

## The Yizraelite – No 2191 Date: 17.1.25

### Kibbutz Yizrael

#### Reut's Editorial:

I don't think I've ever wanted the weekend to be over and Sunday to arrive like I want it to today.

Hoping that soon an agreement on the return of all the hostages will be reached.

Hoping that as many of hostages as possible will return alive.

Hoping that they will be able to recover and return to their lives.

Hoping that this agreement will be a gateway to comprehensive regional agreements, which will allow us to live a good, calm, and normal life.

I remember watching in amazement the signing of the peace agreements with Egypt. Even as a child, I understood that this was a historic moment (perhaps through the mediation of my parents...).

I am hoping that such historic events will come soon.



**Welcome home, Zimra**, and wishing you good health!



**Congratulations:** to Tal and Noam Friedman-Levi on the birth of their daughter!

Granddaughter of Chemi (of blessed memory) and Anat Friedman.

Congratulations to the entire Friedman family and to Tal's family.

Wishing you an abundance of joy, health, and lots and lots of love.

 **Thank You: to Nissim Ya'akov** 

I would like to take this opportunity to praise and express my deep gratitude to a valued member of our community, the dedicated technician Nissim Ya'akov.

He is a person who not only possesses great professionalism in the field of computers but also demonstrates his willingness to help and share his experience with generosity in every action.

Nissim Ya'akov is not just a skilled technician, he is also a person who gives of himself. Whenever a member of the kibbutz encounters a computer issue, big or small, he quickly arrives, listens patiently, and offers creative and swift solutions.

What is most touching is his positive attitude. He never conveys a feeling of pressure or a lack of time but always strives to find the most pleasant and efficient way to help.

Thank you, Nissim Ya'akov, for your assistance, professionalism, and readiness to help at any time. With respect and best wishes,

Yossi Abadi

 **In Gratitude and Appreciation to Talia Arad** 

We are blessed to have the charming and attentive Talia with us. We are fortunate that she oversees the entire array of initiatives and activities of the Health and Welfare Cluster for all age groups in Yizrael. Since she took on this complex role, we have witnessed that she is not only highly capable but also resourceful, sensitive, and attentive to the small details. She knows how to listen to everyone and to address even the subtle issues that may go unnoticed.

The origin of the Hebrew phrase "small details" is in Kabbalah and Hassidism, and its main meaning is giving extra attention to seemingly minor components of everyday life (for each of us) and the ability to respond to them.

Until the end of the first decade of the state, during the childhood and youth of the veterans among us, we would stand up and sing "Hatikvah" at the end of every ceremony, festive event, and Memorial Day, and immediately after our national anthem, we would also sing while standing, the anthem of the working Land of Israel, a song by Bialik called "Blessing of the People." The central phrase in this anthem is "Day of Small Details." This means realisation and actualisation through the small, ongoing daily actions, to which we attribute great importance. Many of the folk songs and melodies that accompanied our lives emphasise this attention to "small details."

In Talia's daily work, there is an added emphasis on the unspoken struggles, not just the limitations, of each individual in our "togetherness."

I will bring just one example—the gift that the Health and Welfare Cluster recently gave each of us: a "small" gift for all those with runny noses, coughs, and troubled by throat pain. As one of them, I would like to thank you very much, dear Talia, and your excellent team.

Patchi

"When you speak, you repeat what you already know. But when you listen, you may learn something new." (Southern proverb)

**Talia is a gem.**




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## **Thank You: To the members of Kibbutz Yizrael – From Malkishua**

In recent months, we have had the pleasure of benefiting from donations, advice, and various forms of assistance from the members of your kibbutz for our efforts in Malkishua. Kibbutz Yizrael has a long history of a strong connection with the association, and we are pleased with the continuation of our fruitful collaborations with you. Thank you for your generous hearts, and as we say in Malkishua - "Only together does it work."

Best regards. **Reut Shalev**, Acting CEO of the Association, on behalf of the young people. Malkishua Association

P.S. Currently, there are **seven** members from the kibbutz working in Malkishua. Niv Edelstein. (The Magnificent Seven – Ed)

 **Thank You: To Shachar Levy, Rotem Agmon, and Eyal the “Shinshin”,**  
Many thanks for your great help. You acted with determination and responsibility, and you deserve all possible praise.  
From us, Ora and Yisrael Mor-Sarid.



## Community Management Report – January 12, 2025

**Participants:** Ilana Peleg, Erez Peleg, Talia Arad, Yifat Segal, Ishai Levy, Kinneret Govrin, Maor Persai, Stas Gavrillov, Shlomo Levy, Limor Griman.

### Agenda:

#### 1. Information and Miscellaneous

Comments were received regarding the vehicle procedure, which was approved at the previous meeting, along with a request to bring it to the Asefa. The comments were forwarded for review to the Vehicle Committee. In consultation with the community management members, the procedure will be brought for discussion at the Asefa.

#### 2. Discussion on Community Management Goals for 2025

Following the initial brainstorming session held in the previous meeting, we continued to work on four main topics:

- a. Increasing the income-earning capacity of kibbutz members
- b. Examining the operation of the food sector
- c. Reviewing the personal budget structure
- d. Absorption challenges for Yizrael ahead of the summer of 2026

The management members divided into four groups, and each group discussed one topic, defining goals and objectives. A structured document will follow with the goals and objectives for each topic.

#### 3. Request from Shlomo Kamilian for a Year Off (Invited: Shlomo Kamilian)

Shlomo Kamilian presented his request to take a year off, with the option for an additional year.

For reasons of privacy, the details of the request are not fully disclosed to the public, but the community management members examined the request against the vacation policy. Conditions and reservations were defined, which will be included in the year-off agreement to be signed with him.

**Decision:** The community management approves Shlomo Kamilian’s request for a year off after signing a year-off agreement with the kibbutz, in accordance with the policy. (Vote: In favour – 8, Against – 2)

**Summary:** Limor Griman

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## From the Appointments Committee Desk - 17.1.25

Hedva Shaharabani

### 1. H.R. Management

**Navot Assaf** will join the management as a representative of the Appointments Committee. (Va'adat Lyush)

Noa Armoza is concluding her membership as a public representative, and we thank her for her contributions. Nominations for the H.R. management can be submitted until January 31, 2025.

The H.R. management is responsible for determining policies and procedures regarding work and livelihood. Meetings take place during daytime hours.

### 2. Environmental Quality Committee

We thank the members as they conclude their terms of office in the Environmental Quality Committee and propose Noga Shapira as a new member of the committee. The proposed composition of the committee for election:

- Tamar Sanker (Coordinator)
- Elit Haviv Gilad
- Amos Shemi
- Paul Zelas
- Axel Levin
- Nitzan Feldman
- Ella Cohen
- Noga Shapira (joining)

**Noga's name will be presented at the upcoming asefa.**

There is also room for two additional members on the committee. Those interested are invited to contact the Appointments Committee members until January 31, 2025.

### 3. Finance Committee

The committee's composition includes:

- Maor Persai - Financial Manager (Coordinator)
- Niv Hermoni - Economist
- Jeremy Perling - Representative from the kibbutz management
- Idan Zelas - Holdings Manager
- Elad Ilan - Chairperson of the Reserve Fund
- Irit Mor - Public Representative

We are short of **two** public representatives on the committee.

Requirements: education in the economic or business field, familiarity with the world of investments and financing.

Meetings are held once a month in the morning. Those interested are invited to contact the Appointments Committee members until January 31, 2025.

### 4. Audit Committee (Va'adat Bikoret)

Reut Shaliv has completed a 4-year term, and we propose Shai Wittelson for the coordination of the Audit Committee. Shai's name will be presented at the upcoming asafa.

### **5. Housing Committee**

With the conclusion of Aviva Beutler's term as the coordinator of the Housing Committee at the end of February, the Appointments Committee is working on finding a new coordinator.

The Housing Committee is responsible for preparing annual moving house plans, prioritising renovations in temporary housing, providing housing solutions for kibbutz members and residents, and overseeing and assisting the entire population during housing moves. The committee coordinator is required to have the ability to build an annual plan, long-term planning skills, committee management abilities, public decision publication, decision-making skills, and organisation. Additionally, transparency, high-level interpersonal skills, and collaboration with kibbutz institutions and role holders are essential. The term length is 4 years on a voluntary basis. Members are invited to submit candidacies for the position until January 31, 2025.

You can contact any of the Appointments Committee members: Kinneret Govrin, Albert Rozilio, Liran Penn, Navot Assaf, Dotan Savir, Shelli Edelstein, Hedva Shaharabani.

Submitted by: Hedva Shaharabani.

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## **Sexual Safety Procedure - Safety Team For Prevention and Handling of Harassment and Assault of a Sexual Nature on Yizrael**

In recent years, awareness of the widespread scope of sexual offenses occurring within the family, workplace, and community has been increasing. Therefore, in order to provide an initial response to this serious phenomenon, the kibbutz management, in cooperation with the regional council, recognised the importance of establishing a safety team o

n our kibbutz. The response is provided both at the individual level and at the community level regarding issues related to healthy sexuality and sexual offenses. We

believe that a safe and protected space will strengthen and enhance the resilience of the community.

In Section 1 of the Prevention of Sexual Harassment Law from 1998, it is stated that its purpose is to prohibit sexual harassment in order to protect human dignity, freedom, privacy, and to promote gender equality, including clarification that sexual harassment is a criminal offense. The law defines what constitutes sexual harassment, addressing both physical and verbal aspects: threats with a sexual nature, indecent acts, repeated sexual propositions, repeated references directed at a person focusing on their sexuality when the person has shown lack of interest in the harasser, humiliating and degrading references regarding their sexuality, publishing a photo or recording without consent focusing on their sexuality. The law applies to all individuals, and this procedure aims to raise awareness among local residents and establish the accepted code of conduct for community members, officials, and service providers in the kibbutz towards each other.

Sexual assault is any behaviour and/or act of a sexual nature imposed on a woman, man, or child without consent, against their free will and not by choice; or alternatively, when the sexual behaviour/act is done while exploiting power imbalances, weakness, or young age, in a manner that undermines the victim's ability to provide consent freely. Sexual assault can be committed by a man, woman, or minor.

The safety team is a small team that will serve as a point of contact for all types of offenses. The team will operate with complete discretion, will be committed to maintaining confidentiality and in accordance with the law. The team does not replace law enforcement and professional entities, but rather...

**Edi-Tor's Note.** This week the committee decided to publish their procedure in full, in the Hebrew Newsletter in order to promote awareness. I chose to publish the introduction only. The procedure will be found in the Procedure file in Kehilanet – Ed)

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## I Care - Lia Cohen

### The connection between cars and slander.

This is for anyone who is bored or just suspicious and checks the vehicle arrangement to see who took a car, when, and on whose account (work or personal) ... First of all, a little information: there is a "charge for vehicle use" option on kehilanet (for example, a car taken in the morning for work, but immediately afterwards used for personal



travel, or vice versa). In the kehilant, you fill in the charge hours and send it, in order to correct the charge so that, God forbid, a work account is not charged instead of a personal account (and vice versa).

So, I have a few suggestions:

1. If something is bothering you or keeping you awake at night, please approach the person personally for clarification before you turn to others behind their back.
2. Lower your level of suspicion, gossip, and slander.
3. Find something interesting to engage your mind, other than the lives of others...

Thanks, in anticipation, and may all the hostages return now (Amen).

**Lia Cohen**



## **Insulin Resistance - The Epidemic We are not Aware of.**

If we were told that there is one central reason for the variety of chronic diseases we witness today, and that it can be prevented by simple means, would that stimulate us to investigate the matter? If your answer is "no," then it's time to turn the page!

I became curious, which is why I have been researching this topic for a long time. After extensive reading on the subject, I pondered whether there is a place to shed light on the issue for the community I live in. The following list is like a small beam of light, hoping to spark curiosity. It is a translation of a preface written by Dr. Jason Fung for Dr. Ben Bikman's book (two American researchers studying the topic).

### **"Why Do We Get Sick?"**

Medical science has advanced significantly over the last century. The main causes of mortality at the beginning of the 20th century were mostly infectious diseases: pneumonia, influenza, tuberculosis, and gastrointestinal infections. Thanks to improvements in sanitation and personal hygiene on one hand, and the discovery of antibacterial and antiviral medications on the other, infectious diseases no longer pose a serious threat to our lives today.



At the beginning of the 21st century, the main causes of death are heart disease, cancer, vascular diseases, Alzheimer's, and diabetes, meaning chronic metabolic diseases. In recent decades, all of these have been on the rise. Why?

**To a large extent, it's one root cause: insulin resistance.** Insulin resistance impairs our ability to convert sugar into available energy, which is created due to high levels of insulin in the blood. The reason for high insulin levels is the excessive consumption of sugar, which is found in high amounts in the foods we eat. Sugar, bread, pasta, corn, rice, potatoes, and of course processed foods are only a partial list of "foods" rich in sugar. Since more than one teaspoon of sugar in our bloodstream poses a health risk, a hormone called insulin is secreted from the pancreas to direct sugar from the blood into body cells for energy production.

All chronic diseases have several causes, but it is known that type 2 diabetes, which is a typical case of insulin resistance, is a major cause. Patients with type 2 diabetes are at much higher risk of developing heart disease, stroke, cancer, blindness, nerve damage, amputations, and chronic inflammation.

Our failure to understand the root of the problem (try asking your family doctor for an insulin test) is reflected in the fact that type 2 diabetes is diagnosed only when our blood sugar (glucose) levels are out of control. The causes of type 2 diabetes—excess weight and increased insulin resistance—exist long before the diagnosis of type 2 diabetes is made.

To pre-emptively address the issue, we must look at insulin. Insulin resistance is a precursor to type 2 diabetes and is involved in many disease conditions. Insulin, it turns out, is a key player in many of the diseases becoming common in our lives, from migraines to fatty liver, high blood pressure, and dementia. It is estimated that about 85% of the population in the United States may suffer from insulin resistance. In other countries, the situation may be similar or even worse.

Despite the severe consequences of this condition if left untreated, insulin resistance does not have to be a harsh sentence. There are simple, science-based approaches that can reverse the situation and prevent its development. These approaches do not involve the use of medications, surgeries, or the implantation of medical devices. **The solution lies in our diet and lifestyle.**

This is not a recommendation of the failed type to eat fewer calories and exercise more. It is a shift from a caloric perspective on the problem to a hormonal (insulin) perspective. It turns out that, to a large extent, insulin resistance is a result of our

choices. Our lifestyle is also a contributor to disease, but with insights that are not conventional, healing is also possible.

Insulin resistance may be the epidemic we do not recognise, but if we want to curb the rise in obesity, diabetes, Alzheimer's, heart disease, and more, we must pay close attention to the hormone called insulin and understand that the key to good health is already in our hands.

Wishing you good health,

**Rotem Agmon**

(Thank you Rotem - Check out Ben Bikman on YouTube. Ed)

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## **The Sounds of the Music School**



### **There's nothing like it!**

"**There's nothing like it**", were the words of a teacher at the Music School who walked into the office one day. "I teach in other places, I visit other institutions, but I haven't seen anything that resembles what you have here."

When things are close to home, we sometimes neglect to give proper attention to what is happening.

One example of the wonders of the Music School occurred a week ago with the concert of The Music School Orchestra conducted by Stas Gavrilov. The obvious question: how does one reach such a level?

Here's the answer: this week, I witnessed the premieres, an event where beginner students perform in front of an audience, a short piece they have learned by heart. Each student makes sure to appear according to the rules of an artist on stage. Dressed meticulously, bowing, playing his piece, and bowing at the end of the performance. It's not important that the piece was "Little Jonathan." This is the first step on the road to the peak performances we have had the privilege to experience in the orchestra's performances. In between, there are years of investment, practicing, and frequent performances in front of an audience. I asked a young and skilled student how long he practices the clarinet. "An hour and a half, every day," was his answer. The 11th and 12th-grade students play at such a high level that it's impossible not to be moved by their music. And so, we were fortunate a week ago, to hear the Music School

Symphony Orchestra in a stunning performance at the Zeiden Hall in Emek HaMa'ayanot. They began by playing the London Symphony by Joseph Haydn. One could only be impressed by the wonderful saxophone players in the orchestra and ask yourself – Haydn did not compose music for the saxophone, which wasn't even invented in his time? Kudos to Stas for preparing an adaptation for other instruments and tailoring the orchestration for all the performers.

These wonders are not to be taken lightly.

Kudos to all the participants in the concert, to the teachers and students. I recommend everyone to take advantage of the asset close to home and come to concerts and recitals, and simply fill your souls with joy.

Maida Nechustan, from the Music School team





## New Exhibition Curated by Yaniv Shapira

Since Yaniv Shapira left the Museum of Art, which he managed and curated for many years, he has embarked on an independent journey, frequently curating exhibitions in museums and galleries across the country. Whenever I visited the museum, I was fortunate to hear Yaniv's guided tours and always felt lucky. A week ago, another exhibition titled 'Tzvi Lachman: The Line Out' opened at the Rothschild Gallery in Tel Aviv, which, according to him, continues and dialogues with the exhibition 'Face to Face' that was presented at the Museum of Art about a year ago. The text that Yaniv wrote—presented here only in part—allows us, for a brief moment, to rise above the daily pain we have been experiencing since October 7 and connect with other times, with the condition of humanity, as art knows how to do.

The line out is a material fracture within the composition. The work can begin from it or end with it. Since October 7, I have found myself needing the line out more than ever. At one point, I realized that I was relying on it, among other things, to provide signs at a time when perception has become more difficult than ever. (Tzvi Lachman)

At the centre of the exhibition 'Tzvi Lachman: The Line Out' is a work created in response to October 7, consisting of three wax reliefs: the line out, shelter, and wail. The line out recalls Nicolas Poussin's painting "**The Massacre of the Innocents**" (1627-1628), capturing a moment in the midst of battle. At the centre of this relief is a mother trying to stop a warrior who is raising his sword above her child; shelter, which serves as a contemporary Pieta, brings us back to the image of a mother protecting her children as a human refuge; "**Wail**" refers to the monumental sculpture by Avraham

Melnikov "The Roaring Lion" (1934), which was erected as a memorial for the eight victims of the battle at Tel Hai, but in a gender reversal, the lion becomes a lioness and the roar turns into wails of mourning for the dead. The panels are not a memorial or a commemorative wall but a series of crisis moments that transfer hell into a drama that is both epic and intimate. The properties of the relief allow Lachman to deepen the situation and illuminate it through the line out—between permissible and forbidden, between outside and inside, between restrained and primal, between life and death—cut and recreated in each composition as a statement demanding from the viewer to fulfill the commandment "Thou shalt not kill."

Another focal point in this exhibition is the bronze sculpture "**Ecce Homo**," (This is the Man – Ed) the words by which Pontius Pilate marked Jesus before the Jewish leaders in Jerusalem. Lachman links the name of the sculpture with Primo Levi's book "If This Is a Man" (written in 1945), which raises a question about the nature of humanity. Lachman created "Ecce Homo" over three hundred days against the backdrop of anxieties and daily news reports from the war. He stated that he felt "the image of man has shattered," and day after day, he tried to rebuild it from ashes, to give it notes, "to establish a person." The result is a head portrait whose appearance is simultaneously ancient and contemporary, containing many times, a range of emotions, and countless expressions.

Also in the exhibition are paintings from a war diary titled "**Broken Time**," which Lachman has diligently painted since October 7: dozens of portraits that act as a seismograph of disintegration and fragmentation. They do not embody specific scenes of war, but emotional expressions associated with fields of death and catastrophic fractures can be identified within them. The early painting "**Self-Portrait with Theodore Herzl**" is also displayed, positioning the artist in the studio against a series of representations or reflections—Herzl's portrait is erased and rewritten with the phrase attributed to him, an ancient Egyptian image, a sculpture by Alberto Giacometti. All of these seem to preface identity questions that will be expressed in the "Broken Time" paintings.

Lachman's current exhibition is largely a continuation of the previous one, "Face to Face." It merges the imprints and echoes of the sculptures and installations that were presented at the Museum of Art, Ein Harod, since September 8, 2023, about a month before the cursed Sabbath. In the circumstances of wartime, "**Face to Face**" was divided into two different





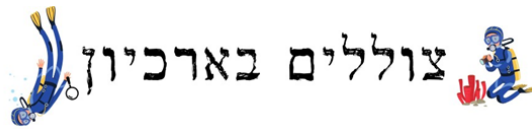
times: the one before October 7 and the one after it.

The works of **Akedah**, **Eicha**, and **Nesia** remained the same, but their interpretation received a chilling twist. In a conversation held by Heli Yashar with Lachman, ahead of that exhibition, she asked him: "What does art serve in your eyes? What is left for a contemporary artist to do?" He replied: "I gaze into the depths of hell and document the forms of survival, which are stances of a person. The question is how to transform an internal experience, however dark it may be, so that it appears as a spark for another person."



**The exhibition "The Line Crossing" is an expression of the shock and silence that have taken hold of us.** It reflects the understanding that we are committed to a new language, new words, a new melody. It is an attempt to capture the moment, previous times, all of time. It is also the movement of the hand across the paper with a stroke of chalk or a knife's engraving on material, which carry with them risk and uncertainty, but also the potential to change the world.

Written by: **Yaniv Shapira**



## Delving in the Archives

### “Someone” – The Play for the 25th Holiday

In 1973, in honor of the 25th anniversary of the kibbutz, **Amen Becker** translated and adapted the English medieval play "Everyman," and directed it under the title "Someone."



The Choir: Nitza Halevi conducting.

Originally, the play was very Christian, but Amen's adaptation was perfect, and religious guests were surprised by how "religious" the performance was. It was a production of the entire kibbutz!



Ilana Peleg with Dez Cohen and Paul Horwitz

**Ilana Peleg writes:** "The play opened with a dialogue between Rachel Piekarski and me, as Rachel came on stage with a cake pan and I was with a bundle of clean laundry. The conversation started like this:

**Rachel:** The drain has been blocked in the entire neighbourhood for two days! Is there no one responsible for this?

**Ilana:** I don't know, but someone is going to be held accountable..."





Almost every member was either on stage or involved backstage in the production. Rehearsals continued until one in the morning, and began again in the morning at six A.M., or even earlier. We showed up, as if, for work. In the play, I was one of the doubles for the Angel of Death. My shift in the sheep pen started at two-thirty in the morning, and I would fall asleep between one entrance on stage and the next. The performance took place on the upper tennis court, and Amen built four stages.

The community's commitment was total, and there was even a member who postponed leaving the kibbutz, to fulfill his role in the production.



There is a collection of about 40 black-and-white photographs. It is not specified who the photographer is. We would appreciate any help in identifying him.

## English is Fun - with Rahel

### AN AMAZING TWO-LETTER WORD

One word in the English language can be a noun, verb, adjective, adverb and preposition.

This two-letter word in English has more meanings than any other two-letter word, and that word is **UP**. It is listed in the dictionary as an adv., prep., adj., n., or v.

It's easy to understand **UP**, meaning toward the sky or at the top of the list, but when we awaken in the morning, why do we wake **UP**?

At a meeting, why does a topic come **UP**? Why do we speak **UP**, and why are the officers **UP** for election and why is it **UP** to the secretary to write **UP** a report?

We call **UP** our friends, brighten **UP** the room, polish **UP** the silver, warm **UP** the leftovers and clean **UP** the kitchen? We lock **UP** the house and fix **UP** the old car.

At other times, this little word has a real special meaning. People stir **UP** trouble, line **UP** for tickets, work **UP** an appetite, and think **UP** excuses.

To be dressed is one thing, but to be dressed **UP** is special.

And this **UP** is confusing. A drain must be opened **UP** because it is stopped **UP**.

We open **UP** a store in the morning but we close it **UP** at night. We seem to be pretty mixed **UP** about **UP**.

To be knowledgeable about the proper use of **UP**, look **UP** the word **UP** in the dictionary. In a desk-sized dictionary, it takes **UP** almost  $\frac{1}{4}$  of the page and can add **UP** to about thirty definitions.

If you are **UP** to it, you might try building **UP** a list of the many ways **UP** is used. It will take **UP** a lot of your time, but if you don't give **UP**, you may wind **UP** with a hundred or more.

When it threatens to rain, we say it is clouding **UP**. When the sun comes out, we say it is clearing **UP**. When it does not rain for a while, things dry **UP**.

One could go on and on, but I'll wrap it **UP** for now.....my time is **UP**.

Oh... One more thing: what is the first thing you do in the morning and the last thing you do at night?

**"UP!"**

**Did that one crack you up?**

Don't screw **UP**. Send this on to everyone you look **UP** in your address book....or not....it's **UP** to you.

.....more next week

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## **Programme for 19/01/25– 23/01/25**

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

### **Sunday 19 January**

09:10 Zoom from Dorot B'Gilboa – Around the World – Argentina and Crete

17:00 Mandela drawing with Shlomit Fink. Arrange participation directly with Shlomit

### **Monday 20 January**

08:00 Pedicure – Limor Mualem – by appointment only

09:00 Sweet from the oven with Monica and Noa

09:30 The Art of Drawing with Chas Broadhurst

18:45 Musical Experience with Stas Gavrillov

### **Tuesday 21 January**

09:00 Round table discussion with Inbal Adler

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

10:00 Movie screening – with Galia

### **Wednesday 22 January**

09:30 Lecture – “Trains” – Rochele Matalon

### **Thursday 23 January**

09:30 “Flora”

09:30 Woodworking with Noga Harpaz – “HaNogariah”

10:00 A visit from the children of Ganon Rimon

17:15 Exercises on chairs with Michal Sha'anani

פלאג מנהל קהילה-ארז • כללי

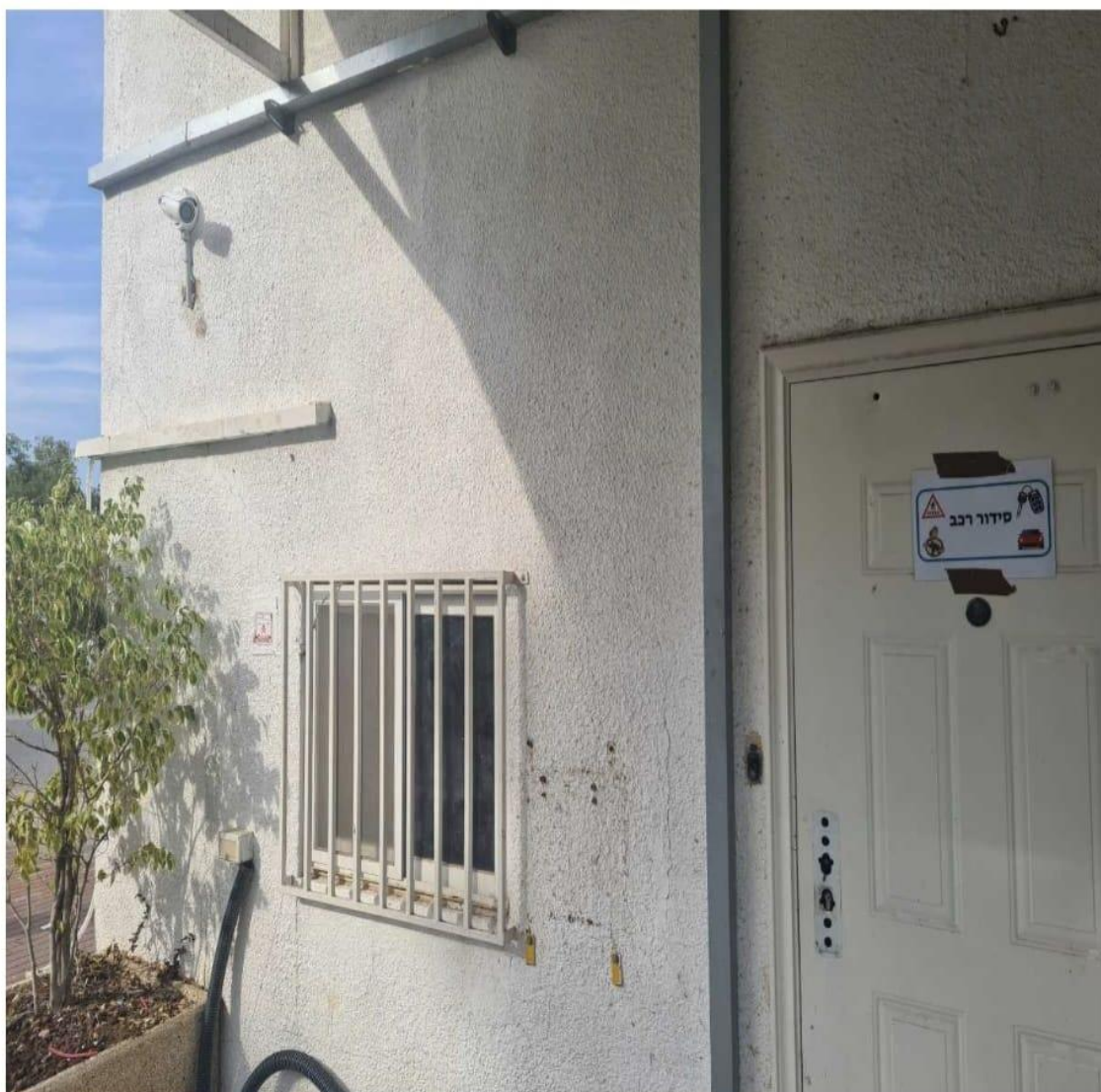
לפני 7 שעות



## סידור הרכב החל לפעול במשכנו החדש

לאחר מספר שעות של "מעבר דירה",  
סידור הרכב החל לפעול במשכנו החדש  
באולם הספורט, באגף המערבי - הקרו...

להודעה מלאה



## New home for the Car Keys Drive Safely



### Credits:

**Editor of Hebrew Newsletter: Reut Shaliv**

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Printed by: 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.

**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.