



## **The Yizraelite – No 2145. Date: 9.2.24**

### **Kibbutz Yizrael**

**Edi-torial.** The Hamas is toying with us and will be doing so in the weeks to come. May the nightmare be over as soon as possible. This weekend a large group of members and visitors travelled south to help with lemon harvesting. Next week we will tell you all about it. The group will be visiting the site of the infamous 7.10.23 “Nova Music Festival”. Red anemones is blooming where the blood of our youth was spilled.

### **A Bouquet of Flowers and Thanks**

To Nava, Shlomit Fink’s sister, who worked hard, sewing and creating sweet, charming dolls for every boy and girl staying with us on Yizrael.

Many thanks also to Sima Arieli, who distributed the dolls to the children with great love.

### **Asefa + Economic Council**

Monday 11/02/2024 at 20:30

**Asefa:** Moadon + zoom + channel 900

### **Use of work bonus funds to cover war expenses**

Economic Council:

Immediately after Asefa in the Moadon only

Agenda: **Community investment plan 2024**

## **The Blessing of Rain... and the Downside – Ilana Peleg**

Last week our home was flooded. We discovered it in the middle of the night. We had no choice but to grab mops and scoop up the water, hoping that the blessed rains would take us into account and take a break... This went on for five hours. Finally, we plucked up the courage at 7:15 in the morning to call the building branch. Guy answered us from his sick bed and suggested that Abed should come. Indeed, Abed, Mahmoud and Aaron Emerik arrived. We all took turns to squeegee the water towards our house entrance.

After five hours of hard work and several cups of black coffee, (but no breakfast), the floor was finally dry. Only when there was not a single drop of water in sight - the three industrious lads took their leave. We collapsed...tired but happy.

This was all well and good, except that a day later, the flood waters returned with a vengeance.

What were we to do? Who do you turn to on Friday morning? Suddenly we remembered the new team of volunteers that was established for the benefit of the third age (we are there, whether we like it or not). I called Monica, who mobilised the task force, in an exemplary fashion. Within a quarter of an hour, our salvation army arrived, mops in hand and immediately engaged in the work, armed with a smile. They wouldn't even let us miss breakfast, and sent us off to the dining room.

On our return from breakfast, we found that the waters were still rising ... Then someone had a brain wave! They lifted some tiles where the water was seeping in. Someone brought a pump and a "life-saving" operation was carried out: They started pumping the water from the pool that was formed.

We want to thank each and every one who reached out and with endless generosity supported us, worked hard and encouraged us. My dear brother, Rafi, even suggested using the situation to grow rice or cannabis in our lounge. We turned down that idea!!!

Thanks also to the Third Age Cluster team who set up an emergency squad that proved its necessity. The saga of the floods in our house is still not over...but we are optimistic... Love you all,

Ilana Peleg

(We look forward to the next episode of this hair-raising saga. Keep your spirits up Yitzchak and Ilana. The dove will finally come back carrying an olive leaf. I read the book. – Ed)

# **Elections for the General Secretary of the Kibbutz Movement**

**Tuesday, February 13, 2024**

**The elections will be held on Kehilanet between 12:00 - 20:00**

**Those who have difficulty may come to Yifat Assaf's office to vote**

**\*\*\*\*\***

## **Vote for Lior Simcha for the Role of General Secretary of the United Kibbutz Movement! - Momi Cohen**

Hey, The Kibbutz Movement has seen better days!

For many years the movement has been in a state of stagnation and even regression in regard to the strength of the movement in promoting the interests of the kibbutzim which are members of the movement.

As a friend and co-worker of Lior as CEO of the "Milk Producers Association in Israel", I believe that Lior can push the dormant movement forward.

Lior served as the CEO of the association during one of the most difficult times that the dairy industry has experienced in recent years. He led many breakthrough achievements against the technocrats in the Treasury and other bodies related to the dairy industry.

Lior knows and understands the political map. He can strengthen the movement.

I call on the members of the kibbutz to support Lior's election to the position. He will bring about significant changes and thereby strengthen the movement in the future. I think it is very important to support Lior.

For those who are still undecided, I would be very happy to help them form an opinion before voting!

Momi Cohen

## **From Yana's Clinic!**

I would be happy to continue giving you service in the following fields:

1. Combined lymphatic massage for the upper body (treatment duration up to an hour and a half).
2. Tutorials and tips for maintaining healthy and radiant skin.
3. Acne treatments for teenagers.
4. Epilation treatments (an electric needle that removes the hair permanently).
5. Eyebrow shaping and upper lip hair removal.

### **Important Information:**

- You can also purchase gift vouchers!
- The lymphatic massage is for the upper body only.
- Acne treatments are subsidised by the kibbutz.

At your service, Yana.

## **H.R.- an update for the public, re locating a chairman and manager for the reserve fund (Keren Miluim)**

With the end of Jeremy Perling's term as chairman and manager of the reserve fund, an ad hoc search team was formed, the job description was updated, and we are issuing a call for candidates for the position.

Applications can be submitted until 29.2.24. The search team will formulate its recommendation by the end of March.

The team's recommendation will be presented at the kibbutz asefa and the election will take place via ballot, as is customary.

We invite the members who wish to submit their candidacy, to contact one of the members of the search team - Irit Mor, Avner Alterlevi, Maor Persai, Yitzhak Peleg, Kinneret Govrin.



## **Situation Vacant at “Teldor”**

Teldor Cables and Systems Ltd, in Kibbutz Ein Dor, is in need of an

### **“Import and Procurement Coordinator”**

Teldor would be happy to have Kibbutz Yizrael members join their team.

You can contact **Kinneret** with any questions.

## **About Willy Stepak - Honourary Member – Shimon Zelas**

This week, Willy Stepak passed away in Germany, at the age of 79. Willy and Marna Stepak had a business in the construction, maintenance and service of swimming pools near Frankfurt in Germany. Stepak was among the first distributors of Maytronics and throughout the 90's his company grew together with Maytronics and was a real partner in our penetration into the European market and the growth of Maytronics in the years when we became a profitable and successful company.

Willie really liked visiting Israel and especially the kibbutz. He brought many groups of dealers and people from the pool industry to visit Israel, and the visit always included one day at Maytronics and Kibbutz Yizrael. Willy used to call Yizrael 'my kibbutz' and Maytronics 'my factory'. He always felt at home here, knew many kibbutz members and would lead tours of the kibbutz by himself.

We will never forget Willy Stepak's gift for the 50th anniversary of Kibbutz Yizrael, when a HEINEKEN truck arrived in the parking lot of the kibbutz as a complete surprise and unloaded 50 cases of beer. On Willy and Marna's next visit, they received a certificate as honourary members of Kibbutz Yizrael. After that, Willie and Marna attended several more anniversary celebrations and were always welcomed as family members.

Willy died in his home, in front of the picture of the kibbutz members drinking the beer, next to the certificate of honour. May he R.I.P.

Shimon Zelas



## **“Anne of Green Gables” visits Yizrael**

### **A New Exhibition in the Library**

#### **Opening times:**

**Sun & Tue: 16:00-18:00**

**Mon & Wed: 17:00-18:30**

**Thurs: 18:30-20:00**

**Fri 9:30-11:00**

### **From The Housing Committee**

1. The eligibility list for permanent housing is in this week's Hebrew newsletter.
2. The following families have been allotted positions for their houses in the new Northern Housing Project: 1. Darom 2: Axel & Nachem 3: Eviatar & Danielle 4. Barry & Jo 5: Oren & Mor; 6: Ilan-Goldstein 7: Brauman 8: Laviv 9: Ishai & Michal 10: Omri Zelas 11: Langberg 12: Itai & Einav 13: Nitzan & Rotem 14: Kirschberg 15: Shachar and Bar 16: Oded & Jid 17: Schechter 18: Friedman 19: Kooperman 20: Reut & Achi 21: Tsafnat 22: Ziv.

## Someone on the Hill

### A Candid Discussion with Shimona – Zohar Assaf

*Hi Shimona, thank you for inviting us to your home.*

*Let's start, as always, from the beginning. When were you born?*

1935, Soon I will be 89 years old.

Where did you grow up? I grew up in England. During my early years we were in London. Those were the years before World War II, which broke out in September 1939. My father was a doctor and my mother a teacher. Fairly close to the beginning of the war, my father enlisted in the army. He enlisted as a military doctor, and for six years, until after the ceasefire in the summer of 1945, he was not home. At first, he was recruited in England and then moved to Northern Ireland. After that, in 1942, they were told that they were going to be transferred overseas. They asked him where he wanted to go? He said - Palestine! Because the truth is, many years before, at the time of the Zionist Congress in Zurich in 1929, my mother and father planned to elope to Palestine and write home to their parents: "Hello! We went to Palestine and got married!". But my father was the youngest of six children so they took pity on his elderly mother. They gave up on the idea. In the end, they arrived in Palestine only in 1950, when, of course, there was already a State of Israel.

*You said he was drafted into the British army, how was he treated as a Jew?*

He had an important role, he was a doctor and he was the kind of person who didn't let people treat him differently just because he was Jewish. There was certainly anti-Semitism, but I don't know of anything special. ***Was there antisemitism in England?*** Yes, but not like in other places, my parents had both Jewish and non-Jewish friends.

*You were born in London, but it was really badly bombed in World War II, and then you had to move?* In 1940 London was bombed, I was sent to a good school in a town which was about 100 kilometers from London. They told the parents - "Whoever wants to send the girls can send them there" (it was a girls' school). Mother, who was then without father and was with only me and my brother, said she wanted me to go and be educated there. And in fact, a few days before my fifth birthday, she took me to this town where the school was, and she told me "Sit with the students in class", then she said good bye and immediately left. It was very very difficult! I cried a lot after that, because I didn't understand that this was what was going to happen.

*You didn't realise that you were actually going to be away from your mother for such a long time and be left completely alone at the age of 5... Do you really remember*

**that feeling?** I remember going and banging on the door and begging her to come back. Although I had “foster parents”, the school took care of that, but it's not like being with my mother of course. My foster parents were two women not even married and they didn't know how to treat children. But there were two other girls there who were older than me and they helped me. In the end, after some time, they opened a boarding school, where we would go to activities in the morning and study in the afternoon.

**Was the British education system really as harsh as in the stories?** Not where I was, because my mother, who was a teacher herself, made sure I went to good schools, where they knew how to treat children fairly and not cruelly.

In 1943 the situation was better, because the Germans could no longer bomb southern England and the school returned to London. I couldn't go back to London, because my mother was already in another town in the south west of England with my brother. I went to another school there. When we returned to London at the end of the summer of 1945, I returned to the first school, it was the school I attended until I immigrated to Israel.

**Do you only have one brother?** Yes, he is a member of Kibbutz Hamadia.

**What year did you immigrate to Israel?** Father came first because he got a job with the Ministry of Health. He immigrated to Israel to arrange things so that we would not come and have to sleep on the street... The Ministry of Health was then in Tel Aviv. When we arrived in Israel - David, my brother, and I went to live with friends in Kfar Ata. Father and mother lived in a studio apartment in Tel Aviv and there was no room for us.

We arrived by ship to Israel on Shabbat, and they didn't let us get off the ship because it was Shabbat. For a whole day we stood on deck and stared at the promised land. We disembarked the following day. It was Sunday and it was Purim. On Monday we planned to go to friends in Haifa but their child was sick and they were afraid that I would get infected, so we stayed with a family of immigrants from England in Kfar Ata.

We were there for 3 months, then mother heard that Ben-Gurion was moving the government from Tel Aviv to Jerusalem. She thought this was the opportunity to move to Jerusalem, because father worked in the Ministry of Health. It was in the early 1950s and my father, thanks to his work, was given the opportunity to rent an apartment which once belonged to Arabs who had abandoned their home.

In Jerusalem I had a friend who later became a famous singer - Nechama Handel. She was responsible for helping me to adjust in the class because, already, in the 8th grade,



she spoke English fluently. She was talented in all the languages and in all the subjects we studied. ***What school did you attend in Jerusalem?*** I studied at the high school that today is called the "High School near the University", the best school in Jerusalem to this day, in my opinion anyway.

***How old were you when you arrived in Israel?*** 12 or 13 years old. ***And did you know Hebrew?*** I already learned Hebrew in the last year of the war when we were in Scotland. I would go to Hebrew lessons at the synagogue on Sundays. When we arrived in Jerusalem, I continued to study Hebrew. But how much can you learn already? I would go shopping in Jerusalem and in the store, I would say I want this, the sellers would tell me the name of what I asked for, whether it was bread or milk or anything else. I deliberately did not speak English when I came to Israel, it was very difficult for me, but I had a principle that I would not speak English. Even when I arrived on Yizrael, I refused to speak English and did not tell people that I knew English. Even when volunteers came to Yizrael after the Six Day War and they didn't speak Hebrew, I insisted on not speaking English with them. I motioned to them with my hands and told them in Hebrew what I wanted. There was one volunteer who had to work an evening shift on Saturday in the dining hall. I was on the morning shift and they told me to explain to her what to do. I tried to explain to her in Hebrew and she didn't understand anything, so in the end with tears in my eyes I spoke to her in English and told her to boil the water and prepare the bread... I didn't want to speak English, but in the end, I had no choice. (I remember, at the time of my ulpan, trying to understand Shimona's instructions... unsuccessfully. Years later I was shocked when I overheard her speaking fluent English – Ed)

***You mentioned Scotland, when did you go Scotland?***

Mother was born in Scotland and father came from Latvia to Scotland when he was 3 years old. He was the youngest son of the family, his elder brother still remained in Latvia and fought in World War I as a military doctor. On Passover of 1944 we went to visit family in Glasgow to celebrate the holiday. After the holiday we didn't return to the south until after the armistice and the end of the war in August 1945. Then the situation was safe enough to get to London.

***You were talking about a ship when you came to Israel, where did the ship leave from?*** Students, and young people in England, often traveled overseas to France and Spain. Mum heard that you can get to Israel by ship from Italy. So, we went to Paris one day, walked around Paris and saw almost all of it with a guide friend. We ran all day in Paris, and my brother, who was 8 at the time, remembers it as a nightmare. Then we went to Venice, we traveled in Venice for 4 days because that's how it was

with my parents, you have to see the world. Then the ship arrived. It was falling apart. At the beginning of March, when the Mediterranean Sea was very stormy, we sailed to Tel Aviv.

***You started talking about the first years in Yizrael. What do you remember, how did you get to Yizrael?*** Our garin was in training (Hachshara) on Kibbutz Ma'agan as a conscripted garin and then we had to decide where we would go to settle permanently. I said - "I want to go to Nahal Oz, which was a young kibbutz only, one year old. I didn't want to go to Yizrael. It was a 6-year-old kibbutz. Already an old kibbutz in my eyes! Apparently, God was on our side and we did not choose Nahal Oz. When we arrived on Yizrael, it was exactly Yizrael's 6th anniversary. An old kibbutz..."

***Is there anyone from your garin who remained here?*** Yes, Avinoam, Mirik, Michi and Nissim Albuher, R.I.P.

***How did you meet Eliyahu, your husband?*** There were many singles on the kibbutz. The girls came to the kibbutz first. The boys were in advanced training. The bachelors of the kibbutz played football where the lawn is today, below the dining room. There were huts all around, and in the middle, they played football. The boys would come home from work at four and play soccer. The girls can't play football (that's how it used to be...) so we would sit and watch. The guys saw that a group of girls had arrived, so they came and sat with us on the grass.

***Where did Eliyahu come from?*** Originally, he came from Beirut. His father arrived in Palestine in 1937 to arrange a place for the family and start working so as to have some kind of income. And in 1939 he brought his family, which, knock on wood, included 10 children. Eliyahu was the second son.

***Tell me a little about your different jobs.*** All the girls wanted to work in the vegetable garden that was on the east side of the spring. The girls arrived before the boys and they worked in the vegetable garden. They worked with Moishale Orion, may he rest in peace. They didn't want to move to another branch because Moishale was really charming. He was full of life and knowledge, but also serious. He really cared about us. But I wanted to work in the orchards, because in a work camp at the end of the 11th grade we were in a kibbutz in the south and I worked in a vineyard. After some time, I was allowed to work in the vineyard. The vineyard and the orchard had just been planted. There was an olive orchard that was planted on Tu B'Shvat of that year. We also grew grapes and then we planted pears, mainly pears, 'give me pears even if they are unripe ' there is a song like that.

***Do you consider yourself a feminist? Because you worked in a lot of physical jobs.***

Yes, but when I was on maternity leave or before giving birth, I would go to work in the kitchen, so I also worked in the kitchen for periods of time. We didn't refer to it as feminism, but I also did a lot of manual labour.

***What did you do after the orchards*** I worked in the orchards for many years? I had already reached the age of 35 when I stopped working there. Before that I did not dare to ask to go to study. I worked in the orchards. I planned, one day, to work in a place that researched tree cultivation. I asked to go to study and got permission to study biology in Oranim. When I was studying in Oranim, I suddenly realised that I could not leave the children and work from six in the morning until six in the evening in some plantation research institute. I realized that my future was probably in teaching biology and that's how it started. I was a biology teacher at the Ein Harod High School. Little by little we developed and expanded the biology department.

***Let's jump a long way forward, I knew you as 'Shimona the wave breaker'. Have you always loved hiking and the sea?*** When I arrived in Israel and we lived in Jerusalem, I think it was the end of eighth grade, we went on a trip with the biology teacher to the sea. The Jerusalemites did not know what the sea was. They could not swim. But I jumped into the water and immediately swam. Because I learned to swim back in England at the age of 3 or 4. I swam there in the sea and froze. My parents didn't take me out of the water until I was blue in the face. It was very cold, not like here.

***So, you went to the sea on the school trip and that's where you fell in love with the sea?***

The house in Jerusalem was something very special, it was actually the abandoned property of a rich Arab who left for East Jerusalem. Even the apartment we had in London before World War II was rented. My parents never owned a house. Mother wanted us to have our own house. We had the option to buy a plot in Beit Yanai. So that's how we had a house for weekends to go to the sea. We would go to Beit Yanai. Yizrael is not near the sea, so this is how the tradition of going to the sea regularly began.

***Now a little about the children, how many children do you have?*** I had four and today I have three. Ronni passed away. She was the eldest. Ronni was born with a deformity; she was probably born prematurely. If it happened today, she could certainly have been treated.

When I had to give birth to her, I went to the hospital in Afula. The maternity ward was a huge room with about 30 beds. Arnon was also born in roughly the same

conditions. When Hadas was born, there was already a smaller room and there were only 5 beds. Yiftach was born during the Hanukkah vacation from school when I was about to finish my studies in Oranim.

***What are your children doing today?***

Arnon works in the marketing department at Maytronics. Hadas is an occupational therapist and also a teacher for struggling students. Yiftach works in a company that develops varieties of vegetables, doing experiments with crops that grow in the southern Negev.

***How many grandchildren do you have?*** I have 8 grandsons and one granddaughter, and I also have two great-grandsons on Yizrael, Sa'ar's sons.

***What do you like about our kibbutz and what would you change?***

I think it's important how people are received, that they feel at home and not thrown in some corner and be expected to manage by themselves. I am happy that we are still a cooperative kibbutz. It is very important to me. I love the view, it's nice to walk among the anemones in the spring and that you don't have to travel far to see flowers...

At the age of 65 I had to stop teaching and retired from the Ministry of Education. I continued to work at the school in the library and also started working in our library. That was at the beginning of the development of the library and we really continue very faithfully to take care of the library to this day.

***Tell me about a significant trip you remember.*** I remember very well the trip to China. I heard from a laboratory technician from Kibbutz Mishmar HaEmek, that they are taking a trip to Japan and they may be in China for a few days. I got excited about this subject of China, because at that time there was no tourism there. At that time on Yizrael, members would wait a long time for their turn to go on a trip abroad. Eliyahu was a veteran, finally it was our turn to go on the trip and it was clear that we would get the turn so I told him - "I want us to go to China". It was one of the first trips to China. But Eliyahu didn't want to. So, the kids put on a show for him - they went to the phone and pretended it wasn't them and they were talking from somewhere else, they told him - "We want to book you two places for the trip we are organising to China". In the end he gave in. But the truth is that he suffered a lot there. He couldn't eat the food and he lost about 10 kg. I told him they eat rice! But he said it's not like the rice my mother makes. Then on the way back from China we travelled in England for some time, because we were allowed to go on a 6-week trip.

***Was there anything you regret not doing?*** Maybe I could have been a better mother. ***(I'm sure you were a great mother!)***

***Is there a message you want to convey?*** I hope that our kibbutz will be liked, that we will be able to go far, while maintaining limits and that there will always be controls, that we will not ask for things that we know in advance are impossible, that we will know how to maintain our modesty.

***Tell me about the painting by Menashe Kadishman in your home.*** Kadishman would come to visit Tiochke, they were very good friends from the garin days. He arrived and wanted to stay the night. Eliyahu and I went to his parents for the weekend, so Kadishman slept at our house. He was a very large man, fat and heavy, and the bed broke... Tiochke quickly repaired the bed... (I suppose the picture was a present to make up for the damage – Ed) Kadishman knew Eliyahu well from the years he lived on Yizrael. When he lived in Yizrael, he had a hut to himself. He didn't want to live with other people. My uncle was also a well-known artist and a famous sculptor. There are two statues in my house of me as a child, that my uncle sculpted.

Thank you very much for telling us about your fascinating life story. I enjoyed talking with you.

The interview with Shimona will be broadcast tonight (9.2.24) at 17:00 on Channel 900

Interviewed by Zohar Assaf



## Rummaging through the Archives ...and more nostalgia - Tsafnat

From the jubilee book - "Light on the Hill"

Second decade - Community

The first meeting between Garin Ginnegar and the members of Yizrael. They were supposedly "courting" us. They invited the Habonim Garin that was in training (on Hachshara) on Kibbutz Ginnegar, for an introductory evening.... and they didn't even offer us a cup of tea.

But we put an end to their apathy. Shaz Shelef jumped on the tables and started singing "Sonny" in the style of Al Johnson.

Even in their wildest dreams, the restrained Sabras, had never seen such an uninhibited performance.

By the way, we started looking for the translation for the word "uninhibited", after hearing Zimra, for the first time, laughing out loud, in the middle of a meal.

A memory from the dining room.... the evening walk to put Orit to sleep. Every time I descended the stairs from the balcony, the thought crossed my mind: "When will I know enough Hebrew to participate in the "parliament of the balcony" (referring to the balcony of the first dining room – "Ha'tzrif").

In the meantime, they only let me scrub the sink at the entrance to the dining room, and **Shimona** forced me to go back and clean this sink three times, before saying: "Well, **Hezi** would make you do it again, but I'll let you off this time."

The late Toli Sloman, February 1982

Tsafnat Mor



**If you can Identify these children, please contact Jules Feldman**

## **The Music School**

### **The Reply from the English Composer, Daniel Yehezkel**

In the successful winter concert, which took place at Emek HaMa'ayanot in January, the work of the English-Jewish composer Daniel Yehezkel was played. The name of the work is "English Suite", and it has four parts. Stas's orchestral arrangement, and his explanations between parts - added to the enjoyment and understanding of the work.

The recording of the performance was sent to the composer Daniel Yehezkel. Below is his warm response:

“Thank you, the Yizrael-Gilboa Symphony Orchestra from me, the composer Daniel Yehezkel. What a wonderful performance! Thank you to each and every one of you, if I could - I would shake your hands one by one. So let me send a virtual thumbs up. Hope you get it. I am so pleased!

This is the first time I have heard this suite performed live. Although the computers do a good job, there is no substitute for the real thing, you playing and making the work known to the wider world. Thanks again.

I am in awe of how you were able to learn everything so quickly. Good job! In my opinion, the suite is not easy to play, so kudos to your arranger/conductor/maestro. A minute for applause, with your permission. It was certainly not easy to process, even to decipher the hard-to-read text. So special thanks to you too. And of course, thank you for choosing to perform my composition in the first place.

I always think that as a composer, I am constantly learning. Indeed, listening to the piece in its entirety in your wonderful performance, was a learning process for me.

The idea behind this suite was to bring a piece of England to the world. I'm glad I was able to do this through you. I am currently busy writing a second English suite,

A huge thank you to each and every one of you, and to your amazing conductor. I'm sure and it's also obvious that you are important to him just as much as music is important to him. It is important to him to get the most out of you when you play in the orchestra. It is a great honour to play in a symphony orchestra. I follow you all the time, and admire the high level you have achieved, as soloists and as an orchestra.

My warmest wishes and my sincere thanks,

Daniel Yehezkel, Composer

## Community Management Meeting Summary - 4.2.2024

Present: Erez Peleg, Maor Persai, Talia Arad, Ilana Peleg, Limor Griman, Yifat Segal, Tamir Blass, Stas Gavrilov, Shlomo Levy, Yifat Assaf

Absent: Inbal Adler, Kinneret Govrin, Ishai Levy (recruited)

### Preparation of the 2024 community budget

This is the last discussion in the community management regarding the preparation of the 2024 budget, before the data and recommendations are discussed in the management committee. We discussed the repercussions of cuts in some branches of the community. We also discussed the fundamental question, to what extent we are willing to cut back allowances and bring down the level of service to the members.

### Options discussed:

- Possibilities of reduction in the food branch.
- Possibilities of cutbacks in the clothing branch - stop ironing, charging by kg, using the budgeting method similar to electricity and water.
- Reducing subsidy per km for travel in kibbutz cars.
- Increasing the price of branch services
- Examining the level of increase in the members' budget

Maor and Erez described a multi-year process of the services becoming more expensive together with the rise in salaries. The inflationary reality, together with the effects of the corona virus, created a reality of rising prices. There is a significant and extreme price increase of food products, there are unforeseen security expenses, the service costs for a member have not been updated, for the most part, for several years. Members' allowances have been increased, in accordance with the increase in the index in recent years. In addition, the revenues from the corporations are "locked" by the profits distribution "key".

**The food branch:** Adi Laviv presented options for cutting 10% of the food branch budget, to the tune of about NIS 750,000 as well as the implications derived from this. A discussion was held on the various proposals that were put forward.

**It was decided** - the cut in the food branch will amount to NIS 330,000 that will include: reducing quantities and variety of the Friday vegetable market, as well as examining bringing the Friday market into the dining room. Moving to regular vegetables instead of expensive mini vegetables on the sandwich table, canceling the



chocolate milk machine, reducing the scope the culinary consultant's work (good idea-Ed) charging the Bridge Circle for use of dining room, reducing the use of pre-prepared food and labour cutbacks.

**The clothing branch:** Leora Kamilian, together with Erez, presented options for cutting the budget of the clothing branch, the amount of laundry that goes through it is constantly increasing. One option is to stop ironing or charge for this service, another option is to charge a shekel for each kilo of laundry and a third option is to apply the existing budgeting method with the water and electricity sectors... meaning that each family will receive an allowance according to criteria, then if you use less than the allowance - You will be credited, and if you use more - you will be charged. There is no guarantee that the method will save us money, but it will definitely make you think twice before throwing in a lot of laundry that is not necessary.

The rationale is that the kibbutz continues to finance services at a reasonable level from the common budget, and those who exceed this, will pay.

**It was decided:** to examine the proposal to change the budgeting structure of the clothing branch (as detailed).

**The automotive sector:** a discussion was held on the meanings of the subsidy and the joint budget.

**It was decided:** not to reduce the mileage cost subsidy for a member but to reduce the kibbutz participation for travel by private car, to a realistic price of NIS 1.30.

**Cost of an hour of work in the service branches:**

**It was decided:** to raise the price for an hour of work from the service branches by five NIS, to 45 NIS per hour, (still less than the real cost of an hour of work).

**Personal allowances:** There was an understanding in the discussion, that the most just and equitable action is the one that will affect everyone uniformly and equally. This is only possible by reducing allowances

**It was decided:** to increase the personal budget in '24 by 1.5% instead of 3% as planned.

**Bottom line:** after several years of streamlining the activities and the conduct of the branches, we have made sharp cutbacks, which involves a reduction in the level of services, and the burden on the members' pockets. Even after these actions, which should save the community about NIS 3 million, there still remains a gap of about NIS 4 million between the resources and the needs.

Reduction and efficiency are no longer enough to overcome the gap between the sources and the budget, and additional sources must be defined or the deficit must be approved. The management of the community believes that it is right to change the ratio of allocation of funds according to the key. However, since we are approaching key discussions in 2025, it is necessary to bridge the gap created in 2024. **The community management asks the management committee to assist in finding additional sources for bridging this gap.**

Erez Peleg and Yifat Assaf



## **Little Tips for Big Feelings - Gaya Sankar**

### **Sour Face**

Pickled vegetables are one of the greatest treasures that exist in the kitchen.

In the fermentation process, the bacteria combined with the salt, break down sugars, create lactic acid and carbon dioxide and encourage the growth of probiotics.

The fermented vegetables contain digestive enzymes that help break down proteins and fats and help absorb nutrients like iron (ever wondered why you eat liver with sauerkraut for example...).

In addition, they are antioxidants and therefore help in reducing inflammation, strengthening the immune system, better control of sugar levels (improving insulin sensitivity), weight control and skin care, and much more.

\* We are talking here about pickling in salt. Is preserving vegetables in salt dangerous to health? Yes, and no?

Table salt is not really a salt that is rich in minerals, but pure sodium, and therefore less healthy for most of us.

I highly recommend to **use Himalayan salt** and thus enjoy all the benefits of fermentation.

(There is nothing to fear from the amounts of salt, as long as you have not received an explicit instruction from the doctor to avoid salt, enjoy it freely).

\* Vegetables pickled in vinegar do not have these benefits, because they do not undergo lactic fermentation.

\* Even pickled vegetables that you buy in cans do not provide these benefits, because they go through a pasteurization process that kills the good bacteria.

## Recipe

1. Choose the vegetables you like (I recommend, at least as a start, hard vegetables such as small cucumbers, carrots, kohlrabi, radishes, etc.). Also choose whole spices that you like, for example: allspice, mustard seeds, coriander seeds, garlic, hot pepper, dill, celery, etc.
2. Wash the vegetables well. If they are large, cut them into pieces that are as uniform in size as possible.
3. Choose a glass jar, you can use a jar with a screw-on lid or one with a spring (and a rubber seal) and wash it in warm water. I don't sterilize the jars or the knives... (I live on the edge...) Just as I don't sterilise the cucumbers, water or spices before the process, the fermentation takes care of sterilising.
4. Place the selected spices at the bottom of the jar, and arrange the vegetables densely on top of them, up to a height of  $\frac{2}{3}$  of the jar (and yes, it is recommended to compress them as much as possible).
5. Add water (recommended mineral or Tami 4, not tap water). The water is added cup by cup, up to a height of one and a half centimeters above the vegetables. Remember how many glasses of water you added, this is important for the next step.
6. According to the number of glasses of water, we will add the salt: for each glass of water that went into the jar, we will add one teaspoon of **Himalayan salt** (remember, not ordinary table salt). You can shake the jar a little to help distribute the salt evenly.
7. Now we will create a weight, which will help the vegetables stay under water and thus be protected from harmful bacteria: take a small sandwich bag, and fill it with a little water. Take the air out of it, tie it, and place it over the vegetables in the jar. Close the jar tightly.
8. You are almost done with your work. This is the stage where the good bacteria kick in. It's their turn to start making an impact. Allow the jar to stand on the counter (not facing the sun). If you chose a jar with a screw-on lid, open the lid every day (no need

to lift it, just open the screw), and close it again, so that the gases can be released and make room for new gases to form. A spring-lid jar with a rubber seal will enable the gases to escape through the small slits, there is no need to do anything.

9. The pickles will be ready after 5-7 days, when they change color. A little white foam may appear on top, this is natural.

10. After 5-7 days place the jar in the refrigerator. The pickles will keep for a long time but I am sure you will finish them quickly... Bon appetite!

\* The liquid that remains is still useful, please do not throw it away. It contributes a lot to our vitality because it adds electrons and helps to deal with free radicals (the so-called antioxidant). You can add it to a salad, or to tahini, and also drink it like that (well, maybe I am exaggerating a little). But it is truly wonderful.



Wishing you an abundance of health and a pleasant and delicious weekend

Gaia

## English is Fun - with Rahel

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### TOP 10 AMAZING COINCIDENCES (continued)

#### **I do, I think**

A woman in Kissimmee, Florida, should have no trouble remembering her new husband's name. But, following a bizarre chain of coincidences surrounding the couple's wedding, she might have trouble remembering what he looks like.

Ronald Legendre married his girlfriend, Hope, in August 1995. The best man - who wasn't related to the groom in any way - was also named Ronald Legendre. And the ceremony was performed by someone who wasn't connected to either man: Judge Ronald Legendre.

**Secret-agent kid:** James Bond, 15, a pupil at Argoed High School, North Wales, and a candidate for examinations in 1990, was given the examination number 007 by a computer quirk.

### **Her name is my name, too**

A computer mix-up that gave two American women the same social security number was responsible for highlighting a further series of incredible coincidences. Patricia Kern of Colorado, and Patricia di Biasi of Oregon, were brought together by the blunder.

The women discovered they had both been born Patricia Ann Campbell with fathers called Robert. They were born on the same date, too: March 13, 1941. Both Patricias married military men in 1959, within 11 days of one another, and had children aged 19 and 21. They also shared an interest in painting in oils, had studied cosmetics and worked as book-keepers.

### **And her name is my name, too**

Mother of two, Michelle Samways, was caught up in a spot of trouble - with mother of two, Michelle Samways. The two women moved into numbers 5 and 6 Longstone Close, Portland, England, in October 1944 and hardly a day went by without a mix-up of some kind. They discovered that they share the same name only when they entered a raffle at a toddlers' group. The two Michelles, aged 26 and 27, were both named after the 1965 Beatles song. They are the same height and build, with similar hair colour.

### **Babies keep falling on my head**

Joseph Figlock was passing an apartment block in Detroit, 1975, when he was knocked unconscious. A baby had fallen fourteen stories and landed on him. Both survived. One year later, Figlock was passing the same apartment block - and once again he was hit by a falling child - and survived.

..... more next week

**Disclaimer:** The Edi-tor and translator does his best to provide an accurate reflection of the Hebrew Alon. Please be warned that it is not a direct translation. the original Hebrew text is the official version. This is of particular importance when it comes to decisions and procedures!!!



**Programme for 11/02/24 – 15/02/24.**

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

**Sunday 11/02**

Opening the week with Monica.

09:10 Zoom Lecture – Music with Dr Motti Elad – Mozart / Ehud Manor

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

**Monday 12/02**

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

09:30 Games and handicrafts with Rachel Grossman

16:00 or B'Givah is open for a get together over coffee.

**Tuesday 13/02**

09:30 Trivia and thinking games with Galia Shemi

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

**Wednesday 14/02**

09:30 Nature is Blooming with Hammutal

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

**Thursday 015/02**

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

10:00 Movie screening with Galia Shemi

17:15 Exercises on chairs with Michal Sha'anani

**Credits:**

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