

**The Yizraelite – No. 2121 Date: 25.8.23**

**Kibbutz Yizrael English Newsletter**

**Rosh Hashana Edition**

**A Prayer for the New Year by Nathan Alterman**

**Grant us one year of true tranquillity,**

**A year of white blossoms and green grass,**

**A year of the warmth of love and the hearth,**

**And that we shall know only what is good and pleasant.**

**A year without the voices of hatred and the cries of the sick,**

**Without the sight of blood, without the cries of war,**

**Without the creeping fear that chills the soul**

**Without the laughter of the future buried in the earth.**

**Behold, we have not sought treasures of kings,**

**Not the exalted and the magnificent in splendour,**

**Just one small treasure of true tranquillity,**

**And white blossoms in which to glorify ourselves.**

**To be excited, like in the scent of autumn,**

**To leap towards happiness like a train's whistle,**

**To build for ourselves a tabernacle of peace now,**

**And to be worthy to sit in it.**

**Edi-torial**

**Well, I am back from Namibia!** I can’t say I am happy about that. A few more months would have been better. I did encounter a lion. He was sound asleep under a tree far in the bush. I say that we saw a lion but I am not sure whether he was actually a lion in a deep sleep after a successful hunt or a discarded lion skin carpet strategically placed to fool the tourists. Either way, he didn’t twitch even once in the 30 minutes we watched him. On the other hand, our encounters with elephants were far more exciting… especially when one decided to touch our open vehicle with his trunk.

God save Africa. I am thinking of sending Liora to learn to iron and fold my underpants like they did for me in the lodges.

Thank you so much, Biff, for doing the honours and translating and to Ruth who distributed the printed edition. Anyone else like to join our reserve team?

Shana Tova to all our readers

As Alterman says:

**Grant us one year of true tranquillity.**

**Congratulations to Nitzan and Rotem Kamilian on the occasion of your marriage**



**Dear Nitzan and Rotem,**

Now, after 2 children, the time has come time to unite your worlds. Wishing you a lifetime of happiness in marriage!

With love from all your friends

Message from: Danit Duvdevani-Kirschberg.



**Welcome, Commune Bet**

Eyal Nir, Hila Epstein-Mizrachi, Yuval Yehezkel, Ma’ayan Kukia, Noa Lewis, Adi Ben Avi, Adi Reva, Amit Artzi, Roi Reuveni, Roni Yamin, Shira Yisraeli.

May it be a meaningful and successful year!

Nachem Levin, Beutler, Yotam Assaf, and Ofir Griman.



**Sima Arieli, Derek and Miriam, Shmuel Hollander and the Music School all send New Year wishes.**

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**Rosh Hashana Program**

**Fri 15.9 - Festive Meal**

**After dinner – Quizzes and film clips in Moadon**

**Sat 16.8 – 18:30 - Self Service Meal in the dining room**

**21:30 Wine Bar and Unusual Trivia Evening – in the pub Pub Doors open at 21:30 – Quiz begins at 22:00**

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**“Four Legs Good – Two Legs Bad”**

**Yom Kippur Eve**

**A discussion and reading from the book "Animal Farm"**

**by the author George Orwell,**

**led by Shlomo Cohen**

**Sunday, September 24, 2023, 9th of Tishrei**

**At 20:00**

**In the Moadon**

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**Free online Animal Farm ebook Link:**

**(No excuses to come unprepared)**

[**https://www.bing.com/ck/a?!&&p=7fbf8d711bf17561JmltdHM9MTY5NDY0OTYwMCZpZ3VpZD0xM2Y2OGNjOS02YjI2LTY2NWUtMmVkMC05ZWQ5NmE1YjY3ZTkmaW5zaWQ9NTE5NA&ptn=3&hsh=3&fclid=13f68cc9-6b26-665e-2ed0-9ed96a5b67e9&psq=animal+farm+ebook&u=a1aHR0cHM6Ly9ndXRlbmJlcmcubmV0LmF1L2Vib29rczAxLzAxMDAwMTFoLmh0bWw&ntb=1**](https://www.bing.com/ck/a?!&&p=7fbf8d711bf17561JmltdHM9MTY5NDY0OTYwMCZpZ3VpZD0xM2Y2OGNjOS02YjI2LTY2NWUtMmVkMC05ZWQ5NmE1YjY3ZTkmaW5zaWQ9NTE5NA&ptn=3&hsh=3&fclid=13f68cc9-6b26-665e-2ed0-9ed96a5b67e9&psq=animal+farm+ebook&u=a1aHR0cHM6Ly9ndXRlbmJlcmcubmV0LmF1L2Vib29rczAxLzAxMDAwMTFoLmh0bWw&ntb=1)

**A New Curtain in our Synagogue.**

Recently, there was a need to replace the curtain over the Ark that has been used for many years for our synagogue's high holy days. The first curtain was donated by Tillie Katz, of blessed memory, Ruth Mor’s mother. The beautiful embroidery was skilfully crafted by Nurit Wolpe who was a member of Yizrael for many years.

The new curtain, which was hung in honour of Rosh Hashanah 5784, was sewn by Stella Greenberg. Once again, Nurit suggested renewing the embroidery and adding to it.

We would like to to express gratitude to both precious women, who took on this important task. Many thanks to you, and may you have a good and blessed year.

Albert Rozilio – Synagogue Caretaker

**Notice from the Local Regional Council**

**Elections for Local Authorities –**

We would like to inform the public that the regional council elections will take place on **Tuesday,** **October 31, 2023**. It is a public holiday, and the kibbutz will run in Shabbat mode.

Please make the necessary preparations accordingly in various aspects of your life. If you have any issues or questions regarding this matter, please do not hesitate to contact me or Erez Peleg.

Kinneret Govrin

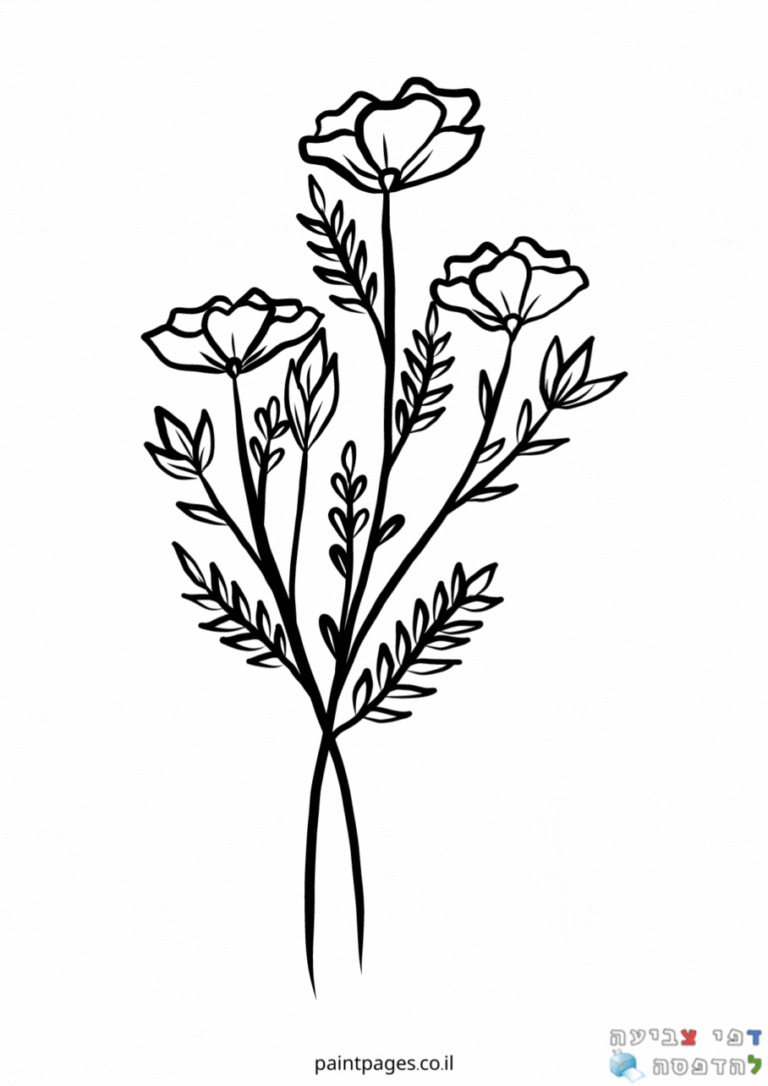
**Rosh Hashanah Services**

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| --- | --- | --- |
| יום ששי 15/9ערה"ש | 18:00 | Erev Rosh Hashanah  Fri 15/9 |
| יום שבת 16/9תפילת שחרית | 08:30 | Shacharit  Sat 16/9 |
| **אין תקיעת שופר** |  | **No shofar blowing** |
| יום שבת 16/9 ערה"ש  חג שני | 18:00 | Erev Rosh Hashanah II  Sat 16/9 |
| יום ראשון 17/9 רה"ש – שחרית | 08:30 | Shacharit Rosh Hashanah II  Sun 17/9 |
| **תקיעת שופר ובהמשך תפילת מוסף** | 10:30 | **Shofar Blowing + Mussaf** |



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| --- | --- |
| **Shana Tova - May you be inscribed in the book of life.** |  |
| **Please Note: This year, the sounding of the shofar will only take place on the second day of Rosh Hashanah, as shofar blowing is not done on Shabbat and on Yom Kippur there will be a single shofar blowing at the end of the fast.** |  |





**To Jo - from the Food Branch,**

**Dear Jo (Feldman),**

40 years ago, when we built the dining room, it seems that we took you as the foundation stone, and only then did we construct the rest. When we wanted to prepare a festive farewell for you, you asked us not to do anything, but we did plan to thank you before the arrival of the new year.

And now the moment has arrived: We want to thank you for many years of dedication and seriousness. You performed your job quietly and calmly, to the admiration of those around you. Even when the pots and pans banging in the kitchen were noisy and the staff's music was blaring out, you knew how to turn the office into a haven of tranquillity.

Amongst the multitude of tasks and countless missions, you managed to find time for accounts, putting in data and solving problems, even while simultaneously checking test papers and assignments. We thank you for years of work, caring, and an open heart, for your perseverance, dedication, and thoughtful leadership.

**Thank you from the Food Branch and all of Kibbutz YIzrael.**

“May this year come to an end with all its curses and may the new year begin with all its blessings”.

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**From the Clinic - Coronavirus and More**

Considering the recent increase in coronavirus cases, the Ministry of Health clarifies that there are no changes to the guidelines for the public at this time. The ministry closely monitors infection trends and variants of the coronavirus, and currently, Israel is experiencing a moderate increase in the number of hospitalisations. Israel, like other countries, is dealing with various variants of the virus, which can lead to illness.

**The Ministry of Health advises anyone with symptoms to self-isolate until their symptoms resolve for at least five days to prevent the spread to others.** If someone needs to leave their isolation, it's recommended to wear a mask.

For higher risk individuals or those interested in reducing their risk of infection during this time, wearing a mask in indoor settings with a high density of people is advisable.

If you experience symptoms, it is crucial to stay vigilant and test yourself with a home test for early detection.

The ministry is already prepared to provide targeted vaccinations against new subtypes of the virus in the upcoming winter.

Here in Yizrael, we've also seen an increase in illness. Given our small and close-knit community, it's essential to exercise caution and show responsibility toward those around us, both in the context of the coronavirus **and other illnesses**.

We will continue to provide updates as needed. Stay healthy!

The Clinic Team

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**Kibbutz Management Committee Meeting Minutes**

**September 6, 2023**

Present: Jeremy Perling, Ron Cohen, Avner Alterlevi, Sigal Hadar, Tsachi Tsfadia, Adi Goldstein-Ilan, Natalie Zinenko, Yifat Assaf.

1. Controller’s Report – Organisational Structure (Attendees: Uri Greenberg - the auditor, Reut Shaliv, Erez Peleg, Kinneret Govrin, Maor Persai) – the scope of the organisational structure falls under the management committee, and the report was presented there. It will also be presented to the asefa.
2. Approved - the financial reports for 2022.

It was emphasised, the importance of setting up a team to examine the issue of the deficit in the community's ongoing activities and ensure that it does not grow.

1. Approved - the distribution of profits to members and the Miluim Fund.
2. Approved - the appointment of the Supervisory Board: Brit Pekuach.
3. Approved - the establishment of a joint dairy with Ma'oz Hayim.
4. Approved - the adoption of the kibbutz's regulations for voting in ballots.
5. Proposal to suspend membership due to violations of asefa decisions - Zivit Nanikashvili. Jeremy summarised the events to date.

Zivit was warned at the asefa this year that if she does not stop violating various kibbutz decisions, she could face suspension from membership. The primary violation concerns allowing her husband, Yuval, to reside in the kibbutz without paying maintenance expenses for himself and for their children. In August 2022, Zivit was formally required to ensure that her husband pays his maintenance expenses. In practice, Yuval has continued to reside in the kibbutz without contributing to the maintenance expenses.

1. Election of our representative on the management committee for the Miluim Fund executive – The need to replace Natasha as a representative (of the mazkirut). Tsachi Tsfadia was proposed as the representative and approved.
2. Miscellaneous

- Tsachi Tsfadia expressed concerns about several members leaving their jobs at Maytronics in recent years. He suggested that the kibbutz should investigate the reasons behind this. Ron Cohen responded that this issue is already under scrutiny and being discussed with a forum that includes the kibbutz HR, Maytronics HR, Ron and Sharon.

-Adi Goldstein-Elan raised concerns about decisions in the community changing often due to pressure from specific groups and requested that they discuss both the decision-making process and public discourse.

Jeremy Perling concluded by raising a toast to a year of happiness for us collectively, for each individual, for those around us , for the benefit of the country, and the world.

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**Summary of the Asefa on September 11, 2023**

The asefa was held in the moadon, and broadcast via Zoom and Channel 900. The meeting was chaired by Shlomo Cohen, with Yifat Assaf serving as the secretary of the meeting. There were 34 members present in the moadon and additional members on Zoom and Channel 900.

**Agenda:**

1. Absorption Committee Presentation: Candidates Sheli and Niv Edelstein.
2. Candidates for the Board of Directors: Idan Zelas, Tsach Sassi, Observer Keren Kagan.
3. Organisational Structural Adjustments.

**Meeting Details:**

1. The Admission Committee presented their report regarding the candidacy of Sheli and Niv Edelstein. The report will be published in Kehilanet. The ballot will take place on Wednesday and Thursday.
2. Candidates for the Board of Directors: Idan Zelas and Tsach Sassi, Observer: Keren Kagan. Kinneret presented the recommendation:

To prepare for the end of the terms of public representatives on the Board of Directors and the need to elect additional directors in companies in which we are partners, the recruitment team, consisting of Ofra Shelef, Irit Shemesh, Amir Darom, Avner Alterlevi, and Kinneret Govrin, handled the matter. The process conducted during June involved publicising the recruitment and reaching out to representatives interested in serving on the Board of Directors and other executives in Tel Dor, Kapro and Netzer. Seven members submitted their candidacy.

The team conducted personal interviews with all the candidates, considering factors such as personal qualities, professional qualifications, experience, contributions to the current Board, teamwork skills, and motivation for the role. In July, the team finalised its recommendations for the various director positions.

Regarding the Board of Directors, two candidates were sought to replace Arnon Matalon, who is completing two terms and wished to stand down, and Idan Zelas, who is also completing two terms but applied for a third term. The team recommended Idan Zelas for a third term (as there is currently no term limit) and Tsach Sassi, who has served for a year and a half as an observer, for promotion to a director. Additionally, the team initiated a formal request to Keren Kagan to serve as an observer on the Board. Idan, an accountant by profession with expertise in mergers and acquisitions, believes that after six years on the Board of Directors, he can bring significant value and express his positions, even if they are unpopular. He enjoys working on the Board and sees it as an important commitment. He expressed enthusiasm for continuing his service on the Board. Tsach holds a bachelor's degree in economics and management and a law degree. For the past two years, he has worked at Maytronics in the field of strategy and business development. He has served as an observer until now, he demonstrates responsibility and the seriousness characteristic of a director.

1. **Organisational Structure Adjustments** - Kinneret Govrin presented the adjustments that the H.R. management recommends making to the organisational structure that was approved last year. The discussion primarily revolved around issues such as the length of terms, the number of terms, the required majority for a third term, and which positions should be non-term-limited (maintenance, electricity, noi, construction, communication), while others should be term-limited (education management, food branch, clothing branch, construction management, planning coordinator).

Questions were raised regarding the transitional period between the previous structure and the proposed changes and whether the remarks made during the discussion would be brought back to the H.R. for further consideration before the asefa. The asefa and the H.R. management consulted and decided that a vote would be held during the current meeting regarding the proposed changes.

Results of the Votes:

* Ron Cohen's reservation to limiting to three terms but allowing a third term with a regular majority:

In favour: 33, Against: 27, Abstentions: 4 (The reservation was accepted).

* Sigal Hadar's reservation to including maintenance and operations positions (electricity, construction, noi) in the term limitations:

In favour: 31, Against: 31, Abstentions: 2 (The reservation was not accepted).

* **Finally, a vote was held on the entire organisational structure with the proposed adjustments and Ron Cohen's reservation:**
* **In favour: 34, Against: 15, Abstentions: 0 (The updated organisational structure was approved).**

Summarised by: Shlomo Cohen and Yifat Assaf

**Outside Workers Branch Management Meeting Minutes**

**Date: September 4, 2023**

Present: Erez Peleg, Rafi Baum, Maor Parsai, Kinneret Govrin, Moran Havshush, Peter Pezaro.

Absent: Dima Tchernikovsky

Invited: (for item on the agenda): Ofir Griman

Agenda:

1. Proposal to consider reintroducing a "house driver" for the transportation of outside workers working in the vicinity of the kibbutz. Ofir presented usage data for the kibbutz's fleet vehicles for the transportation of external workers. Currently, approximately 35 vehicles from the fleet are used daily by external workers to get to their workplaces. Ofir proposed to consider reinstating the service of a "house driver" (possibly a retiree) to transport workers to nearby destinations (up to 10-12 km from Yizrael).

During the discussion, the advantages (savings in vehicles and money) and disadvantages (loss of flexibility and independence for external workers) were discussed. It was decided to conduct a detailed examination of the potential savings, followed by a consideration of the feasibility of the proposal (to be handled by Ofir and Peter).

1. Discussion on various issues related to specific outside workers. The issues discussed covered various topics, including clothing, phones, recording of vacation days, new work locations, and other matters that are currently on the agenda of the outside Workers Branch Management. Due to confidentiality concerns, these topics are not disclosed to the general public.

Summarised by: Peter

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**Agriculture - "In Honour of Rosh Hashanah September 2023**

Shalom dear members,

At this point in the year, it's still impossible to sum up the "half-year," but we can certainly recount what has transpired up to Rosh Hashanah.

Let's begin with the important fact that for the second year, all of the agriculture in Yizrael is in the hands of Yizrael. Everything is with us, in our hands, and our responsibility! This is both uplifting and demanding at the same time.

**Water:** In the last three years, we have seen a significant delay in the start of the rainy season (end of November). Even this past year, despite the delay in the start of the season, we reached the desired water quantities. The reservoirs filled up.

**New voltage converters**, which were installed at the beginning of the previous year, significantly reduced energy costs, maintenance, and leakage also decreased significantly.

**Line 64**, a pipeline that will deliver treated water to Jordan, will pass through the kibbutz fields. It is currently under construction.

The sewage system was agreed upon in advance; changes were made to the irrigation system, and along the way, some of our lines were replaced. Of course, there was proper compensation.

**Soil conservation and drainage** (part of the water branch): This topic is divided into two parts:

A. Ongoing treatment of existing channels, upgrading existing drainage systems: There is an expectation of an early winter, so the motor grader is already working hard in the fields to prepare the land for the rain.

B. Upgrading drainage systems, collaboration between the drainage authority and the Ministry of Agriculture: The addition of concrete 'gutters' to slow down water and prevent unnecessary erosion and damage to the drainage system.

**G’dash** (Field crops): The second year of activity. Despite the early-season rainfall difficulties, the wheat grew well and yielded good crops. Wheat prices are high, and we are benefiting from that. This year, we also experimented with the cultivation of chickpeas.

Several successful partnerships in the cultivation of carrots and beets with "Gezer B’Gilboa," cultivating exclusively without sorting and packaging. Watermelons – although prices were initially low this season, we entered the market with good prices, and the profits were good. Herbs - we are exploring the possibility of increasing quantities and cooperation. In the shadow of the pandemic there were good quantities, and the price was also very high for the season.

**Cotton is back**, and in a big way – for the second year. This year, we planted 1,000 dunams. Prolonged heat caused some damage, but we still expect a profit.

**Water saving** system in the growing of root vegetables. A cohesive and high-quality team, continuous learning, and thinking about improvements. We expect to end the year with a profit.

**Orchards** Continuing work on streamlining and cost savings. We saved on water costs, but on the other hand, there was an increase in the prices of pesticides and sprays. Unfortunately, due to the decrease in customs, almond prices also dropped, significantly affecting the income and profitability of the sector. A young team of newly released soldiers and kibbutz members sprang up. They worked hard in the almond harvest!

**Almonds**, an "OFF" year is expected (a year with very little fruit) – an estimate of between 12-15 tons. On the other hand, the price is still very high despite the reduction in customs dues. We are exploring several avenues to expand the branch: carob trees, lychee, innovation in almond planting with a high density, vineyards (currently on hold due to construction costs of iron, etc.).

**The Vegetables Sector** – Since all of the crops are managed and executed by the kibbutz, and we want to diversify the types of crops, it was decided by the Agricultural Management Committee to consolidate all the plant branches (G’dash and trees) under one umbrella, "The Vegetable Sector."

To this end, groundwork has been done and we visited four similar kibbutzim to examine the advantages and disadvantages and the broader process we will need to undertake to succeed in merging the two branches. We surveyed the employees of the orchards and G’dash to share their experiences and ideas that will contribute to the process. Naturally, the roles will change with the implementation of the process, but we believe that this move will lead to maximum efficiency and the ability to grow a wide variety of crops at the same time.

Ohad Ziv will lead the process as the Vegetable Sector Manager.

General Agriculture: In this branch, all aspects of costs, research, and development of new branches, and more, were consolidated.

**Refet - Dairy:** Tuberculosis hit us at the beginning of the year and put us into a significant lockdown for half a year.

In the end, only one cow was found bordering on TB. Due to the lockdown, we could not sell cows/bulls for meat during the winter, so we had to feed a large herd during a time when we didn't need much milk. After negotiations, we received compensation from the Veterinary Office. To our delight, the shortage of milk in the summer increased the profit per litre without fines (the price of summer milk will continue until the end of November). On one hand, there was an increase in employee costs and mechanisation. On the other hand, there was a sharp increase in food prices (which remained with us) due to the VAT decrease.

Merger of Refet with Ma'oz Chaim: The project was approved by both managements and the council, also at Ma'oz Chaim. We are currently in the advanced stages of contract closure, the construction of the first milking parlour, upgrading the milking parlour to parallel milking (milking behind the cow and not from the side thereby increasing the number of cows milked per hour).

**Business Development**: Beyond the development of existing branches, we are exploring smart greenhouses for year-round tomato cultivation, bananas, and more.

All in all, it seems to be a good year for agriculture, thanks to the hard work of the agriculture team day and night. Thanks to the branch managers, the agriculture management, the maintenance management, and to you, our kibbutz members, for the support, comments, and constructive criticism.

May the current year (and its harvest) end, and may the next year begin even better!

Daniel Rosenfeld, Agriculture Manager, Kibbutz Yizrael."

**Update from the Demographic Cluster:**

**Welcome:** **to Ben and Eden Broadhurst**, who will be arriving in the kibbutz next week. The family will enter the acclimatization stage (parallel to temporary residency) before their full integration. We are happy to have you join Kibbutz Yizrael and wish you a successful and pleasant acclimatization process. Good luck!

Ben and Eden will move into the apartment adjacent to Lori Scheiderman in the eastern neighbourhood.

Ishai Levi

**Zimra’s Column**

Before Rosh Hashanah, Mum used to travel to her parents, to Jerusalem, bringing holiday supplies and leaving me with them for a few days. One time, I woke up early in the morning to the call of "Uru!" (wake up!) and knew that Grandpa was heading to the synagogue for the "Slichot" prayers. I jumped out of bed and tagged along. When I was little, Grandpa used to sit me next to him, but as I grew older, he "sent" me to the women's section to sit with Grandma. It wasn't the same up there, far from being able to hear Grandpa singing close to my ear and smiling at me...

On Rosh Hashanah, I remember my childhood and especially the new white clothes we received. Rosh Hashanah and Passover were the only two holidays when we got new clothes – on an ordinary day, we wore the clothes that the metapelet had prepared for us. But on Rosh Hashanah, after lunch, just before we went to the "parents' room," we found new white clothes on our beds – new underwear and a white nightgown.

In Yizrael, among the other tasks I performed, I managed the children's warehouse. I liked this work – the connection with the children. The younger kids, (from the young kids' group), always wanted what we didn't have in our warehouse. With this role, I had a chance to behave a bit differently from the metaplot I had when I was a child. I remember that one of the girls asked me to put holes in her jeans and stick a patch on them – that was the fashion back then. I love children of all ages, maybe that's what connected me to rugby. I love being with them and discovering an interesting, curious, and enjoyable world. I always learn from them – "original" and "new" words, learn about what's "in" today, what's renewed and changed – I even learned to listen patiently... Everything is worth it when the smiles, joy, and laughter give me the feeling that I am part of their fresh and special world.

Shana Tova! May we know how to brighten our faces, to continue dreaming, not to give up on unity, to rejoice in what we have and make others happy. Wishing us all a good and happy year.

Zimra

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**Lost Treasures on the Hill**

Over the years, thousands of photos relating to education here in Yizrael have been stored and preserved in the children's houses (Grades 1-12). These photos capture various educational activities, trips, and countless familiar faces that have passed through our education system.

In anticipation of a new website for social education that will be launched soon, all the photos will be scanned and uploaded to the site!

In addition to the existing photos, we would appreciate the public's help in sending additional photos related to education. Starting from pictures of children/grandchildren who have been through our education system, all the way to photos related to activities and trips, graduations, reunions, school life, and anything else you can think of.

Furthermore, we are looking for bar and bat mitzvah presentations over the years, presentations or videos from the school in Yizrael, and the like. If you have one on a video cassette, DVD, online, or in any other form, we would be grateful to receive it, and we promise to take good care of it.

You can send the photos and videos to this email - [tmunotyizrael@gmail.com](mailto:tmunotyizrael@gmail.com).

**"Interesting Tools in Artificial Intelligence**

For those who want to understand what artificial intelligence is and, more importantly, learn about interesting AI tools that can make our everyday lives easier…

A meeting will take place on Thursday, September 21st, at 8:30 PM at the Pub

The Beer Garden will be open!

Facilitated by: Daniel Haim-Asaf (Organisational Development Partner and Learning at Maytronics, interested in the world of artificial intelligence).

Join us for an engaging discussion on the fascinating world of AI and the tools that can enhance our daily lives."

**"Ceramics Workshops - Musli**

There are a limited number of spots left for the adult workshops, as well as for the children's workshops. You can also book a one-day workshop throughout the year.

Please contact Sima at 052-3756193.

Wishing you a Happy New Year!"

**"Women's Soccer in Yizrael**

Have you wanted to play soccer but didn't have the opportunity? Now you can! We're bringing the amateur soccer team back to life!

Open to all ages, from the youth generation and up.

See you on the field!

For more information, contact Tsafnat at 052-4573448."

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**"Tennis Coaching on Yizrael**

**For more information, contact Gazit at 052-3766046."**

**Philo-sophia - The Mattress**

The mattress I have been using most of my life has reached the end of the road. The springs no longer spring – they moan. It looks like the people of Israel took it with them when they exited Egypt and they all slept on it for forty years in the desert and beyond. It is a health hazard. Even the fleas have come out in protest.

This is bad news – it is a family heirloom. Apart from the fact that most of us can trace our ancestry back to the mattress (DNA tests back this up). Family lore dictates that my grandmother hid the mattress in her bra when she fled the Nazis by climbing over the Alps into Switzerland. She also hid my mother and uncle in there along with the Meissen porcelain collection and the Henckels cutlery set. What can I say? She was a formidable woman.

This is going to be difficult to explain to the family. My mother is not going to be pleased – she spent a lot of quality time with that mattress in the Alps. My brothers have suggested that if I really must tell her it would be best to do so after her upcoming birthday celebrations.

On reflection telling my mother will be the easy part – replacing it was akin to climbing the Alps backwards, barefooted with my grandmother on my back, during the storm of the century.

Ever wondered how many places there are in Afula where you can buy a mattress? Sadly, there is more than one – in fact the number is closer to ten – even my grandmother would have found the prospect daunting. In my innocence I figured that after an hour or so I'd be heading home with a new mattress strapped to the roof of the car. How wrong I was – my error was comparable to making Ben Gvir minister of anything. Actually, he should have been the one doing the buying – I can't think of a better punishment.

On the positive side I've never been invited into bed so often by so many people. On the other hand, I've never paid so much for the pleasure. We all think we know a thing or two about mattresses, but I quickly learnt that technology has passed me by and that the shekel is not as strong as it used to be.

Having said that once we chose the bed we wanted we were offered a range of gifts in appreciation. I didn’t want the Toyota Carolla - it seemed to be a pretty cheap option and if I may say so a bit disappointing. The trip for two to Iceland for a month was pretty tempting but their famous dish "Hakari" (fermented shark) really wasn’t much of a selling point – I mean we get it every Friday night (excluding cutbacks). Dinner with Itamar and Ayala in Kyriat Arba was a surprising offer – but to be honest Ayala is better known for her weaponry than she is for her cooking.

In the end we decided to check out the gifts offered here on the kibbutz and then see if we really needed anything else (very doubtful). Last year I opted for the wagon – an excellent choice – me and a few others meet every Saturday morning and race each other down the Gilboa.

So, there you have it. I now lay awake at night in expectation of the new bed being delivered – woo hoo!

**English is Fun - with Rahel**

**ON THE MARK**

Quotes from America’s great humorist, MARK TWAIN

“Eloquence is the essential thing in a speech, not information.”

“Good breeding consists in concealing how much we think of ourselves and how little we think of the other person.”

“There is no sadder sight than a young pessimist.”

“If you pick up a starving dog and make him prosperous, he will not bite you. That is the principal difference between a dog and man”.

“Irreverence is the champion of liberty and its one sure defense.”

“Let us endeavor so to live, then when we die, even the undertaker will be sorry.”

“Noise proves nothing. Often a hen who has merely laid an egg cackles as if she has laid an asteroid.”

“All you need in this life is ignorance and confidence, and then Success is sure.”

“Against the assault of laughter, nothing can stand.”

“Whenever you find you are on the side of the majority, it is time to pause and reflect.”

“You can’t depend on your eyes, if your imagination is out of focus.”

“Let us be thankful for fools. But for them the rest of us could not succeed.”

“Everything has its limits. Iron ore cannot be educated into gold.”

“It is easier to stay out than to get out.”

“It is noble to teach oneself, but still nobler to teach others – and less trouble.”

“I find that the further I go back, the better things were, whether they happened or not.”

“Golf is a good walk spoiled.”

“Do the thing you fear most and the death of fear is certain.

***Passing thoughts:***

***The blood vessels of a blue whale are so wide than an adult could swim through them.***

***Survey results: 35% of people watching TV yell at it.***

***Why was the shark model in JAWS called Bruce? Steven Spielberg named it after his lawyer.***

***At least 8,000 human-made objects are orbiting the Earth.***

……………………..more next week



**Programme for 10.09.23 – 14.09.23**

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

**Sunday 17/09**

Rosh Hashana – closed.

Shana Tova to everyone.

**Monday 18/09**

O8:00 Pedicure with Limor Mualem (by appointment only)

09:30 “The Art of Drawing” – Chas Broadhurst

16:00 Open for coffee, cake, and chats

**Tuesday 19/09**

09:30 Handicrafts with Rachel Grossman

14:00 Ceramics with Ziv Ben Bassat

18:00 Veterans Gathering – “A Toast to the Holidays” with Stas and Anna Gavrilov

**Wednesday 20/09**

09:30 Nature is Blossoming with Hammutal Assaf

17:00 Tai-chi (advanced) with Einan Grosser

**Thursday 21/09**

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

10:00 Movie screening with Galia Shemi “The Good Samaritan”

17:15 Exercises on chairs with Michal Sha’anan

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