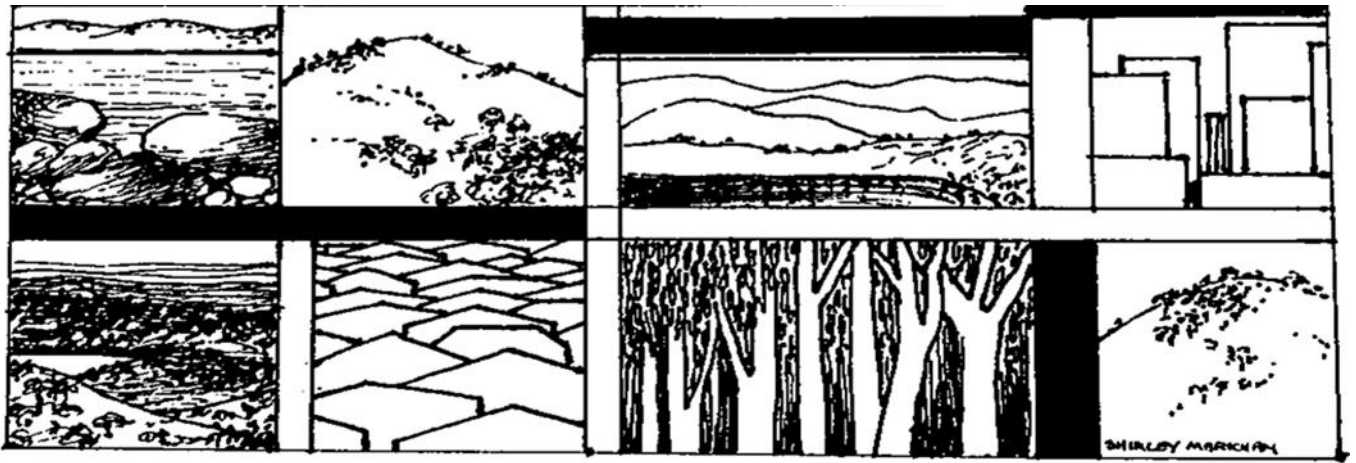




The Yizraelite – No 2230 Date: 31.10.25

Kibbutz Yizrael



Reut's Editorial: The last deceased hostages who remained in Gaza have still not been returned, and neither has the late Hadar Goldin.

Alongside the joy and happiness following the return of all the living hostages, the painful feelings remain for the families who are left waiting for the return of their loved ones. From the start of the war, it was clear that we cannot go back to where we were, regarding the sharing of the burden of military service. All sectors must play their part. This requires enforcement of the laws — whereas instead, they are trying to change the law.

In the summary of Maya Folk's article that was published on 17.07.25 in "Makor Rishon", the words of Prof. Liav Orgad, who researched the issue of Arab recruitment to the IDF, were quoted: "Over the years there has been a consistent position as held by the the secret services, from the National Security Council and from people who served as Ministers of Defence, from Moshe Arens to Ariel Sharon, which states there is a security interest in recruiting Israel's Arabs... In their view, when choosing between two alternatives — to enlist them in the army, or to avoid enlistment and let those young people end up in the frameworks of nationalist and religious movements that act against the state — it is preferable to institutionalise them and embrace them so they will be part of the State of Israel... Also, the arguments that spoke of a "fifth column" were compared to minority enlistment around the world and proved to be incorrect. One can justify granting personal exemptions in cases where there is a criminal or security concern, but one cannot categorically say that Arabs are a security risk. That would be a stigmatization, a crude generalisation and an affront to human dignity.

On Wednesday a hearing was held in the Supreme Court about enforcement of the

conscription law. Rabbi Ilai Ofran, the grandson of Prof. Isaiah Leibovitz, wrote on Facebook: "I have now read carefully and closely the 40 pages of the proposal for the draft-dodging law. I read and I cried. Tears that did not come out of me during two years of funerals and visits to the shiva of endless reserves and crushing worries, flowed from me when I read a long, technical, and boring legal document. In many elaborate and learned words, numbered clauses and fragments of regulations, it was said plainly — nothing will change. Not even a little. Not even a smidge... They will tell us this is a historic law. That this is the start of a new era. That never before have so many been enlisted. And a host of other lies and nonsense that are based on deep contempt for each and every one of our intelligences. It is written there in black and white. Read it yourselves, but take a handkerchief first. This is the saddest thing I read this year... Even two years of war, two thousand fatalities, tens of thousands wounded and a tremendous shortage of fighters, did not manage to crack this incredible hardness of the home front. This loathsome proposed law is written in the blood of my friends who fell in battle, in the injuries of my pupils who were hurt in body and soul, in the pains of my family after hundreds of days of my reserve service, in the trampling of the hope that we would prevail over our enemies..."

We share in the sorrow of Moran Kuperman

**upon the passing of her mother Tzvia Hel, of blessed memory.
The family is sitting Shiva at the home of the deceased,
21 HaAvoda Street, Afula,
during the following hours: 10:00–14:00, 16:00–20:00**

Agenda of the Community Council Meeting

Sunday, 02.11.25, 17:30 – Meeting Room

- 1. Internal Audit Report Vehicle Department**
(Guests: Uri Greenberg – Internal Auditor, Audit Committee, Vehicle Committee)
- 2. Presentation of Work Plans and Budget for 2026:**
of the Health Cluster, Construction Department

Limor Griman

Executive Committee Meeting Summary - 20.10.25

Participants: Jeremy Perling, Eviatar Assaf, Uri Gilad, Elad Ilan, Limor Griman, Idan Zelas, Inbal Pezaro.

1. Explanation of Kibbutz Yizrael's financial situation

(Guest: Maor Persai, CFO)

Maor Persai, the Chief Financial Officer, presented the kibbutz's financial status using an "Assets and Liabilities" model. The model outlines the kibbutz's assets (physical assets, income-generating assets, cash, deposits, customer debts, and others) and its liabilities (bank debts, supplier debts, commitments to funds, and members accumulated personal budgets).

Decision:

A public meeting will be held to present and explain the kibbutz's financial and economic situation to all members. The meeting will take place on **10.11.25**.

2. Discussion following the Open Forum and decision on follow-up actions

A proposal was presented to move forward along two main lines:

- **Short-term track** – preparing the **2026 budget** through collaboration between all relevant bodies: the Community Management, the Reserve Fund, and the Holdings Corporation.

The process will be coordinated by the **Finance Committee**, which will meet more frequently. The committee will serve as an advisory and supervisory body throughout the budget-building process.

A suggestion was raised to include kibbutz members' representatives in the process of building the community budget. A discussion followed regarding the feasibility and potential contribution of this suggestion.

- **Long-term track** – launching a **dialogue** to explore members' aspirations regarding the kibbutz's character, identity, and future.

This process will extend throughout 2026 and will be led by a **Steering Committee** chosen by the Executive Committee from among its members, with the guidance of a professional facilitator.

The discussion focused mainly on whether both processes should run simultaneously, and on the concern that the social process might be influenced by the current financial situation, which may be temporary.

Most committee members agreed that it would not be right to postpone the social process, since the Open Forum revealed a wide range of views and it is important to conduct a structured dialogue rather than suppress it.

Decisions:

1. Budget 2026:

a. The **Finance Committee** will coordinate the 2026 budget process, with Erez joining the committee.

The committee will act as an advisory body, recommending, and mediating between the community, Holdings, and the Reserve Fund. It will oversee the budget preparation and its implementation.

Each body remains responsible for preparing its own budget, which will be presented to the Economic Council for approval.

The Finance Committee will publish the summaries of its meetings concerning budget oversight.

b. The Community Management is recommended to include kibbutz members to accompany the preparation of major budgets.

2. Establishment of a Steering Committee (approx 6–8 members) for the social process on behalf of the Executive Committee.

The team will be led by **Uri Gilad** and **Limor Griman**.

Uri and Limor will prepare a proposal for the team's composition to be presented at the next Executive Committee meeting.

The Steering Committee, together with the Executive Committee, will define the objectives of the process and later select a professional facilitator.

A budget for the facilitator's work will be included in the 2026 budget.

3. Information and Miscellaneous:

- Yonatan Orozco announced he is leaving the kibbutz as of 1.10.25.

A team including Jeremy, Limor, and Elad Ilan held a discussion with the legal adviser to review the implications.

- A lawsuit has been filed against the kibbutz (Holdings) as a partner in the "Ma'agan Eden" holiday village, following a drowning incident at the swimming pool. The matter is being handled by the insurance company and legal counsel.

Summarised by: Limor Griman and Jeremy Perling

Absorption Committee Notice

The Absorption Committee warmly welcomes the two families who began their absorption process from the Young Generation sector in early November:

The Matalon Family



Alon and Maayan, together with their one-and-a-half-year-old daughter, **Yarden**, live in the quad units in the Young Generation neighbourhood.

Alon continues his work as a design engineer (mechanical) at *SURON*, a thin-metal manufacturing plant located on Kibbutz Ma'agan Michael.

Ma'ayan works as a developmental psychologist at the Clalit Health Services Child Development Centre in Afula and completes her full-time position as an madricha at *Tlalton Tavor*.

Accompanying family – *Mashali*

Committee liaisons – *Nofar Brin-Dolinko* and *Neta Ratzin-Blass*

The Arieli Family



Omer and Ofer live in the old parental housing of the Young Generation.

Omer continues his work at *Maytronics* in the Water Solutions Division, where he is responsible for the operation and management of the experimental pool section. His role includes data collection, field testing of products under development, and performance validation.

Ofer works as an instructor at *Tlalton Carmel* and is

also studying Chinese medicine at *Reidman College*.

Accompanying family – *Lilach Ron*

Committee liaison – *Aviva Beutler*

We wish both families a meaningful and successful absorption process!

Reported on behalf of the Absorption Committee: **Karen Brustein-Ayalon**

Firefighting Cabinets

Across the kibbutz there are **firefighting cabinets** containing equipment **designed solely for extinguishing fires**. This equipment is **very expensive!**

We ask everyone **not to open or use this equipment** for purposes such as **watering lawns, construction, or cleaning vehicles**.



Several cases of **unauthorised use** have already caused **significant and costly damage**.

In case of **emergency**, and for **firefighting use only**, please **request permission** to use equipment from one of the following:

Firefighting Team Leaders:

- Tamir Blass
- Matthew Emerik
- Yarden Naor



From Erez's Desk



The Sad End of Bernie's Stone Garden - Adapting the Stone Garden to Safety Standards

The Stone Garden, which has served for many years as a meeting and play area for Yizrael's children, was recently declared unsafe for use, following a safety inspection by the Bureau of Standards. The issues requiring correction involve the risk of falling from height (without a shock-absorbing surface) in various parts of the garden.

Unless the hazards are corrected within a reasonable time, the Regional Council will have to fence off the area and prohibit its use.

In recent weeks, further meetings were held with the engineer from the Bureau of Standards and a council team led by the Regional Head, with the participation of Bernie Fink and Benny Segal, in order to try and minimise the required changes.

After redefining the specific areas and elements needing adjustment, we are now ready, with contractors, to carry out the necessary works to bring the garden into full compliance with safety regulations.

The planned changes include: removal of the climbing wall from the toddlers' play area, cancellation of the rock slide, fencing of the tall basalt-stone section, and levelling by repositioning rocks in other areas.

To preserve part of the original layout, the rock slide will remain in place but will be within the fenced-off section and therefore closed to use.

Everything has its time — the stone structures lovingly sculpted by **Bernie Fink** no longer meet today's safety standards.

We extend heartfelt thanks to Bernie for his creative environmental sculptures and for the playground that has brought joy to so many children over the years.

Work is expected to begin within the next two weeks. A documentation team will film a short video to commemorate this beloved playground. *(How, in the name of Mike, will we be able to protect the state from our enemies if our future soldiers grow up in padded over protected environments???* Ed)

Registration for Dining-Hall Meals

The **Food Department** requires advance registration for Friday-night dinners — both for those dining in the dining hall (to allow for table arrangement) and for those collecting take-away meals (to ensure accurate meal planning).

There has been a growing issue of families arriving without registering, relying on tables left for “late registrants”. This practice disrupts the staff's efforts to prepare properly for all diners and can lead to unpleasant situations. Recently, one unregistered family arrived and found no table available.

To prevent such incidents, the registration window has been extended and now opens earlier in the week. Please note:

- Registration must be done **only via Kehilanet** — not by contacting the department staff directly.
- Registration closes on **Thursday at 09:00**, allowing the team time to prepare accordingly.
- Please register on time and help us avoid unnecessary inconvenience.

Electric-Vehicle Charging Stations

In the coming weeks, **two new charging stations** (one dual post) will be installed in the car park opposite **Tzameret Housing**, similar to the stations already operating in the main car park.

The addition is needed due to the growing number of electric vehicles on the kibbutz. The setup will include the allocation of two dedicated parking spaces for EVs and the installation of a charging post.

Previously, some members received permission to install private chargers in public areas due to lack of sufficient infrastructure. Once the new station is installed, **this permission will be cancelled**, and no further private installations will be approved.

As the number of EVs continues to grow, we will expand the charging network gradually, placing stations in car parks across the kibbutz according to demand — while considering infrastructure costs. *That's all for now, Erez Peleg*

Human Resources Management Meeting Summary (26.10.25)



Participants:

Rochele Matalon, Peter Pezaro, Shlomo Cohen, Navot Assaf, Erez Peleg, Limor Griman, Ilan Sadur, Kinneret Govrin

Main Topic: HR Goals for 2026

The management continued its discussion regarding the 2026 objectives, in preparation for the annual work plan. There was a consensus to advance the issue of divulging details of salaries to members working in Maytronics and those in

agriculture.

Regarding the goal of costing community positions and presenting this data to members, it was reported that currently 61 members (out of about 200 obligated to work) are employed within the community—43 of them full-time, and the rest part-time. All community jobs are currently costed uniformly at 40 NIS per hour, a rate considered unrealistic, especially for managerial positions. The discussion focused on the implications of proper costing and transparency of these roles.

Points Raised:

- Transparency toward members is primarily an ethical and social issue, not merely an economic one. It is a value that must be upheld.
- Members should be shown not only their income but also their personal expenses as kibbutz members.
- There is concern that greater transparency could lead to loss of workers in Maytronics and other kibbutz branches.
- The significance of the “value of self-labour” should be examined—does it still hold meaning for us?
- It is unclear whether transparency would motivate members to increase income or change jobs if their personal budget remains unchanged.
- It may be preferable to discuss personal income in live meetings, not through a mock payslip.
- If transparency and job costing are adopted, this should apply to all members.

- All community positions should be costed, but each member should be able to choose whether to view their own data.
- Internal costing limited to senior management only would be illogical. If branch managers have access to the data for budgetary management, then members should also have access (to their own data).

Decision:

The issue of community job costing will be discussed further by the Community Management.

Summarised by: Kinneret Govrin

Planning Committee Meeting Summary - 10.09.25

Participants: Ofir Griman, Vicky Hollander, Yonatan Witelson, Shlomo Levi, Benny Segal, Axel Levin

1. Master Plan for Infrastructure – Traffic Plan

Following the preparation of a current situation report, a traffic and parking plan was drawn up as part of the Master Plan for Infrastructure, including a programme and planning guidelines. The traffic consultant joined the meeting via Zoom to present the report and plan. The report focuses on a general transport vision, all parking areas on the kibbutz, and specific issues raised in the situation report. The programme and guidelines offer several options for the kibbutz to consider. After the presentation and questions to the consultant, it was agreed that the committee would discuss the proposed alternatives and steps in a follow-up meeting to be scheduled after the holidays.

2. Members' Requests

A request was received from members living in the Lower Tzameret neighbourhood to add a 2-metre-high bamboo screen to the fence surrounding their garden. The existing fence complies with kibbutz guidelines for private garden fencing. The members wish to add bamboo for privacy, noting that a living hedge—as recommended—grows too slowly.

The committee discussed the issue and reiterated its general recommendation not to fence private gardens. However, there is a Fencing Procedure (since 2020) defining guidelines for:

- a) boundaries between plots, and
- b) boundaries between private and public areas.

In this case—between private and public land—the procedure states:

“The Planning Committee approves the construction of an open fence (see-through) up to a maximum height of 1.10 m along the residential plot boundary. The final location and height of the fence shall be designed/approved by the Planning Committee.

Planting guidelines: vegetation may be planted up to 50 cm inside the plot boundary.”

The committee upholds the existing procedure and does not approve the requested bamboo addition.

3. Building Permit Exemptions

In recent years, nationwide building-permit exemptions have applied to several specific issues. After the expiry of the national exemptions, the regional council prepared a local plan to regulate the continuation of some of them. Communities that do not wish these exemptions to apply within their boundaries were invited to submit alternative guidelines.

Following a coordination meeting with the council planner and the local committee representative, Erez, Shlomo, and Axel reviewed the proposed exemptions and found that most serve the community’s building needs and do not create future problems—except for the exemption concerning 2-metre-high walls and fences. Therefore, it was recommended to submit the kibbutz’s fencing procedure to the council planner as an alternative clause. The summary of the exemption plan was presented and discussed, and the decision was to forward the kibbutz’s fencing procedure to the council planner.

4. Rugby Neighbourhood – Spelling and Boundary

Following the selection of a name for the new neighbourhood, the committee was asked to address two matters:

a) **Spelling of the name:** Several members proposed the name “Rugby Neighbourhood,” but with different spellings (רוגבי, ראגבי, רגבי). The committee recommended consulting a language expert. The expert later confirmed that the correct Hebrew spelling of “rugby” is “רוגבי.”

b) **Neighbourhood boundary:** In a previous meeting, the committee discussed which area of the zoning plan would bear the chosen name. Based on background material from the detailed building plan (TAB A) and following the selection of “Rugby Neighbourhood” as the name, the options were reviewed. The committee decided that the name “Rugby Neighbourhood” would apply to the 30 houses included in the detailed building plan, and a separate name would be determined for any future expansion. (*“a rose by any other name would smell as sweet” – Ed (and Will.)*)

2nd Planning Committee Meeting Summary - 30.09.25

Participants: Ofir Griman, Vicky Hollander, Erez Peleg, Barry Feldman, Shlomo Levi, Axel Levin, Alita Mor, Revital Zelas, Zehava Rosilio

Recorded by: Axel Levin

Placement of storage sheds in the Rugby Neighbourhood

Guest participants: representatives of the residents — Adi Laviv, Yoni Brauman, Elad Ilan

Residents' Request:

The residents' representatives requested an alternative location for the storage sheds, not in the back garden. They suggested possibilities such as:

- At the front of the plot
- (Partly) outside the plot, in the front public area
- A centralised area for all sheds in the public space of the neighbourhood
- Or any other option the committee may find suitable

Questions were raised and the request was discussed. The Planning Committee recommended that the Construction Directorate examine, in terms of schedule and technical aspects such as infrastructure, drainage, and possible shed dimensions:

- Allowing placement of sheds on the side of the house, next to the service porch, behind the front building line, in an area free of sewage pits.

The Planning Committee requests that the Construction Directorate review and prepare a sketch of this option. The Directorate should also explain to the residents the implications of this alternative, such as blocking access between the front and rear gardens, possible changes in the shed's size or shape, and other relevant technical considerations.

Additionally, the committee approved the following for the back garden:

- No concrete flooring at all (this option would require signing a waiver)
- Reducing the size of the concrete pad (another option, e.g. a fixed size of 2×2 metres).

For contact with the Planning Committee:

Email: planning@yizrael.com / Tel: **052-5012116**



From the Early Childhood Courtyard

"After the holidays, everything will begin anew" (Naomi Shemer) – and indeed, we too can feel the scent of a new beginning.

We are concluding the adjustment period for everyone — children, parents, and staff. This year, it stretched over a month and a half, with all the holidays and midweek breaks scattered in between. Still, little by little, between the sukkah and the days off, we managed to create a routine. The children found their rhythm, their confidence grew, and the kindergartens already feel like home.

Last week — one could truly say it happened — the *real* routine began! A continuous stretch of days, expected to last for quite a while, creating a sense of stability for everyone. The children are back, the staff has re-energised, and we continue to renew ourselves — welcoming wonderful new people and eagerly awaiting another staff member who will join us very soon (we'll of course share when that happens).

Also returning is Dganit, our movement teacher — as she has every year for the past eight years. And this week, when I heard the children's laughter during the first class, I knew everything had fallen into place again.

This renewal of the familiar, steady routine is also part of what we call "*our local ecology*": not just the nature around us, but all the circles that surround the child — the family, the friends, the kindergarten, the kibbutz, the community.

These connections are constantly forming — on daily walks, in encounters with people and places nearby, in the olives falling on the same familiar paths from the same old trees, in the dismantling of the communal sukkah in the dining hall (as every year). The connections are also felt when we meet familiar mothers with new babies on the paths. All these are part of the local fabric that nourishes the children, us, and the whole community.

This is also an opportunity to thank the parents who have already volunteered to help on Fridays: **Dekel Serano, Nitzan Kamilian, and Shachaf Halevi** — you are part of our ecology, and a wonderful reminder that *community is, above all, a human fabric!*

May we all be blessed with good, calm, and peaceful days.

Submitted by: Yael Oster

Gerontological Counselling and Care Management - Sigal Perling, MA

After many years of working in the field of gerontology, years in which I have accompanied older adults and their families, offering emotional support, assistance in handling bureaucratic matters, and professional gerontological guidance.

I now meet with people from all over the country and also offer consultations via Zoom.

You are warmly invited to contact me or refer acquaintances from anywhere in Israel.

Sigal Perling

On Ageing and Old Age – Tips from the Web

Forwarded by Rinat Chikurel



Many of the conditions we call “illnesses” are not really diseases at all, but rather part of the natural process of ageing.

A hospital director in Beijing once offered these words of advice to older adults: “*You are not sick — you are simply growing older.*” What you think of as illness is often the body’s way of signalling age, not disease.

1. **Weakened memory** is not Alzheimer’s, but a natural defence mechanism of the ageing brain. If you forget where you put your keys but still manage to find them — that’s not dementia.
2. **Slow or unsteady walking** is not paralysis — it results from muscle weakening. The cure is not medication, but movement and physical activity.
3. **Insomnia** is not a disease but a change in brain rhythm and sleep structure. Avoid taking sleeping pills unnecessarily — prolonged use can increase the risk of falls and cognitive decline. The best “sleeping pill” for seniors is daylight exposure and keeping a regular daily routine.
4. **Body aches** are not necessarily rheumatism, but the body’s natural response to ageing nerves.
5. Many older adults say, “Everything hurts — perhaps it’s rheumatism or bone thickening?” While bones do weaken with age, 99% of these pains are due to

slower nerve conduction, which heightens the perception of pain. This phenomenon, called *central sensitisation*, is a normal physiological change in later years. The best natural medicine: physical activity — not pills.

6. **Higher cholesterol levels** in seniors are often normal. Cholesterol is essential for hormone and cell-membrane production, and levels that are too low may weaken the immune system.

For older adults, blood pressure below 150/90 mmHg is considered adequate (rather than 140/90 for younger people).

7. **Ageing is not a disease** — it is the natural course of life.

A few words to seniors and their children:

- Remember: not every discomfort is a disease.
- Many older adults worry about medical test results or are alarmed by advertisements — don't be misled.
- For children, the most important thing is not just taking your parents to the doctor, but taking them out for a walk, sitting with them in the sun, sharing a meal, having a conversation, and spending time together.
- Ageing is not the enemy — it is simply another way of saying *living*.
- The real enemy is stagnation. Stay active — and stay well.

A Brazilian oncologist added:

Middle age lasts from 50 to 70. The golden years — from 70 to 80. Old age — from 80 to 90. Longevity — from 90 until life's end.

The greatest challenge in old age is loneliness. Partners do not die together — one departs first, leaving the other behind, often feeling like a burden on the family. That is why maintaining friendships, regular social contact, and a sense of belonging are so important.

My personal advice: **do not lose control over your life.**

Decide for yourself when and with whom to go out, what to eat, how to dress, who to talk to, when to sleep, what to read, how to enjoy yourself, what to buy, and where to live.

Because once you lose that independence — you risk becoming difficult for those around you, and a burden to others.

Edi-tors Thoughts on the above Web article

I had some concerns about some of the information contained in the internet article. There is so much fake out there these days. I asked ChatGPT to fact check and appraise the article. This is what chat had to say. You be the judge:

Here's a quick, evidence-based appraisal. Short version: this is a viral chain-message with a few good takeaways (move your body; keep a routine; social contact matters) mixed with oversimplifications and a couple of flat-out wrong claims.

Overall provenance

- The “Beijing hospital director” quote and the Brazilian oncologist “age bands” circulate widely on Facebook/WhatsApp with no verifiable authorship. Hoax/fake-attribution trackers have flagged the Beijing quote specifically. [YouTube+4Boatos.org+4facebook.com+4](#)

Point-by-point fact-check

Memory (“forgetting where you put the keys isn’t dementia”) — MOSTLY TRUE (but incomplete).

Occasional lapses can be part of normal ageing; dementia is defined by persistent cognitive decline that interferes with daily life. If changes are frequent, worsening, or affect functioning, get evaluated. [National Institute on Aging+1](#)

Slow/unstable walking and “the cure is movement” — TRUE.

Gait slowing in later life is strongly linked to sarcopenia (loss of muscle mass/strength). Exercise—especially progressive resistance and multicomponent programs—improves gait speed and function. [pmc.ncbi.nlm.nih.gov+2e-agmr.org+2](#)

Insomnia in older adults; avoid routine sleeping pills; daylight & regular routine help — TRUE.

Hypnotics (benzodiazepines/Z-drugs) carry real risks in seniors (falls, cognitive effects, dependence). First-line care is non-drug therapy (CBT-I, sleep hygiene, light exposure, activity scheduling). [ccjm.org+1](#)

“Body aches aren’t rheumatism; 99% of pains are from slower nerve conduction (central sensitisation)” — FALSE/MISLEADING.

Nerve conduction does slow modestly with age, but that does **not** explain “99% of pains.” In older adults, common causes of chronic pain include osteoarthritis, spine disease, neuropathies, and other musculoskeletal disorders; central sensitisation exists but is **one** contributor, not a near-universal cause. [pmc.ncbi.nlm.nih.gov+2thelancet.com+2](#)

“Higher cholesterol in seniors is often normal; too low weakens the immune system” — MISLEADING.

Cholesterol is biologically important, but higher LDL-C continues to raise cardiovascular risk in late life, and lipid-lowering can still help many older adults (particularly with existing CVD; primary prevention is individualized). Observed associations between *very* low cholesterol and illness often reflect reverse causality (frailty/illness lowering cholesterol), not that low LDL is harmful per se.

Decisions should be personalised with a clinician.

[pmc.ncbi.nlm.nih.gov+3pmc.ncbi.nlm.nih.gov+3thelancet.com+3](https://pubmed.ncbi.nlm.nih.gov/3pmc.ncbi.nlm.nih.gov/3thelancet.com/3)

Blood pressure target “below 150/90 is adequate for older adults” — OUTDATED/OVERSIMPLIFIED.

Modern US guidance generally aims for <130/80 mmHg for most adults, including many older adults, if treatment is tolerated and safe. European guidance allows higher thresholds/targets in the very old or frail (e.g., initiate if SBP >160 mmHg in ≥80y and aim around 140–150 if tolerated). In practice: personalise to comorbidities, side-effects, and frailty. [ahajournals.org+1](https://ahajournals.org/1)

“Ageing is not a disease” — FAIR.

That framing is benign, but it shouldn’t minimise treatable conditions that become more common with age.

Social connection and independence — TRUE (important).

Loneliness increases health risks; maintaining autonomy and social ties supports wellbeing. (These points are general public-health consensus; not specific to the unattributed quotes.)

What I’d keep vs. change

Worth keeping (with nuance):

- Keep moving; build strength and walk daily.
- Prioritise daytime light, a consistent routine, and CBT-I before pills for sleep.
- Occasional forgetfulness can be normal, but evaluate persistent/worsening issues. [ccjm.org+2JCSM+2](https://ccjm.org/2JCSM/2)

Needs correcting:

- Drop the “99%” pain/nerve-conduction/central-sensitisation claim. Identify and treat common pain conditions (OA, spine disorders, neuropathy) and still use activity/exercise as core therapy. [thelancet.com+1](https://thelancet.com/1)
- Replace the blanket cholesterol statement with: “Discuss LDL-C targets and potential statin therapy with your clinician; benefits often persist in older age, but decisions are individual.” [pmc.ncbi.nlm.nih.gov](https://pubmed.ncbi.nlm.nih.gov)
- Replace “150/90 is adequate” with: “Targets are personalised; many guidelines now aim lower if safe.” ahajournals.org

Bottom line

This forward contains **mixed** information: some sensible lifestyle advice, but also misleading medical claims and fake-sounding attributions. Treat it as motivational, not medical guidance. For personal decisions (sleep medicines, BP targets, cholesterol treatment, evaluation of pain or memory change), use proper clinical advice tailored to you. Boatos.org

(Now you be the Judge – Ed)

The Music of Inbar Sharett

By: Ali Kedem, 21.10.25

Article taken from the publication "*Zman Kibbutz*"

About **Inbar Sharett**, (who was a student at the Music House for many years)

"I do not consider myself a composer at all, because I lack the qualities of a composer. I will never say that I wrote a song because for me, to compose is the domain of geniuses." These words were written by none other than **Yehuda Sharett**, who composed well-known songs such as "*Ve'ulai*" ("And Perhaps") to the lyrics of the poet Rachel, and was one of the founders of the kibbutz *Passover Seder* tradition (Hagada). The quote was featured in a musical and spoken-word performance titled "*The Ploughed Fields*," presented by Yehuda's great-grandson **Inbar Sharett**, with six singers who also played trumpet, flute, and piano. The large audience joined in the singing.

Yehuda Sharett was born into a distinguished Zionist family... and they were a musical family as well. A member of Kibbutz Yagur, he devoted his free hours after work to his musical activities. He wrote songs, cantatas, and choral arrangements, and created the Yagur *Kibbutz Seder* that, over the years, spread to many other kibbutzim. His son **Navot Sharett** — a paratrooper, farmer, and field-crop instructor, was for many years a member of Degania B. Navot and his wife Rucha passed away about a year ago. Their grandson **Inbar** (29) is a professional musician, currently pursuing his doctoral degree in Basel. Inbar researched the musical legacy of his great-grandfather, and the result is the performance "*The Ploughed Fields – A Musical Encounter Following the Lost Song of Yehuda Sharett*."

"Music," says Inbar, "was always present in the Sharett family home — expressed through singing and playing at family gatherings. I was first exposed to the reconstruction of the Yagur *Passover Seder* when I was 11 years old, and it made a tremendous impression on me. I began researching Yehuda's music. His melodies don't fit neatly into any genre. They're not 'light music,' but neither are they meant for the concert hall. As a student of modern music, I can say that his idea of involving the audience in the performance of a piece was truly innovative and avant-garde."

The idea for the show arose from Inbar's grandfather Navot's request to revive a forgotten song by his father Yehuda, titled "*The Ploughed Fields*," written as part of the cantata "*From Crisis to Revival*." The cantata was performed in 1935 by a choir of kibbutz members and children during Yagur's *Chag HaMashek*

In April 1931, while on a mission (Shlichut) abroad, Yehuda received word of the death of the poet Rachel, whom he knew personally. He then composed the music for her poem "*Ve'ulai*" ("And Perhaps") and performed it once, at a cultural evening, without accompaniment. It has been told in several sources that Sharett later felt uneasy about

the tune. Inbar quoted his great-grandfather:

“When that song was born, I said to it: “What have you and I to do with each other? A youthful sin, a naive chirp. I was caught by romanticism. I very much regret that song.”

Inbar adds that perhaps the lyrics themselves unsettled the deeply Zionist kibbutz member: *“And perhaps it never happened at all...”* — did everything, perhaps, amount to nothing but a fleeting romantic dream?

But the composer’s reservations made no difference. Before finishing his shlichut, Yehuda visited several youth camps and heard the children singing *“Ve’ulai.”* Even during his lifetime, the song was recorded and became one of the most beloved and frequently sung pieces to Rachel’s poetry. Inbar demonstrated, according to the original score and the composer’s intention, that the song should be sung differently from the familiar version. This is just one example of what happens when a song leaves its composer’s workshop and becomes public property. For instance, the line *“O my Kinneret, did you exist or did I dream a dream?”* is meant to be sung only once, not twice.

In 1933 Yehuda returned to Yagur and tried to implement the educational and musical methods he had learned in Germany. He “took farmers and made music with them,” writing arrangements, songs, and compositions. Music served him as an educational and social tool, through which the community experienced both spiritual and collective enrichment and strengthened its unity.

The current performance is both a tribute to and a realisation of Yehuda Sharett’s vision of artistic communal singing. It was first performed last year at Kibbutz Ma’agan Michael before the extended Sharett family, and this year at Kibbutz Ramat Yohanan and at Kinneret Courtyard. The performers were friends and colleagues of Inbar from various musical circles, including his sister **Noam**, who sang and played the flute. The evening concluded with a collective singing of Yehuda Sharett’s quasi-Hasidic song from the Yagur Passover Seder: *“Gather Our Dispersed from Among the Nations.”*

Forwarded to *The Yizraelite* on behalf of the **Music Academy: Maida Nechustan**



Notes from the Music Academy.

Last weekend, we hosted donors from the United States who have been supporting the academy over the past several years. The guests enjoyed a variety of inspiring activities both at the academy and on the kibbutz and were deeply impressed by the community, the work being done, and the warm atmosphere.



We would like to express our heartfelt thanks to **Naomi** for opening the café especially for us, for the wonderful hospitality, the delicious food, and the excellent service.



Stas Gavrilov.



Meeting with members of the organisation:

“Connecting Worlds”

(Gadi Kedem, Harel Ravid, Rabbi Reuven Natanel)

Sun 16.11.25

19:30

In the Moadon

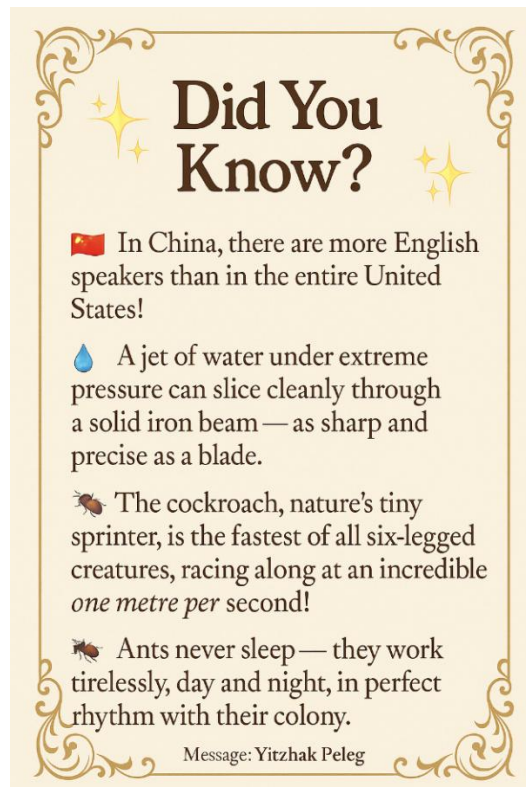
About “Connecting Worlds”:

Connecting Worlds is a social movement that brings together people, sectors, and diverse parts of Israeli society — through encounters, dialogue, and joint action.

We were born out of a simple yet powerful desire: to meet, to listen, to speak, and to act together. In the midst of conflicts and divides that threaten to tear Israeli society apart — we choose to connect. To restore a sense of partnership, mutual responsibility, and care among people.

Along the way, we have built communities of dialogue, held dozens of encounter circles, and led joint initiatives between secular and religious people, kibbutz members and city dwellers, young and old — guided by the belief that genuine social change begins with personal connection.

We do not aim to blur differences — but to recognise them and draw closer. Through listening, curiosity, and respect, we build bridges of understanding, trust, and shared purpose.



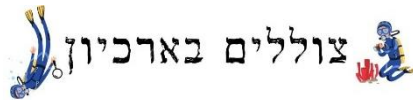
Ant Colony - The Perfect Commune

Go to the ant, you sluggard;
consider its ways and be wise!

⁷ It has no commander,
no overseer or ruler,

⁸ yet it stores its provisions in summer
and gathers its food at harvest.

Proverbs 6:6-8



Delving in the Archives

The Memories of Tzion Shorer

From time to time, a member finds a piece from a newspaper or a book of memories about Yizrael and passes it on to the archive.

Many thanks to Reut Shaliv, who shared with me an excerpt from the memoirs of **Tzion Shorer**, a member of the *Kinneret Garin*. Tzion left the kibbutz in 1956.

His son-in-law, **Elad Toister**, who was also born and raised on Yizrael, writes:

“Like many of us whose life journey passed through Kibbutz Yizrael, Tzion carried throughout his life a warm place in his heart for the valley, the kibbutz, its people, and his work in the pasture. His story is interwoven with vivid descriptions of kibbutz life in those early years and of the shepherd’s world, opening a fascinating window into the past.”

Tzion writes about his arrival on Yizrael:

“When we arrived at Yizrael, we felt we had come *home*. We were no longer just soldiers on a kibbutz base, but members arriving to complete the settlement — this would be our home! Here we would live and create lives of fulfilment and freedom. Upon my arrival, I lived in a hut with Baruch Babiuf, Avinoam Omer, and another fellow who had joined us from the Navy. The hut had no shower, only a tap outside. The men’s and women’s showers were separate, further down the kibbutz, and also in the sheepfold.”

And about the sheepfold he writes:

“My life as a shepherd was both hard and wonderful. There were difficult nights when we had to get up to milk, and our hands would go numb from effort. In those days, most milking was done by hand — and milking a cow is nothing like milking a sheep. Cows have long teats, easy to milk; sheep have tiny ones, sometimes so small that you need to milk them between two fingers — it takes time, the fingers tire, and all the sheep must be milked completely, otherwise they dry up or fall ill.

The milking season is mainly in spring, because nature decreed that animals give birth when food is plentiful and milk is needed for the young. But spring does not mean sun



and warmth — early spring still brings mud and rain — and right after milking **you must take the flock out to pasture!** When you return at dusk, you must feed the sheep extra fodder, wash and clean the pen, mark the milking ewes, keep records and pedigrees.

Yet being a shepherd gives a satisfaction like no other — a joy of body and soul, a bond with the boundless nature. I go out alone, descending to graze in the

valley on a spring day, when all the Jezreel Valley stretches before me, covered in green and in an endless bloom of colours; the flock scattered below, I sit on a rock, playing my flute or just sitting and watching. In this season, nature in the Jezreel Valley truly bursts with life. There was one plot in the valley filled with cyclamens of every shade — even green ones! I used to bring ‘samples’ to show the members — unbelievable! The whole valley sang with colours — what could be more beautiful? There is one thing more beautiful — returning at day’s end to the kibbutz atop the hill, as the last sunrays hide behind the distant mountains, a long path of sheep climbs from the valley below, one after another, winding like a ribbon.” — **Jules Feldman**



Yizrael Rugby Club – We’re off to a strong start, and picking up speed

After the holiday season, the Yizrael Rugby Club is back in full swing.

The senior team opened the season last Saturday with a match against the team from M’rar, which returned this year to the national league. The M’rar players showed great athleticism, aggression, and fighting spirit — but were unable to threaten our team.

Final score: 71–0 to Yizrael.

Outstanding player: Adrian Reinstein.

This coming Saturday, **1 November**, we host **Maccabi Tel Aviv** for the **match of the season!**

Our very own **Nimrod Kaplan** is coaching Maccabi Tel Aviv this year, and his declared goal is to take the championship away from Yizrael.

We're training hard and are ready for the challenge.

It's going to be a heated Saturday — **12:00 at the Rugby Field.**

The **children's and youth teams** also took part in the season's first tournament at



Wingate Institute. All teams displayed beautiful rugby and won their matches in every age group. We're proud of our talented kids and of the coaches who have been working tirelessly with them since the start of the year.

Next Saturday, **8 November**, we will host a **national children's and youth tournament at Yizrael**, and the club's team is working hard to

create a **unique family-friendly happening!**

P.S. — **New sets of clothing, bags, and hats** have arrived — available for purchase at the club shop.

There will also be **burgers, hot dogs, chips, cold drinks, and more surprises.**

New English Books in Library

The Fury/Alex Michaelides

Three cups of Tea/Greg Mortenson & David Oliver Relin

The Lady and the Monk-Four Seasons in Kyoto/Pico Iyer

From Reut Shaliv





Invitation To a Voyage of Discovery

Tue 18.11 – In the Library

In search of Ancient Hebrew books

With the collector – Alexander Weisman

A Voyage that will bring you full circle to Eretz Yisrael

The Library and Music Academy

Or B'Givah Programme



Sunday 02.11.25

16:00 Or B'Givah open for coffee, cake, games and chats

Monday 03.11.25

08:00 Pedicure with Limor Mualem (by appointment)

09:00 Gathering with coffee, cake, lively discussion and table games

09:00 "Sweet Moments" with Noa and Monika

10:00 Visit to the museum at Beit HaShita with Yaniv Shapira

19:00 Musical experience with Stas Gavrilov

Tuesday 04.11.25

09:00 Gathering with coffee, cake, lively discussion and table games

10:00 Visit to Galia Shemi's home

Wednesday 05.11.25

09:00 Gathering with coffee, cake, lively discussion and table games

10:00 A Creative Journey – Interesting Places and Artists Around the World with Noa

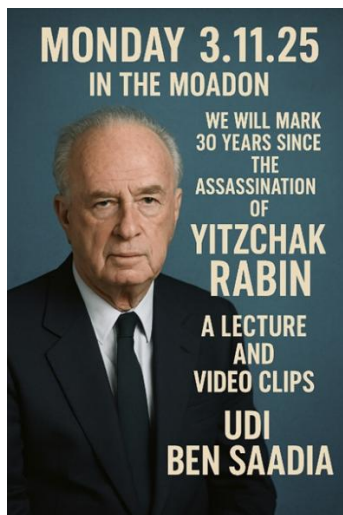
Thursday 06.11.25

09:00 Gathering with coffee, cake, lively discussion and table games

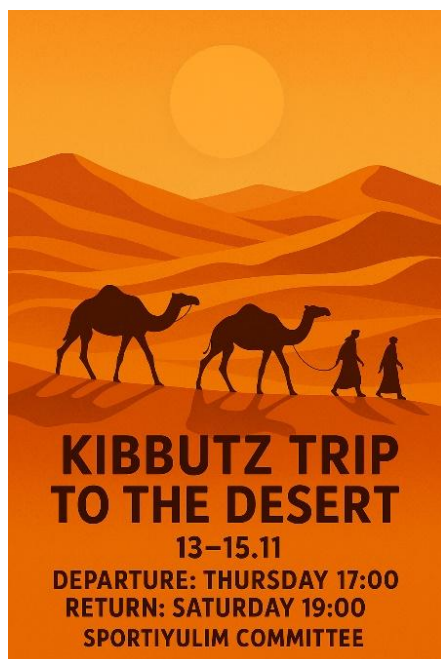
10:00 Film screening with Galia Shemi

10:00 Ceramics room open – instruction from Ziv Ben Bassat

Have you Diarized this yet?



First Kibbutz Trip Since the War Began



We're setting out on a social and experiential hike!
We call on all walking enthusiasts to register!

Departure: Thursday, 13.11 at 17:00

Estimated Return: Saturday, 15.11 at 19:00

Registration: On the notice board and on Kehilanet

Trails:

Friday: *Nahal Hemar* – 14 km hike. The trail is mostly downhill, medium+ difficulty, (mainly due to its length).

Saturday: *Nahal Kina* – circular route of 9 km, south of Arad. Medium difficulty. We'll begin with a descent and finish with a climb.

If it rains and the pools in both streams fill up — that's a bonus for us.

The hikes will be led by **Arnon and Rochele Matalon** – feel free to contact them with any questions.

Option to arrive on Friday evening.

Accommodation:

Lodging at *Tel Arad National Park* in a **Bedouin tent**.

No need to bring mattresses — but please bring **sleeping bags or blankets**.

Meals:

Delicious meals are guaranteed, courtesy of the logistics team: **Doron Kagan, Niv Edelstein, and Yaniv Shorer**.

Participation Fee:

From Thursday – **100 NIS**

From Friday – **80 NIS**

Wishing you only good times,

Sa'ar Matalon

Coordinator, *Sports & Trips Committee*

ChatGPT Gone Mad – 2

Chat did it AGAIN!!!! The following I the transcript of our chat:

You (Edi-tor) said:

Revital not Rotel

ChatGPT said:

Updated saved memory

Got it — I'll spell it as **Revital** in future.

You said:

Alita NOT Elita

ChatGPT said:

Updated saved memory

Understood — I'll spell it as **Alita** from now on.

You said:

Here's hoping...

ChatGPT said:

Here's hoping indeed 😊 — fingers crossed it sticks this time!

You said:

For me use "In Addition" instead of "Additionally"

ChatGPT said:

Updated saved memory

Got it — I'll use **“In addition”** instead of **“Additionally”** from now on.

You said:

U R a good AI!

ChatGPT said:

Thank you, Eddie 😊

Always glad to be in sync with you — finely tuned like a good kibbutz committee meeting (on a calm day!).



ENGLISH IS FUN with Rahel

DR. SAMUEL JOHNSON

MORE OF DR. JOHNSON'S DICTIONARY:

excise A hateful tax levied upon commodities, and adjudged not by the common judges of property, but wretches hired by those to whom excise is paid.

gambler A knave whose practice it is to invite the unwary to game and cheat them.

goat A ruminant animal that seems a middle species between deer and sheep.

lunch, luncheon As much food as one's hand can hold.

oats A grain, which in England is generally given to horses, but in Scotland supports the people.

opera An exotic and irrational entertainment.

parasite One that frequents rich tables, and earns his welcome by flattery.

patron One who supports with insolence and is paid with flattery.

"Dictionaries are like watches: the worst is better than none, and the best cannot be expected to go quite true."

More than a century after Johnson's pathbreaking work, Sir James Murray, the great editor of the *Oxford English Dictionary*, echoed Johnson's practicality when he wrote, "It is a free country, and a man may call a vase a *vawse*, a *vahse*, a *vaze*, or a *vase*, as he pleases. And why should he not? We do not think alike, dress alike, write alike, or dine alike; why should we not use our liberty in speech also."

Unabridged dictionaries have burgeoned from the 43,000 entries in the *Dictionary of the English Language* to the more than 615,000 words in the current *Oxford English Dictionary*.

Yet an entirely different kind of lexicon, and one that is but a fraction of the length of our big, fat, unabridged dictionary has won the hearts of the English-speaking

world. Although Ambrose Bierce's *The Devil's Dictionary*, published in 1911, contains scarcely more than a thousand entries set down on a mere one hundred and thirty-eight pages, many of its readers insist that it is the most informative and penetrating dictionary ever produced.

Bierce was born a farm boy in Meigs County, Ohio, 1842. He lived most of his life alone, and his powerful talents were always directed by bitterness and despair. His unremitting restlessness, his volatile temper, and his mysterious, suicidal death caused him to be labeled "a Voltaire with stomach ulcers."

Ambrose Bierce was the first, successful newspaper columnist and his column contained some of the most withering wit, scorching sarcasm, and vituperative personal attacks that have ever been printed by an American newspaper. He was known as Bitter Bierce.

Between 1881 and 1906, Bierce, in his newspaper column, penned one deft, diabolical definition after another.

THE DEVIL'S DICTIONARY:

- **Baccus** A convenient deity invented by the ancients as an excuse for getting drunk.
- **bigot** One who is obstinately and zealously attached to an opinion that you do not entertain.
- **capital** The seat of misgovernment.

..... more next week

Credits:

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Proofread by: Biff Markham-Oren

Office staff: Irit Cohen, Danit Duvdevani Kirshberg and Hedva Shaharabani

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.

Please take into account that we use AI when translating. We proofread and correct the texts but errors may be overlooked. Be warned!

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.*