

The Yizraelite – No 2200 Date: 21.3.25

Kibbutz Yizrael

Edi-torial. Our beloved country is in turmoil. Our government has declared war on our democracy. It is dismantling all the checks and balances. The lord only knows where it will all end. There is no one in the Whitehouse to stop this madness. All the while our hostages are languishing in the dungeons of Gaza. No one knows whether the renewed fighting is for the good of the country of the good of the ruler. We cannot let our country slip away. We waited too long to get our state.

"עבשיו הזמן להילחם, אנשים, נשים – עבשיו הזמן לצאת לרחובות ולכבישים"

The time has come to fight, people, men and women – now is the time to take to the streets ,

and there's so much to fight for, and there's a reason, because a gift like this, from life ,

we will never receive again, and a state will not rise from the ashes again .

There are people to fight for, everything now depends on you ,

now is the time to rise, to live, to be a nation or not to be ,

to be a human or not to be, and there is what to fight for, and there are causes,

and everything is hanging by a thread".

Written by: David Grossman 22.6.2024

**Yifat Segal is (still) looking for help with organising Pesach
Willing volunteers... please speak to her.**



To the Organisers of the Adults Purim Party.



What a crazy party we had! We want to take a moment to say a huge thank you to everyone who made this evening so special, funny, joyful, and unlike anything we've had in a long time!

Alma, Ofri, Naomi, Noa, Roi Mizrahi, the Shinshins – you are simply stars! The effort you put into the decorations, the organisation of every little detail, and the incredible energy you brought, made all the difference! (After all, the adults Purim party is a significant event in the kibbutz movement).

Tamar Agmon – thank you for the perfect job you did as M.C. holding the evening together with style, humour, and unparalleled charm!

David Serrano – thanks to you, we enjoyed gourmet-level sausages.

Niv Edelstein – your golden hands worked magic with the bar renovation!

To all the performers – we haven't laughed like that in a long time.

To Ranit, Ben Broadhurst, and Yarin from the Young Generation Committee – thank you for leading and taking responsibility for the event. A Purim like this can only be done with you – we're already looking forward to the next event!

And of course, special thanks to everyone who came to set up the evening and to those who got up after a wild night and little sleep, to restore the dining hall to its original state.

A special thank you also to the young parents who initiated and organised a joyful and colorful parade. The tradition of the Adloyada, as we remember, is a thing of the past, and this was a wonderful reminder of a shared community activity that we hope will return to us.

Hoping that all the hostages will return home soon, then we can truly celebrate. Yifat Segal – Culture and Entertainment Cluster

Thank you – Rosa Lev-Or's 90th Birthday

Dear Yizrael Community,

Last Shabbat, we celebrated our mother Rosa's 90th birthday with a large gathering in the moadon. We are fortunate to have enjoyed a brief interlude filled with goodness, especially during these challenging times.

The event exceeded all of Mum's expectations, and on her behalf, I would like to thank everyone who participated, congratulated, and contributed to its success.



First and foremost, a huge thank you to Idit Halevi – the incredible organiser with a big heart, who took care of every detail from A to Z and helped us celebrate Mum's birthday with love, joy, and good taste.

Thanks to Adi Laviv from the kitchen and to Eyal, the kibbutz chef, for the delicious, varied, and healthy catering that received praise from all the guests.

Thank you to our amazing waiters from "Dor Tza'ir," who volunteered for the task even the day after the Purim party. Honestly, without you, it would have looked and felt different!

Thanks to Haim Nagar for the vegetarian delicacies, to the minimarket team for their assistance, and to the plant nursery for the decorations on the tables.

Thank you to the participants in the skit – to those who spoke, and to Eran, Stas, and Anna for the artistic program.

To the photographers, Steve and Albert, who captured the joyous moments of the day so we could share them with those who couldn't attend.

Thanks to Itai Nagar and Ishai Levi for helping with the sound system.

Thank you to the third age team and the clinic for taking care of Mom's health.

Thanks to the care team at the kibbutz who look after Mom's physical and spiritual needs – Tamar, Aviva, and Biff, and of course, the entire beloved staff of "Or B'Givah."

Thank you to caregivers, Mirvat and Jobi, whose efforts bring a wider smile to Mom's face.

Thanks to the extended Peled family, who embrace Mom and invite her to every Friday meal and family event. It's a true blessing that you live so close, providing a warm and loving atmosphere that supports Mom on a daily basis.

Thank you to the whole family – for always being there for her, and this time, for helping to bring her joy and create another sweet memory to cherish.

Thank you, Yaron, for being a devoted brother and son, looking after Mom and filling in for me – especially during our missions abroad.

And lastly, thank you to all of you – the wonderful group in the Yizrael community, who provide Mom with the warmest, most loving communal home she could wish for. Thank you for making her dream come true!

With much love, From Rosa Lev Or, Sarit, Yaron, and the families

Community Management Summary – 16.3.25

Participants: Ilana Peleg, Erez Peled, Talia Arad, Yifat Segal, Ishai Levi, Maor Persai, Shlomo Levy, Limor Griman .

1 .Proposal for management and handling of personal budget deviations .

The proposal presented by Maor and Limor was based on a 2009 Mazkirut decision and has been updated.

During the discussion, we clarified certain sections within the proposal .

Additionally, it was suggested to impose sanctions in three areas for those with significant debts:

- Moving to a permanent home
- Entering long-term studies
- Taking a sabbatical year

After the changes, the proposal was approved and will be submitted for approval at the upcoming asefa. (See next item). **Note: The Community Management goals for 2025** - the discussion was postponed until the next meeting.

To be discussed at the Asefa:

Procedure for Handling Members' Overdrafts in their Allowances.

Members of the kibbutz are allowed to exceed their budgets by up to three monthly budgets.

1. Handling exceptional budgets is the responsibility of a team that includes the secretary and the financial manager.
2. A member planning a special financial expenditure should contact the financial manager in advance to obtain credit and arrange a repayment plan.
3. Budget holders who are not members or children of the kibbutz have no right to exceed their budget. Descendants in the younger generation are subject to the younger generation decision appendix. (Parents are responsible for their children's debt – Ed)
4. A member whose excess exceeds three budgets will be summoned for a discussion with the budget team, and one or more of the following measures will be implemented according to their spending patterns:
 - a. They will not be eligible to order a vehicle, except for special events with written approval from the secretary.
 - b. Cancellation of the "Dor Alon" fuel card.
 - c. Financial restrictions on cash withdrawals, spending in the shop, and reduced credit card limits.
 - d. Transfer of funds to the budgets of other members or external accounts will not be permitted.
5. The allowable expenditure amount through all the above measures will not exceed 60% of the personal budget.
6. These restrictions will remain in effect until the entire debt is paid (including the three-month allowed debt previously allowed – Ed).
7. If, after two months from the implementation of the restrictions, there is no improvement, the member will be invited to an extended team meeting that includes

the head of the members' committee (Merakez Va'adat Chaverim, Mazkir, Finance Manager. The team may take one or more of the following actions:

- a. Cancellation of the credit card.
- b. Cancellation of the option to use vehicles from the kibbutz fleet.
- c. Closure of the budget in the kolbo and in additional places in the kibbutz.

8. In the case of a debt in the budget exceeding ₪100,000:

a. Their eligibility to submit a request for permanent housing will be frozen. If the member has already submitted a request and has been allocated a permanent apartment but is found to be exceeding by more than ₪100,000, their eligibility to begin the construction/renovation process will be revoked.

b. Their right to begin long-term studies funded by the education committee will be revoked.

c. Consideration will be given to revoking the right to take a year off.

9. Conditions for debt settlement with a member - the financial manager may grant loans to members for only two purposes: debt settlement or construction.

a. Maximum loan amount - ₪100,000.

b. Maximum repayment period for the loan - up to 10 years.

c. Interest on the loan will be at the prime rate.

d. A member requesting to repay a loan or part of it before its due date may do so without fines or restrictions.

10. The Community Management may change this procedure from time to time.

Correction from last week's Yizraelite:

I WOULD KILL FOR A NOBEL PEACE PRIZE – Steven Wright

Invitation

Economic Council and Asefa

Monday, 24.3.25

8:30 PM - Economic Council

Agenda:

Candidate for the position of Chairperson of Maytronics

9:00 PM - Asefa

Agenda:

1. Committee appointments
2. Management and handling of personal budget deviations –
proposal from the Community Management

Proposals for Committee Appointments to be raised at the Asefa

Monday, 24.3.25

1. Absorption Committee

- The Committee for Appointments proposes the following members for another term on the Absorption Committee: Naomi Shechter, Aviva Beutler, Nitzan Rivlin-Feldman, Sigal Hadar, Tzach Sassi.

- The committee proposes Danit Kirshberg to join as an additional member of the Absorption Committee.

2. Young Generation Committee

- The committee proposes Sivan Dashevski to join as an additional member of the Young Generation Committee (Sivan joined the committee as an observer during her absorption process).

3. **H.R. Management** - The committee proposes Ilan Sadur as a public representative for the H.R. Management.

4. **Finance Committee** - The committee proposes Anna Abramovich and Tzach Sassi as public representatives for the Finance Committee.

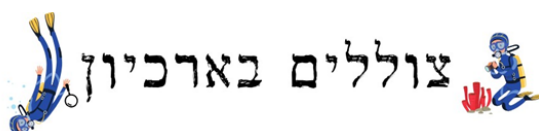
5. **Bereavement Committee** - The committee proposes Itai Nager and Rotem Hillel to join as additional members of the Bereavement Committee.

Community Management Meeting

Sunday, March 23, 2025, 17:30

Agenda:

1. Community Management goals for 2025
2. Care Procedure



Delving in the Archives



This week, on Sunday, March 16, 2025, we were pleased to host a visit from "Or B'Givah" at the archives. Over 20 people attended—an impressive participation. This is a commendable initiative by the "Or B'Givah" team—Noa, Monica, and Galia.

I shared a bit about what goes on at the archives, brought out some albums, and we agreed on a collaboration where the veterans of Yizrael will help me identify the vast

collection of photographs in the archives. In an album of photos from 1956, Shimona Matalon identified herself with Eliyahu on the beach (see photo on the previous page).

We would be happy to receive more visits!



From the Dental Clinic – Mouthwash

I'd like to share a little tip ahead of the holiday regarding mouthwash. Many ask me if mouthwash is necessary, and the answer is yes. I recommend rinsing as an addition to maintaining oral health. The benefits include:

- Freshening the mouth – Provides an immediate feeling of freshness.
- Reducing bacterial plaque – There are specific rinses that inhibit plaque accumulation.
- Strengthening enamel – Mouthwashes containing fluoride help prevent cavities, especially in children.
- After surgical treatment – A rinse containing chlorhexidine as advised by the doctor.

It's important to remember:

*Mouthwash is not a substitute for brushing teeth and cleaning between them with aids.

*You can choose a mouthwash in consultation with the dental hygienist or dentist.

The dental clinic team continues to lead in service, professionalism, and innovations:

Dr. Kalman Eli – General Dentist

Dr. Oren Haliou Gafso – General Dentist

Dr. Dekel Shila – Specialist in Oral and Maxillofacial Surgery

Dr. Sotita Distafori (Sus) – Orthodontics Specialist

Dr. Hassan Zuabi – Endodontics Specialist (Root Canal Treatments)

Zehava Rosilio – Assistant

Dalia Shadmi – Assistant

Anna Machlin – Dental Hygienist

Shlomit Ben-Yanai – Dental Hygienist and Clinic Manager

Feel free to reach out to me with any questions or concerns.

I wish for the safe return of the hostages and a happy spring holiday with them .

Best regards ,

Shlomit Ben-Yanai



Message from Talia Arad



This week, in honour of Oral Health Day, which falls on March 20, the Health Cluster has distributed a little something.

Thanks to Shlomit for managing to obtain a respectable quantity of quality toothpaste samples. Full-sized toothpaste can be purchased in the kolbo.

The samples in the mailboxes, are intended simply to bring a smile to your face and raise awareness.

They cost no more than 0.80-1.20 NIS in the kolbo.

Submitted by: Talia Arad.



Sexual Abuse

Meeting on the subject of Prevention of Sexual Abuse in the Workplace

Reminder regarding the meeting that will take place next Wednesday, March 26th, at 09:30 in the moadon.

Attendance is mandatory for all community workers.

Reminder notices will be posted in the branches and in the dining room.

Kinneret Govrin

From the Higher Education Committee – Sarit Laviv

Updated Criteria Table and Procedures for Sabbatical Year

We want to inform you on two important updates regarding the committee's activities:

2. Changes in the Criteria Table for Long-Term Studies:

Over the past year, we have invested significant effort in refining the criteria table to improve the selection process for students. The new table allows us to review all applications in a comprehensive and as objective a manner as possible, and to prioritise them in a thoughtful and unbiased way. (Both the previous and the new tables are attached in the Hebrew Alon – Ed). The new table is also available in the Higher Education Committee files on Kehilanet. It is important to note that if a study request is not approved, any member may request their personal criteria table to understand the considerations that led to the decision and to try to improve their chances next time.

2. Update on Committee Procedures for Teachers Requesting a Sabbatical Year:

A detailed update regarding the committee's procedures for teachers taking a sabbatical year is attached. We place great importance on taking a sabbatical year for rest and renewal, a right reserved only for teachers. However, we must operate within the defined budget.

The updated criteria table and the procedural update regarding the sabbatical year have been discussed and approved by the H.R. management. For any questions or concerns, you can always reach out to Higher Education committee members.

I would like to take this opportunity to thank each member of the committee for their care, contribution, and investment: Peter Pezaro, Philippa Segal, Rotem Agmon, Natalie Zinenko, Revital Zelas, and Alita Mor. Special thanks to Momi for his behind-the-scenes assistance with the monthly responsibilities.

- A sabbatical is a right reserved for teachers, and a teacher is entitled to take a sabbatical once every seven years, provided they have worked full-time and have accumulated sufficient funds in the Ministry of Education fund for their living expenses and studies.
- In addition to the Education Committee and the Ministry of Education, requests for a sabbatical year should also be directed to the Reserve Fund to ensure there are sufficient funds and to receive approval for the sabbatical.
- Teachers in part-time positions (not 100%) require approval from H.R.
- A teacher planning to take a sabbatical must submit a formal request to the Higher Education Committee during February-March, including all components of the request (e.g., attending one-year courses, half sabbatical, studies lasting more than a year, etc.).
- If the teacher is pursuing a master's degree that lasts more than one year, this should be indicated in the request to the committee (half sabbatical or sabbatical + year of studies with a part-time position).
- Upon taking a sabbatical, a reimbursement will be provided according to the cap of the professional development fund. Any training or studies costing more will be at the teacher's expense or with special approval from H.R. (e.g., a master's degree).
- During this year, the teacher's grant (which replaces a monthly salary) will be returned to the Reserve Fund.
- During this year, the teacher will be subject to the Higher Education Committee and may request reimbursements for study-related expenses and travel (a vehicle may not be used at the expense of outside work).
- Studies will not be approved for teachers outside the sabbatical framework (e.g., taking a sabbatical and then studying two years later).

Submitted by: Sarit Laviv

Health Tips from Environmental Quality Committee

Here are some tips for maintaining health and environmental quality, this time focusing on kitchen utensils.

Plastic utensils are widely available and convenient to use. The problem is that plastic is made from fossil fuels, a process that contributes to pollution and climate change. Additionally, plastic decomposes very slowly and can remain in landfills and oceans for hundreds of years, releasing toxins and harming wildlife in the process. Furthermore, some types of plastic may release harmful chemicals into food, especially when exposed to heat.

The solution: Make informed choices by using utensils made from natural and environmentally friendly materials.

- Wood: A great option for cutting boards, cooking spoons, and knife handles. It is strong, beautiful, pleasant to touch, and environmentally friendly. When sourced from sustainably managed forests, wood is a renewable resource that naturally decomposes at the end of its life without harming the environment.

- Glass: A natural material that can replace plastic. It is also fully and indefinitely recyclable, making it a greener choice.

- Cleaning Brushes: Available in versions made from natural materials. Brushes made from coconut fibers or bamboo decompose naturally at the end of their life without leaving toxins or microplastics in the environment.

The cooking utensils we use also affect our health and the environment.

Healthier cooking materials for us and the environment: Glass, stainless steel, cast iron (enamel-coated without lead), and ceramics.

Cooking materials to avoid:

- Teflon: A common coating on cookware. However, studies show that Teflon can break down at high temperatures, releasing toxic substances that can harm health.

- Aluminum: Aluminum can react with acidic foods and release toxic substances. It is recommended to avoid cookware made from aluminum (especially those that are uncoated), **as well as aluminum foil!**

- Cadmium and Lead: These are highly toxic materials that may be found in old or cheap cookware. It is important to ensure that the cookware you purchase does not contain cadmium or lead.

Health effects of toxic materials in cookware: Prolonged exposure to toxic substances in cookware can lead to various health issues. Teflon, for example, contains a chemical called PFOA that has been linked to cancer, fertility problems, heart disease, and thyroid dysfunction. Aluminum can accumulate in the body and is associated with degenerative diseases like Alzheimer's and Parkinson's. Cadmium and lead are toxic metals that can harm the nervous system, kidneys, and other body systems.

How to take care of our cookware:

- * Do not use damaged or scratched cookware, as this can lead to the release of toxic substances into food.
- * Avoid overheating cookware, especially those with coatings. Overheating can release toxic substances and damage the coating.
- * Use safe utensils for mixing and serving, such as wooden or silicone utensils, instead of metal ones that can scratch the coating.
- * Easier cleaning – many healthy cookware options, like stainless steel and glass, are easier to clean than those with special coatings. Wash them thoroughly with warm water and soap after each use.

High-quality pots can be ordered from these companies:

- **Stainless Steel Pots: AllClad, Calphalon, Lodge
- Cast Iron Pots: Lodge
- Glass Pots: Pyrex
- High-Temperature Resistant Ceramic Cookware: Xtrema

Let's take care of ourselves and our environment.

Tamar Sankar, on behalf of the Environmental Quality Committee.

Sources: <https://organiclife.co.il/how-to-choose-healthy-cookware-without-toxic-coating/>

*<https://did.li/BNNrl>

Project in memory of Gilad Rosenblit

Request for Help in Raising Donations for the Establishment of a Special Soccer Field in Memory of Gilad Rosenblit, of blessed memory, from Kibbutz Ginnegar, who was killed in the Iron Swords War

Adva Rosenblit from Kibbutz Ginnegar, his mother, was the wonderful kindergarten teacher in our 'Rimon' nursery for over 15 years, nurturing, with love and creativity, a significant number of our children. This is her request:

We have started a campaign to commemorate my Gilad, and I would be grateful if you could help us turn this dream into reality. You can join the Gilad Field Ambassador Group using the attached link, share with other friends, or visit the project page to donate.

From our pain and love for Gilad, we chose to honour his memory by establishing a soccer field. Gilad's success in coping with his personal challenges through the game is the guiding principle of the "Gilad Field".

We believe that playing soccer is an activity that strengthens and nurtures every child, especially those struggling to find their place and facing personal and environmental challenges. Establishing the field in Ginnegar will allow us to provide these children with a loving and supportive meeting place, a safe and inclusive space.

We want the field to be a place that enables children and teenagers to connect with the game and its values: equality, friendship, perseverance, and to face challenges. We hope that the place will allow children and teenagers to strengthen, grow, dream, and succeed!

Gilad was a life-loving child, determined and full of joy, a soccer fan and an amateur player at heart. From a young age, he played on the field at Kibbutz Ginnegar and was a dedicated supporter of Hapoel Haifa. Gilad, a middle child, brother to two older siblings and two younger ones, faced learning difficulties and experienced challenges and frustrations. In soccer, he found belonging and pride. Through the game, he developed self-control, which included perseverance and commitment to others, strengthened his ability to overcome

difficulties and frustrations, and learned to be part of a team – to bear failures and celebrate successes. Soccer provided him with a positive and supportive framework where he could grow and blossom.

We invite you to be partners in this project and turn "Gilad's Field" from a dream into a vibrant and meaningful place, where every child can enjoy, develop, and realise themselves through the game, just as Gilad did.

Thank you ❤️ Adva Rosenblit

Links to the explanatory video and the donation site

Donation Project Link: <https://giveback.co.il/project/82102>

[Explanatory Video] (<https://www.youtube.com/watch?v=J4pJ5MLEPBg>)

Attention! The clock is moving one hour forward

(Don't be left behind – Ed)



Daylight Saving Time will begin on the night between March 27 and 28, 2025 (from Thursday to Friday) at 02:00 - at that time, the clock will move forward one hour, meaning we will sleep one hour less.

Daylight Saving Time will continue until the switch back to Standard Time on October 26, 2025. On the last day of Standard Time, sunrise will be at 05:34 and sunset at 17:58. On the first morning of Daylight-Saving Time, sunrise will be at 06:33 and sunset at 18:59.

Jeremy Perling

A Special Visitor from the Gilboa

A solitary rock thrush.

He popped in to say "Hi"

Kehilanet - Rotem Agmon, 15.3.2025

Submitted for the newsletter by Zimra Baran.



The (Almost) Back Page

On Tuesday evening, following the announcement of the decision to fire Shin Bet chief Ronen Bar, an emergency demonstration was held at the Habima Theatre Plaza. The demonstration was led by the Defensive Shield Forum - former heads of the security establishment and their counterparts in the police, moderated by Noam Tibon. The speakers: Tamir Pardo, Roni Alsheikh, Yoram Cohen, Rafi Ben-Shitrit and Einav Tzangauker.

Reut Shaliv, who was present at the protest, asked Rafi Ben-Shitrit if he could send her his text and he agreed: Here is the text:

ב"ה (With the help of God)

I came here tonight from Beit Shean not only as a concerned citizen and not just as a bereaved father... I came here tonight because there are moments when reality calls you to go, as the poet Hanna Senesh, the paratrooper who never returned, said:

At the Crossroads

"A voice called and I went.

I went, for it called

I went lest I fall.

At the crossroads

I blocked both ears with white frost

and cried

for what I lost.

(Hannah Senesh, Caesarea 12.1942)

On October 7th, we lost our beloved son, Sergeant Elroi Ben-Shitrit, a fighter in the Combat Reconnaissance Battalion who fought with his fellow fighters with courage and heroism in the Nahal Oz camp and fell defending the homeland and the freedom of Israel.

I came here to read with you the call for what we believe should be self-evident: **To establish a judicial commission of enquiry to investigate the October 7th disaster**, to investigate in depth and thoroughly, all ranks, at all levels. A state investigation committee that will do justice to the fallen, will bring some peace to the families and security to future generations. The enormous failure of the October 7th is on a scale we have not known since the establishment of the state. The failure, and with it the grief, cry out to the heavens.

There is enough blame for everyone. But there is only one who stood at the helm and should have been the first to recognise the responsibility that he himself bears. The

duty to bow his head and ask for forgiveness. We did not imagine that those to be investigated would expect to appoint their own investigators. We did not imagine that the interrogated could fire his interrogators.

How will we fix it if we do not know how we messed up? How will we improve if we do not know what we have failed at? How will we heal if we do not know what we have suffered? Therefore, a state investigation committee will define the field of discourse, will serve as a compass and conscience for moral leaders who are honest and have clean hands. The conclusions of the state investigation committee will serve as a guide for any future leader.

The head of Shin Bet took responsibility and declared that he would resign when the last of the kidnapped people return. He was also the one who said publicly that a state investigation committee should be established. The Shin Bet is also the body investigating the suspicions of involvement of members of Netanyahu's office with the Qatari government.

Firing the investigators, those who take responsibility and those who support a state investigation committee is a political act and we will not let it happen!

Ronen Bar will go home, he promised. He will complete his work and go home, together with everyone who bears responsibility for the 7th of October disaster. But not for political reasons, for reasons of taking responsibility after the end of the war and the return home of our kidnapped people.

Our mission is first and foremost to work to return all the hostages! The living to the families and the fallen to their final resting places. We cannot begin the work of rebuilding and uniting Israeli society without returning all our brothers and sisters from the hell of Gaza. The enemy must be subdued and destroyed, but before that, **return all the hostages! Now!**

After their return and with the establishment of the State Commission of Inquiry, the work of healing all social and political ills and afflictions will begin. Then, and only then, can the restoration of social solidarity, a return to our most basic values of mutual responsibility, social justice, the redemption of captives, human freedom, the sanctity of life, everything that was sacred in our eyes and faded over the years, happen. To return again and become a model society founded on the vision of the prophets of Israel, and the thinkers and founders of the Zionist enterprise.

All my life I was raised and educated to love the land, to love the state and to be willing to sacrifice for it. My son, Elroi, chose to serve in the Combat Battalion at the Nahal Oz base. He was aware of the dangers and chose meaningful service from the same values we instilled in him. Elroi, who was born on Passover, fell on Simchat Torah. He lived 20

years between these two holidays that symbolise more than anything the secret of our existence and the secret of our eternity.

Loyalty to the people, to the Torah, and to the land are what show us the way. Loyalty to the state comes before loyalty to one or another prime minister.

The citizens come before the government.

The kingdom comes before the king.

Democracy comes before politics.

In these formative historical times, from the depth of the rift and the magnitude of the pain, I would like to offer hope today.

Replace the infamous three hands of power, money, and honour with 3 thousand.

Love - because it is the basis of every human connection. Love is what motivates us in difficult times... We need unconditional love, more than ever.

Faith - not only in the religious sense, but also faith in ourselves, in the righteousness of our path, in our future.

Responsibility - because in the end, what sustains us as a society is taking responsibility for our actions and our environment.

On October 7, the heroic warriors in Nahal Oz, in the ground maneuvers, and everywhere else, fought bravely and took responsibility. Responsibility from the beginning to the end. They serve as a beacon of hope, love, faith, and responsibility for us.

The Prophet Jeremiah, Chapter 29:

"For I know the thoughts that I think toward you, says the Lord, thoughts of peace and not of evil, to give you an end and a hope."

Rafi Ben Shitrit





Programme for 23/03/25– 27/03/25

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

Sunday 23 March

09:10 Zoom from Dorot – Middle East States

10:50 Zoom continued – Affaires and Events

17:00 Veterans Gathering

Monday 24 March

08:00 Pedicure – Limor Mualem – by appointment only

09:00 Sweet from the oven with Monica and Noa

10:00 Quizzes and Brain Games with Galia

Tuesday 25 March

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

10:00 Movie screening with Galia

Wednesday 26 March

09:30 Quiz –“ People” with Rochele Matalon

Thursday 27 March

09:30 “Flora”

09:30 Woodworking with Noga Harpaz – “HaNogariah”

10:00 Unusual Art with Noa Armoza

17:15 Chair exercises with Michal Sha’anana

English is Fun - with Rahel

ISRAELI INVENTIONS THAT CHANGED THE WORLD

- **PillCam** - 2001: By Given Imaging, enables the visualization and detection of disorders of the gastrointestinal tract.
- **Like-A-Fish** - 2001: Innovative tankless diving gear.
- **MyHeritage** - 2003: Popular online genealogy platform with headquarters in Or Yehuda.
- **Azilect** - 2005: Drug for Parkinson's Disease developed at the Technion and commercialized by Teva Pharmaceutical Industries.
- **3G Solar** - 2003: Low-cost alternative to silicon-based PC solar modules.
- **Mazor Robotics' Spine Assist** - 2004: First robot approved for spinal surgery.
- **Wix** - 2006: Cloud-based web development services.
- **Zenith Solar** - 2007: Modular high-concentration photovoltaic system (HCPV).
- **Waze** - 2008: The navigation that helps drivers avoid traffic.
- **BriefCam** - 2008: Video-synopsis technology that lets viewers rapidly review and index original full-length video footage.
- **Solaris Synergy** - 2008: Environmentally friendly and economically beneficial way to float solar panels on water.

- **Rosetta Genomics** -2008: MicroRNAs as effective biomarkers.
- **Trophy** - 2009: Rafael's active protection system for armed vehicles.
- **Gett** - 2009: App that connects between customers and taxi drivers using its proprietary GPS system.
- **ReWalk** - 2010: Bionic walking assistance system that enables paraplegics to stand upright and walk.
- **WeWork** - 2010: Pioneers of shared work space.
- **OrCam MyEye** - 2010: Portable artificial vision device that allows the visually impaired to understand text and identify objects through audio feedback.more next week

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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.