests and remain loyal to it. Being a board member entails personal responsibility for board decisions. A board member commits to dedicating time to review background material (before meetings) and to participate in meetings.

#### **Required Qualifications:**

- Ability to read and analyze financial reports
- Preference for a relevant academic degree such as business administration, CPA, economics
- Graduate of a directors' course
- Understanding of a business organisation
- Familiarity with the industry – an advantage
- Discretion and integrity

#### **Term Duration:** 4 years

The candidates' "I Believe" statements were published in kehilanet.

### 2. **Update on Maytronics' Situation**

Idan Zelas, manager of Yizrael Holdings, presented the current situation and explained the details published in the previous alon following the release of Maytronics' 2024 reports.

Clarifying questions were asked, and various responses were provided. On 21/4/2025, an economic council will be held to summarise 2024, where Sharon Goldenberg, the CEO of Maytronics, will present a more detailed summary of the year.

### 3. **Amendments to the Care Procedure**

Limor Griman, secretary of the kibbutz, presented the Community

Management's proposal for additions to the care procedure.

The procedure was prepared and approved at the beginning of 2024. The procedure was approved without addressing two topics that the asefa is now asked to address.

1. Adapting the home for a member in a “need for care” situation, including the adaptation for a foreign, live-in, care giver.
2. A case where a member can no longer reside in their apartment due to long term ill health.

Regarding the first topic—home adaptation—the procedure defines what will be the kibbutz's responsibility and funding and what will be the member's and their family's responsibility for funding.

Regarding the second topic—the procedure defines the duration after which changes will occur in the member's budget and housing rights once they no longer reside in the kibbutz.

The home adaptation includes the obligation to provide a room for a foreign worker. A discussion was held regarding the expansion of the home if a room needs to be built, and questions were asked. It was clarified that the procedure pertains to the number of rooms in the house, not the size of the apartment, and according to a survey conducted, most houses in the kibbutz have an extra bedroom that can accommodate the foreign worker. In homes where it is necessary to adapt a room for the worker, the adaptation will be at the family's expense. In any situation, it cannot involve adding a room outside the building line but will allow closing off a space within the house boundaries.

A member noted their regret that a situation where a member no longer resides in their apartment due to his health situation and the apartment transfers to the kibbutz's ownership. This would prevent a son from “sitting shiva” in his parents' home. A vote was held via Kehilanet to approve the additions to the nursing procedure.

**Voting Results:** For - 55, Against - 18, Abstentions - 2.

Summarised by: Limor Griman.





## News from the Young Generation! 🦋



Warm congratulations to Naveh Segal on his enlistment in the IDF! We wish you a meaningful, easy, and safe service. Come back to us safely! 🦋  
Ofri Sharoni has happily completed her reserve duty and started her new journey in the education system.

Na'ama Assaf has set out on a big adventure! Have fun, gather experiences, and above all – take care of yourself.

Yael Agmon, it's wonderful to see you back wandering the paths of the kibbutz after your big trip!

We are proud of you all – the regulars, the reservists, the travellers, and those returning! We trust you and know that thanks to you, we are here! 🦋

We look forward to seeing all of you on the paths – have fun and don't forget to keep us updated! 🦋 🦋

We are always here to help and support with love,  
The Young Generation Committee



From Erez's Desk



**Passover 5785:** Spring has arrived again in the valley, bringing with it the Passover holiday—a time of blossoming, renewal, and the story of our people's freedom. However, this year, the feelings are mixed. Alongside the joy of the holiday fate of the hostages who have not yet returned home, and in light of a national reality that brings fears, questions, and sometimes even pain.

In such moments, the values that accompany us as members of Kibbutz Yizrael—solidarity, partnership, and mutual responsibility, become more significant than ever. The community resilience we create here, day by day, is our response to a reality that sometimes seeks to dismantle.

I wish everyone a happy Passover—a holiday of hope, renewal, meeting others, and continued meaningful action. May we soon witness the release of all the hostages and a coming of social and political spring and mutual understanding amongst all of our people.

**Mountains of Laundry:** The laundry sector is facing unreasonable amounts of laundry (about 18 tons per month, on average). Besides the difficulty of providing good and

timely service, every extra kilogram of laundry burdens the community budget beyond what was planned.

In the laundry sector, it is recognised that there are cases where members send laundry items that are not directly related to families living in the kibbutz—essentially a "laundry service" for members and families not from the kibbutz.

I urge members to take responsibility and use the laundry services solely for the people residing in the kibbutz, and not beyond that.

**On the Ground:** The northern neighbourhood is progressing according to plan. Next week, the flooring phase will begin in the first apartments. In addition, work has commenced on building the transformer room (electricity room) to supply power to the houses in the neighbourhood and the rugby field. This room is located across the road and was planned as part of the new structure that will eventually be built as a community sports facility.

The Noi is working with a shortage of manpower, even relative to its reduced capacity (4 workers). However, it is showing beautiful results in dealing with weeds thanks to improved work efficiency. At the same time, the sector is also dealing with the care of members' gardens and seasonal treatments for trees and shrubs, and preparing the irrigation system for the "hot season."

**Roads:** Currently, we are preparing project files for submission to the regional council. Besides fixing potholes in some of the roads, we hope to secure funding or significant participation in the cost of maintaining the paths in the centre of the kibbutz.

#### **Vacation**

During the intermediate days of Passover, I will be on vacation in the country. Generally, I am available, but I ask to be contacted only in urgent cases.

Until next time, wishing you a happy holiday,  
Erez Peleg

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## **From the Higher Education Committee Desk**

We wish to update regarding changes to the Education Committee's budget for the year 5786. In light of the approved budget for 2025 and the reduction of the Education Committee's budget from 260,000 ₪ to 150,000 ₪, we will not be able to approve new requests for higher education this year, and we can only support continuing students.

### Exceptions:

- Uri Hollander will be approved for sabbatical studies (funded by the foundation).
- Ofri Ziv will be approved for studies as part of a collaboration with education, under the guidance of the Ministry of Education.

The requests submitted this year will not be discussed, and all applicants have been informed by phone.

In addition, the committee has decided to reduce the daily allowance for study days from 50 shekels to 35 shekels, as updated in the long-term study procedure.

We, the committee members, deeply regret this, but understand that this is the necessity of the hour. We believe in the importance of higher education as a tool for improving income and broadening horizons for the members of Yizrael. We hope that next year we will be able to expand support and assist more people in achieving their academic aspirations.

Wishing you a happy holiday,

The Education Committee

Submitted by: Sarit Laviv

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### Update from the Vehicle Committee – New Arrivals for Passover

Dear Members,

We are excited to announce that we are renewing the vehicle fleet. Following the approval of the community budget, we have chosen to upgrade our fleet this year, with low-mileage, second-hand vehicles in good technical condition. This approach allows us to purchase eight vehicles and refresh our old fleet. Later in the year, depending on the budget, we will consider replacing a larger vehicle with a new one.

In response to public requests, four of the vehicles are Kia Picantos, and four are hybrid family Toyotas.

**N.B.** - Please remember to park the new Kia Picanto vehicles with the gear shift in the 'N' position. (**Explanation** - After researching the internet, I understand that the new Picantos have no **P**arking gear, only a **N**eutral position.



(I hope they get rid of the old Picantos otherwise we might find a picanto in the mazkirut or dining room after someone leaves it in **N – Ed**)

We would like to thank Moshe Mizrahi, Navot Assaf, Shlomi Harar, Anton Tal, and Ma'ayan Mashali for their efforts in purchasing and preparing the vehicles for use.

Each type of vehicle has different operational features. If you encounter any difficulties, please reach out to the vehicle coordinator who will assist with proper vehicle operation instructions.

Wishing you safe travels and a happy holiday!

### **Vehicle Committee**

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### **Notes from the Music School**



On Monday, April 7, 2025, a concert was held in memory of the musician, teacher, and educator Yosef Gavrilov, of blessed memory. The concert took place on the anniversary of his passing and

served as a fundraiser for the "Yosef Fund" scholarship programme to support clarinet students. The programme featured solo performances by Stas Gavrilov's clarinet students, as well as ensemble pieces.

You can still donate to the scholarship fund. We would be happy if you contact the music school to make a donation – 050-9595131

Stas Gavrilov

## Natural Health Remedies for Menopause – Tamar Sanker



Following the lecture that took place in the moadon last week about menopause and the solutions offered by conventional medicine, I wanted to suggest some natural treatment options that can help the body better adapt to the changes, accept them physically and emotionally, and even see them as a gateway to a new and exciting period. It is important to consult a certified naturopath to receive the most accurate and balancing treatment for your body.

**For feelings of fatigue, lack of energy, and general disinterest:** Consider taking a multivitamin and mineral supplement to enhance overall body strength, balance the immune system, and support cardiovascular health. There are also powerful medicinal mushroom blends designed to support the proper functioning of the immune system and the body as a whole, while increasing overall energy levels.

**For hypersensitivity, fatigue, skin issues, and dryness:** Evening primrose oil or borage oil capsules contain omega-3, a complex of essential fatty acids that help alleviate dryness.

**To maintain proper cognitive function and the health of the nervous system, brain, and cardiovascular system:** Omega-3 capsules (from sage) have anti-inflammatory effects, contributing to effective immune function, eye health, and proper kidney function.

**For decreased bone density, fracture risk, and joint and bone pain:** Calcium slows bone density loss and maintains bone and skeletal health. Vitamin D also supports calcium absorption and helps maintain the stability and strength of bones. Amorphous calcium is a million times smaller in volume than crystalline calcium, such as calcium carbonate and calcium citrate. This significant size difference leads to much more efficient absorption in the body, as nanoparticle-sized particles can reach target organs directly and be available for optimal biological use.

**For digestive issues, discomfort, stomach pain, constipation, and diarrhea:** Probiotics consist of micro-enzymes that produce digestive enzymes and break down food, thus balancing our digestive system and affecting other systems in the body. They are essential for balancing the immune system, improving the absorption of vital nutrients, and impacting our emotional and mental balance. When taking a probiotic supplement, it is important to specify the different strains of bacteria to promote healing and balance in the digestive system.

**For hot flashes, night sweats, mood swings, decreased libido, irritability, sleep disturbances, and depression:** Black cohosh helps balance hormones and is currently considered a therapeutic option for menopausal symptoms. Recent studies have

demonstrated the effectiveness and safety of using black cohosh for menopausal symptoms in women with breast cancer, including those treated with tamoxifen. These studies indicate clinically safe use, excluding hormonal activity, as the plant does not contain phytoestrogens.

Black cohosh may also help reduce the need for painkillers in women suffering from menstrual pain. It can be taken in conjunction with hormone therapy as well as with antidepressants. In addition, the herb Vitex (Chaste Tree) has been found to be beneficial in reducing menopausal symptoms. A study published in 2011 found that Vitex had a relieving effect on hot flashes and menopausal symptoms in women.

#### **Recommended products from personal experience:**

- **Ziziphus:** A blend of classic herbal remedies used for hundreds of years, helping with stress, insomnia, anger, and anxiety. This is a concentrated and especially clean product that contains the maximum active ingredients found in the plant, without altering their composition or harming the natural balance among them. (Brahma Herbs).
- **Cordyceps Mushroom:** A natural medicinal mushroom used in traditional Chinese medicine for thousands of years. The mushroom is known for its properties in strengthening the body and mind and improving daily functioning. It helps reduce hot flashes, improve sleep quality, regulate the nervous system, assist in coping with stress and anxiety, increase energy levels, and naturally balance hormones.

*Note: You can receive professional advice and a significant discount on everything mentioned here at the natural store "Klil HaTeva" in Afula.*

**Article by: Tamar Sanker.**

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## **Fundraising Booth for "Families of the Hostages", Yizrael Branch – Update for Passover**

**First things first:** Last chance before Passover night to purchase the "Haggadah of Freedom" released for the holiday.

**Contact Tal Wolfson-Darom:** 052-3754326

A little before Hanukkah, we felt we had to do something active! Demonstrations are very important (don't lose hope, they make a difference!), but both they and other activities for the return of the kidnapped also need funding. One Shabbat, during a demonstration at the Ein Hanatziv junction, we looked at the booth operating there and thought we could help in this way too. Since then, we've been at Tel Yizrael or at the Rugby field every Shabbat (we missed two Shabbatot due to rain...).

The fundraising booths are operated by many volunteers and are spread across the country. The products sold at the booths, and the money raised from them, are the primary way to secure funding for the struggle for the release of the hostages, which is why it's so important for us to persist and operate them as much as possible.

At the booth, you can find a wide variety of products marketed by "Families of the Hostages," and all proceeds go directly there.

### **What is the money raised used for?**

- **International and Political Pressure:** Delegations and work in the political and international arenas with governments, organisations, and media.
- **Public Struggle:** Rallies, advocacy, signs and visibility in the public space, activity on social media.
- **Resource Mobilisation:** Fundraising for the struggle, creating partnerships, and spreading messages to enhance public solidarity.
- **Support Services:** Resilience, legal advice, family support, and rehabilitation for returnees.

At the Yizrael booth, over 33,000 NIS have been raised so far, thanks to the amazing volunteers from Yizrael, Gan Ner, and surrounding communities. The volunteering from Gan Ner, along with other communities, is led by Bruria Itzhak, without whom we wouldn't be able to staff the booth every Shabbat.

### **Want to help too?**

- You are welcome to join the operation of the booth on Shabbat (you are not obliged to commit to a specific frequency).
- Help us bring products from the warehouse in central Israel. If you're coming from Tel Aviv or the Holon area – please talk to us. It's not heavy equipment.
- Do you know anyone else who is interested? Please connect us.

Keep coming to the booth and donate generously, just as you have been doing until now.

**Written by:** Tal Wolfson-Darom

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## Delving in the Archives



**Tractors:** The archive has accumulated hundreds of albums waiting to be identified and scanned.

Galia has enthusiastically taken on the task and is enlisting the help of 'the memory of the masses,' especially a number of the elders of the tribe and others, who are good at remembering and identifying not only the people but also the tractors. These tractors from 1976 were identified by Navot Asaf



**Case 2479 (L) & Bolens (R). Tsufi used the Bolens to spray**



**Farmhand loader on the Ford 6000**



## Passover on Yizrael - 2025

Sat 12.4	Passover Seder in Dining Room
Sun 13.4: 9:00-11:00	Treasure Hunt In the wake of the Ten Plagues
Mon 14.4: 17:00 - Moadon & Lawn	Games we once played
Tue 15.4: 20:00 - Moadon	Cheese & Wine & a movie <b>Kav Hamayim</b> . Guest speaker, the movie's producer, Alon Levi
Thurs 17.4 20:30	Open Discussion: The future of the Chevra Bogeret: 1st session
Fri 18.4 10:00	Open Discussion: The future of the Chevra Bogeret – 2nd session
Sat 19.4 18:00	Mimuna. In the best Neo Moroccan/Yizraeli tradition





### **Programme for 13/04/25– 17/04/25**

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

#### **Sunday 13 April**

Closed – Chag Sameach

#### **Monday 14 April**

08:00 Pedicure with Limor Mualem – appointments by arrangement

09:00 Sweet from the oven with Monica and Noa

09:30 Quizzes and Brain Games with Galia

#### **Tuesday 15 April**

09:00 Holistic treatments with Shlomit Fink – appointments by arrangement with Shlomit

10:00 Movie screening with Galia

#### **Wednesday 16 April**

09:30 Nature is Blooming with Hammutal

#### **Thursday 17 April**

09:30 “Flora”

09:30 HaNogariah – carpentry workshop with Noga Harpaz

10:00 Picnic

10:30 Round table discussion with Inbal Adler

17:15 Chair exercises with Michal Sha’anan

# First Time in Kibbutz Yizrael - National Gravel Bike Race

**Save the Date - Saturday, April 26**

- 500 cyclists will gather at 07:00 at the rugby field starting line to participate in races of 55 and 75 km.



Top cyclists from across Israel will join, including professional riders competing in the Tour de France alongside amateur cyclists. The participants will start from the rugby field and ride (behind a lead vehicle at a moderate pace) around the kibbutz, exiting through the cemetery gate.

The race route descends from the kibbutz to the gravel road and east towards Emek HaMa'ayanot, reaching Kfar Nahum, and returning back to Kibbutz Yizrael. The finish line will be at the rugby field, with the first cyclists expected to finish around 9:30 AM and the last around 11:00 AM. There will be a large event at the rugby field area around the finish line, featuring various booths, a podium, prizes for winners in each category, music, and a great atmosphere. The entire kibbutz is invited to this unique and exciting event.

We would appreciate volunteer assistance in several logistical aspects on the morning of the race:

- Parking and traffic marshals from 05:00 to 07:00.
- Driving the lead vehicle for the cyclists at the start along the route within the kibbutz to the cemetery gate.
- Supporting event operations at the start and finish of the race at the rugby field.
- Staffing various stations along the route, including drink and refreshment stations.

We look forward to your support in making this special event a new Yizrael tradition. If you're interested in being involved, please contact one of the organising team members.

The entire event is produced by the Israeli Cycling Association in coordination with the regional council, police, and all relevant parties.

The organizing team from the kibbutz: Gazit Baran Levi, Tamir Blass, Dotan Savir, Idan Zelas



## English is Fun - with Rahel

### PLANNING TO WATCH TV TONIGHT?

The TV remote control has become a vital instrument in modern homes. According to a survey in 2014:

- One third of people interviewed say that TV "wouldn't be as pleasurable" without it.
- 18% of women and 9% of men would rather give up sex for a week than their remote control.
- Some 55% lose their remote five times a week and 63% spend at least five minutes a day looking for it. (Most frequent places the remote is left: under furniture 38%, kitchen or bathroom 20%, and in the fridge 6%.)
- Twice as many men lose the remote as women. And twice as many men as women get to hold the remote.

### MADE IN JAPAN

Fax machines might never have come into widespread use were it not for the fact that the Japanese language uses thousands of characters (too many to fit on a typewriter keyboard). Typing and telexing is thus much more difficult in Japanese than it is in English.

Japanese businessmen needed a way to send handwritten communications quickly and accurately over the telephone, so companies like Matsushita, Rich, Canon and NEC spent tens of millions of dollars figuring how to make fax machines cheaper, faster and easier to use. They succeeded!

Sales of fax machines boomed in Japan in the early 1980's, and by the late 1980's the fever had spread to the rest of the world. The steady decline of the price of the machines fueled the boom: by 1983 fax machines that had cost \$21,000 in 1977 were selling for \$2,000: by 1988 the price had slipped

under \$1,000, for the first time, enabling millions of small businesses to afford them.

By the mid-1900's, the price as low as \$130, and most companies, couldn't afford not to have a fax machine.

FAX LINGO: Someone who faxes materials from one floor of a building to another, because they're too lazy to use the lift!

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- J, the youngest letter in the English alphabet, was not added until the 1600's.
- In Denmark, Danish pastries are called "Vienna Bread".
- In Nepal, Mt. Everest is known as "Gauriosankar."
- The word "mattress" originally meant "place to throw things"
- Crab-eating seals don't eat crabs.
- A wolf's howl can be heard as far as seven miles away; a bullfrog's croak – one mile away. ....more next week

### **Credits:**

**Editor of Hebrew Newsletter: Reut Shaliv**

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**Disclaimer 1:** 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! Not all the material published in the Hebrew newsletter appears in "The Yizraelite". Considerations of length, readers' interest and the Edi-tor'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.