

**The Yizraelite – No 2133 Date: 17.11.23**

**Kibbutz Yizrael**

**Edi-torial** "Knocking on the Door in Times of War" - Food for Thought

One day this week, someone on TV said that he was near the home of a good friend. He decided to go in and say hello. He knocked on the door, and immediately heard a woman scream. His friend's wife, the mother of a soldier, thought they had come from the army with bad news. Suddenly, I realised that I'm not the only one who reacts this way. Every knock on the door, every noise on the veranda, makes my heart miss a beat. My heart beats strongly, and it takes minutes to calm down.

So, before you come to visit or ask for an egg or a cup of sugar or a donation, please, I beg you, call or send a message. You'll be welcomed with open arms! It's not a good time to surprise the partners or parents of soldiers. May we know better days.

Last week I sent out “The Yizraelite, to my email readers all over the world. I asked them to let me know if they read it regularly and would like to continue to receive it. I received some really encouraging responses. I will publish a few today (with the writers’ permission, of course). Email recipients who have not responded yet….

Arieh (Leon) Orbach from Australia took it one step further. He was so excited by Yoni’s interview with Navot Asaf., that he asked permission to send it to a local paper. He and I made the necessary changes to make it understandable to the general public… so who knows, in the end, they may quote us on the BBC (God Forbid. Who knows how they might distort it?)

**Zimra’s Column**

Difficult days are upon us. We are fortunate to be able to help, as a community, those displaced from the north and the south – providing them with a warm home, assisting with their children, opening our hearts, and understanding that it's not easy at all to leave home, jobs, and whole lives behind.

I can't stop thinking about the hostages in Gaza, about the murdered and their families, about the horrors that IDF soldiers and civilians saw when they came to help. I take comfort in the fact that we can offer our help and hospitality to the people who were forced to leave their homes. I wish I could go, like the people who immediately after the outbreak of war went to help the communities in the Gaza border in various agricultural branches.

I am proud of our community, which organised to help and support those displaced from the north and the south – the food branch(!), the education system, the contact team, providing many sports activities, and local and imported entertainment – doing everything to make them feel connected.

It is moving for me to see the kibbutz full of people, even the long line at lunch makes me feel good. Yes, we are doing something to ease the burden on our friends from other settlements, giving our hands and hearts to look after them as much as we can. YIzrael was once a small and intimate group. Today we are a large, growing, and welcoming kibbutz.

**In memory of**

**Bernice Kaplan (R.I.P.)**

**Unveiling of the Tombstone**

 **Tuesday, November 21, 2023, at 3:00 PM**

**at the cemetery**

**The family and YIzrael community**

**Invitation to the Asefa**

**On Monday, November 20, 2023.**

**20:00**

**Agenda:**

1. Nominations for the Membership Committee and Presentations - Candidates for the Committee: Avner Alterlevi, Eddie Solow, Amir Armoza, Amir Darom, Yaniv Shapira, Yael Epstein, Moran Kooperman, Noga Harpaz, Stas Gavrielov, Sigal Perling, Irit Shemesh, Peter Pezaro, Rochele Matalon, Reut Shalev, Sagit Beutler. The voting will take place by secret ballot in two rounds, as explained during the meeting.
2. Proposal from the Management to rotation regulations.
3. Additional term for branch managers, following the decision of the asefa:
	* Liora Kamilian - Clothing Branch Manager
	* Itzik Shechter - Food Branch Manager
	* Shlomo Levy - Building Administration Manager

Meeting Committee (Va’adat Ha’asefa)


 **Thank You**

A big thank you to Itzik Shechter, Adi Laviv, and the staff of the Food Branch for hosting the basketball youth group from Hapoel Galil Elyon, which I manage. The two rich, nutritious, and tasty lunches were provided with attention and personal care to each player and staff member. Thank you very much on behalf of the basketball team, parents, players, and coaching staff. Together we will win.

 Lior Keret.



**Tsachi – Home Guard TeamTop of Form**

This week we distributed magnets with the important phone numbers. Place it on a strategic surface and save in your contacts

Top of Form

Top of Form

Security officer – Alon Reuven – 052-2757339

Head of Home Guard – Lilach Harpaz – 052-3756125

War Room - Hedva Sharabani 052-3756328

Emergency numbers (**only when the War Room is operational**):

050-5403044 & 04-6598222

**Invitation to a Self-defense workshop for women**

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Facilitated by Sensei Roi Faiga, Head of the Shai Haganah system today and a senior trainer

Topics:

* Proper behaviour under stress/attack
* Self-defence in the home environment
* Defence using available sticks/objects
* Defence against a knife

The workshop will last for an hour and a half with a fee of 20-40 shekel (depending on the number of participants). Wednesday at 20:00 at the moadon.

Please register on the bulletin board so that we can prepare according to the number of participants. Please note! Anyone who cancels their registration after Monday at 20:00 or does not attend will be charged.

Message - Reut Shaliv

Top of Form

**Help Wanted – H.R.**

**Tender for the Job of Duty Shift Coordinator**

(First come, first served… rather you than me – Ed)

With the replacement of the duty shift scheduling software and the reorganisation of the duty shift system, along with the understanding that there is a significant advantage to have responsibility for shift coordination in the hands of a member of the kibbutz, who is familiar with the intricacies of the subject.

We are announcing a tender for the position of Shifts Coordinator. A big thank you to Ortal, who has diligently managed the shifts until now with dedication and a friendly disposition.

Prospective candidates are invited to submit their applications to Kinneret by November 26, 2023. The successful candidate must start immediately.

For details and the job description for the role of Shifts Coordinator, please contact Kinneret.

**A Letter to the Alon – Assael Mor**

A month ago, a war broke out, the likes of which we have not seen before. I was called up early that morning, and since then, I have been in reserve duty. Hence, this letter took some time to write.

It's no secret that the state's systems are not functioning, and we, the people, have been called to action. Even on YIzrael, from what I hear and read, there is a massive mobilisation of members and institutions who contribute in every possible way. However, in my opinion, the penny has not yet dropped, regarding the challenges we face, and about our ability to to make a difference.

I heard about the asefa regarding transferring powers of the asefa and the council to individuals who will hold immense power in the name of a state of emergency. Yet, there was no reference to the real issues, especially the internal resilience here in the kibbutz. I also read the report from the secretariat meeting regarding a proposal to charge money for hospitality here.

This is not a normal state of emergency! People of all ages across the country are afraid that what happened in the western Negev settlements will happen to them too. This is the most primal fear. We are not even safe in our homes.

To cope with the situation, there is a need for a change in the paradigm. A significant amount of money is required for personal security in the kibbutz and to deal with the challenge of absorbing a huge number of guests (evacuees), while many families also have members conscripted.

The security team needs a regular budget to fulfill its duties; security in the kibbutz needs a budget that will allow manned gates and patrols 24/7. The head of security needs to be in a full-time position with a suitable vehicle for the job. The food branch needs an additional budget for food and to bring in additional workers who will work every day, including Fridays and Saturdays.

Other systems, such as the education system, laundry, and other service branches, need clear reinforcements. We cannot rely on volunteerism over time.

This situation is not for a day or two; it is for a long period. The money exists!

My proposal is to convene an immediate asefa and decide on drawing a special dividend from Maytronics to the amount of 10 million NIS and allocate it all to these issues and also for aid outside the kibbutz. (For the record, the dividend at the end of the year should be distributed as usual and not deducted from members or other uses).

In Maytronics, there is over half a billion shekels that could to be distributed. We just need to decide.

There is a war going on, and we need to mobilise. Both now and after the war to rehabilitate the western Negev settlements. We will need money to help our nation because we want to, and because we can.

When we look back on this period in a few years, will we be able to say that we truly did everything we should have done. Was it our finest hour, or did we behave like bystanders and say there is not enough money...?

If we were in their situation, how would we want them to help us?

We have the resources for it. We just need to decide to give with all our hearts and not stand on the sidelines.

Assael Mor

**Pleased to meet you – A few words about our guests**

**The Tsansifer Family from Kibbutz Brur-Hayal**

*Who are we?* Tal and Kobi, parents of Ariel in fifth grade, Ella in first grade, and Alma in the special kindergarten that opened specifically for guest families, for a few hours a day. The kindergarten greatly helps us maintain some routine.

*What do we do for a living?* Tal works as a nurse at the Clalit Health Services in Ashkelon, and Kobi is an engineer at Elbit. Kobi works in Sderot, and they have now moved to the centre of the country. Currently, in Brur-Hayal, there is a constant military presence and endless noise from our artillery fire.

*Where were we before coming to YIzrael?* At the beginning of the war, we stayed for a few days with family in Modi'in. After that, the entire kibbutz moved to a hotel in Haifa. It was very difficult for us in the hotel due to the overcrowding and the urban environment. Several families from Bror-Hayal organised themselves, turned to the Kibbutz movement, and they directed us to YIzrael. We arrived at the kibbutz about two weeks ago, and now we live in Yahel Rosilio's room.

*What do we miss?* We miss the view of the fields from our home, which you can see in the attached picture.

*What do you like about Yizrael?* (Digging for complements? – Ed) We really enjoy the nice people surrounding us, walking on the beautiful and well-kept paths of the kibbutz. The love you all have for your home, is evident in every corner, and it's very pleasant for us to be with you.

The Rosilio family gives us a very good feeling, helps us with everything we need, and even prepared a surprise package for us to make us feel comfortable. Thank you all 

Top of Form

**The Duvdevani Family from Gesher HaZiv**

*Who are we?* Noa and David, parents of Tal, 22 years old, staying on YIzrael, and also parents of Mai, 25 years old, and Nadav, 19 years old, a soldier in the IDF. We live in a room in the teenagers’ housing, grateful to the youth who gave up their rooms and show interest in our well-being.

*What do we do for a living??* We work in tourism.

*Where were we before coming to YIzrael?* In the first two weeks of the war, we stayed with a family in Karkur. We came to YIzrael without expectations initially, we feel a lot of love, generosity, and a willingness to give, which fills us with humility. We appreciate the opportunity to feel welcome and safe.

*What do we miss*? We miss our home, the community, the quiet, and the routine.

*What do you like about Yizrael?* One day, when passing through Yizrael’s gate, Noa said she is displaced, and the person at the gate told her, "You are our guests," which deeply moved her. We want to take the opportunity to thank Eyal Tirosh and Keren Kagan, who help and support us greatly. Overall, there is a sense that the entire kibbutz is mobilised for our sake.

**The Shagai-Yakobi Family from Kfar Sold**

*Who are we?* Hila and Yoni, parents of Agam and Luna. Agam, 6 years old, is currently studying at Ner HaGilboa and in the afternoons at the Tlaton. Luna, almost 4 years old, is in Gan Rimon on Yizrael.

*What do we do for a living?* Hila, a Ph.D. in Environmental studies, works at the Upper Galilee Regional Council in the Environmental Unit, focusing on open spaces. She also works as a yoga instructor, teaching Ashtanga yoga. Yoni, a lecturer in economics and statistics and and also ecology at Tel Hai College.

*Where were we before coming to Yizrael?* We've been here since the beginning of the war.

*What do you like about Yizrael?* Yizrael is an amazing kibbutz. There's so much giving, care, and concern for us and our children. There are organised activities, games, clubs, delicious food, clothing, laundry, a warm home, and warm people. The breathtaking view! We appreciate everything! Thank you for making us feel at home.

**"Small Tips for Big Emotions" by Gaya Sankar**

**Simply Hug**

Without many words, I invite you to give a deep and long hug to whoever is beside you.

It is recommended to hug as many times a day as possible, as many people as possible (you are helping them, so why not expand the circle?) and for at least half a minute each time.

Such a hug calms the body and the nervous system and contributes to the release of oxytocin, the love hormone, causing a good and calm feeling. Similarly, you can also hug yourself Simply wrap your body with your hands, in whatever way or posture is comfortable for you, stay there for at least a minute, breathe deeply, and remind yourself, "I am okay."

**Reading Dogs – New in the Library - Maida**

For many years, public libraries in the United States and other countries have adopted the service of dogs to help children improve their reading skills. How does it work? A child sits alone next to a dog in a quiet corner of the library and reads a story to it. The dog does not have to listen or look at the child, and it can even sleep. The main thing is that the child reads, and the dog is non-judgmental and does not react to mistakes or stumbles. This allows the child to read with confidence, knowing that their performance is accepted, creating a positive experience.

Studies have shown that children who read to dogs significantly improved their reading abilities aloud. They even outperformed the group that received assistance from qualified teachers in reading. There are many accessible articles on Google in English about "reading dogs" or "library dogs."

What kind of dog can be a reading dog? I'm sure there are many in the kibbutz. The dog must be calm, friendly to every child, even an unfamiliar one, and be willing to lie quietly without reacting to the surroundings. Generally, larger and older dogs are suitable, but not exclusively. If you think you have such a dog, please contact Maida or Reut. Attached is a photo of Maya Lifshitz reading a story to Chippy in our library a week ago.

Article by Maida Nechushtan

Top of Form

Top of Form

Top of Form

**Soundwaves from the Music School;**

**The Enchanting Secret of Music – Part 5 (Conclusion)**

*Professor Roni Granot - Lecturer and Researcher at the Department of Musicology, Hebrew University*

**Basic Human Behaviours**

Music brings with it two additional components that are seemingly essential to its emotional power. Both are not unique to music but are rooted in brain mechanisms that support basic human behaviours.

The first component is the connection between music and speech. They share a common acoustic space, shaping vocal expression in terms of speed, intensity, pitch, timbre, emphasis placement, and overall articulation—forming what researchers term "prosody."

Prosody is the tool through which we frame our emotional state during speech, such as conveying agitation versus calmness or expressing an emotional message to a recipient ("I am angry"). Since all these elements are present in music as well, they can be used as a similar code for the transmission and interpretation of emotional messages.

Researchers from Uppsala University in Sweden found, in a review of articles, that musicians asked to play a piece with a specific emotion, like sadness, shaped it similarly to actors tasked with expressing the same emotion but through speech. In both cases, the expression was relatively slow and calm, with relatively low frequency, minimal changes in intensity or pitch, a tendency towards a descending melody, and subtle speech/sound interruptions.

This connection was understood even by early opera composers in the early 17th century. They inferred this principle in their quest for solutions to the non-trivial challenge they faced: how to compose music that would embody the emotional expression of a text, in a medium that blends drama with singing.

**The Element of Surprise**

The second component that music offers is organisation and structure, allowing listeners to anticipate the timing and duration of upcoming events in the composition. A clear example is our anticipation of the end of a musical performance, regarding the timing of the last sound or chord and how it will sound. This expectation becomes more explicit in certain moments during the listening experience.

A simple way to generate anticipation is to repeat a musical phrase that has just been heard and then modify only its ending. The more familiar we are with the song or genre, the stronger our predictions will be. Sometimes our predictions will prove correct, but in other cases, we may realise that what we expected to hear differs from what we actually hear.

These surprises are closely related to our enjoyment of music. Striking the right balance between realized expectations and surprising moments is a crucial component of the pleasure we experience during listening. It's no wonder that moments of surprise are almost always the climax, where a twist in the plot occurs, changing everything we thought we understood, or revealing new horizons.

In music, subjective enjoyment related to surprises is often accompanied by physiological arousal typical of excitement. Research conducted by the Cognitive Neuroscience Lab at Ichilov Hospital, led by Prof. Tali Bitan, and in collaboration with researchers from the Hebrew University's Music Cognition Lab, has shown a direct connection between moments of surprise in music and the reported enjoyment and activity levels in several brain areas collectively referred to as the "reward system." This system has previously been linked to the pleasure experience in music, especially during moments of excitement.

The reward system includes several brain regions, among them the amygdala, which specializes in emotion processing, specific nuclei in the striatum rich in the neurotransmitter dopamine, and an area in the frontal cortex related to emotional judgment and regulation.

This system evolved through evolution to encourage behaviours beneficial for individual survival. Positive activities like eating, drinking, and procreation activate this system, bringing pleasure and thus motivating the individual to repeat those activities. Interestingly, this network can also be hijacked when engaging in less beneficial behaviours, leading to addiction, such as to drugs or gambling.

It's fascinating to discover that in enjoyable music listening experiences, moments of surprise directly engage the reward system. Perhaps this is the brain's way of promoting learning processes. Such processes occur when new and unexpected things happen, both in general and specifically in music.

Despite the threads we have woven here to understand why we are drawn to music, we must honestly admit that we understand very little. Music is constructed from numerous dimensions and uses organizational forms that many of us cannot describe or quantify. Humans, in turn, are social beings who have grown up in environments, cultures, and various auditory worlds, possessing bodies and brains whose complexity is nearly infinite.

When attempting to examine what happens at the intersection between the two, where the emotional connection takes place, it turns out that when a person is moved to tears by a song while driving, it is challenging, if not impossible, to detail the processes and substances involved. The experience is unique and one-time. But that's not enough to deter us from continuing the fascinating journey of understanding the wonderful phenomenon called music.

*Thanks to - Yarden Zinenko who brought this series to our attention*

**Invitation from the Music School**

Have you ever thought about witnessing an orchestral creation in the making? How do the instruments "communicate" with each other under the guidance of the one who prepared their roles, reminding them with his baton?

You are invited on Fridays at 12:30 to the Music School to watch the orchestra rehearsals. Highly recommended!

Top of Form

**Storytime at the Library – with Galia**

On Monday at 17:30, there will be a storytelling session with Galia Shemi. Suitable for ages 3-6.

Top of Form

**Backround to “Tzav 8”:** Last week we published a very moving interview. Yoni Brauman interviewed Navot Asaf about his experiences on kibbutz Nir Yitzchak. The Interview caught the eye of our email reader and ex kibbutz Yizrael member, Leon (Arieh) Orbach (down under), who asked permission to share it. Together we made the necessary changes so that a non-kibbutznik could understand it. I am reprinting it so that anyone who wants to, can share it. I think you will agree, it is an improvement on my original translation - Ed

 **‘Tzav 8’ for Agriculture
a civilian self-imposed ‘call-up’ notice**

**Yoni Brauman interviews his fellow kibbutz member, Navot Assaf.**

The events of the cursed and tumultuous 7th Oct Sabbath hit us like a tidal wave, leaving us all shaken. The pain of loss is still incomprehensible, the agony for those alive but in captivity burns the soul and offers no solace, and the pain of those who survived the ordeal echoes all around.

In the midst of all this, we, the civilians who are not enlisted in the IDF, are now trying to embrace the residents of the communities bordering Gaza. Our part in the war is to try to help, to preserve what remains and prevent further damage. Each person, according to his abilities and talents, is volunteering for various civil tasks. One of these tasks is the rehabilitation and operation of agriculture.

I met with Navot, who came home [to Kibbutz Yizrael] this week after three weeks in the dairy of Kibbutz Nir Yitzhak. He shared his experiences and shed light on the challenges in reviving agricultural activities in the region.

“The kibbutz was attacked by Hamas terrorists on the Black Saturday morning. Dozens of Hamas militants entered the community, moving between houses, shooting and killing indiscriminately, and setting fire to buildings causing extensive destruction. The terrorists entered through the gate and headed straight towards the dairy at the entrance to the community. A fierce battle took place there between the community’s defence team and the terrorists. Some members of the home security defence team fell in this battle, and some were kidnapped to Gaza. The community residents were locked in ‘safe’ rooms for over 14 hours. After the massacre the security forces regained control and cleared the kibbutz of terrorists.

When the soldiers arrived at Nir Yitzhak, the kibbutz was empty of civilians, except for one veteran member who refused to evacuate. “The army didn’t know his whereabouts, and his wife, in desperation, left without him. The soldiers finally found him inside his house”.

Once all the residents had been evacuated, the soldiers on-site realised that they also had the mission of taking care of the remaining livestock. They fed and took care of the animals that remained alive and established contact with the dairy farm manager, receiving phone instructions on how to milk the cows that started suffering after not being milked. On the first day, they managed to milk 50 cows (out of some 300). They were very proud of this accomplishment. It’s amazing—soldiers who did agricultural work because they understood the critical needs of the animals and tried to minimize the damage”.

Navot recounted his journey to Kibbutz Nir Yitzhak.
Along the way, he picked up Ilana from Ein HaShofet. They had to hitchhike the last part, because their car got stuck, and that’s when they met Uri Raz. 19-year old Uri had embarked on an overseas trip after finishing a [pre-army] year of service on Kibbutz Nir Yitzhak. He cut his trip short and rushed home to assist in the dairy. The three of them became the core group that rehabilitated the dairy, creating a routine, recruiting more volunteers, and instructing them in the job.

“On the Tuesday night, we first went to the Patish animal feed centre, a regional feed centre of the Ambar company. The generosity and bravery of that commercial company in the early days of the conflict was astonishing. They loaded feed trucks and travelled to distribute food even in areas where fighting was still going on”.

Initially, they waited at Kibbutz Nir Oz for their military escort to Nir Yitzchak. When they arrived at Nir Oz, they witnessed unusual behaviour of the cows. The cows were distressed, aggressive and bellowing in pain and hunger. Navot found the key to the ‘*Self*’ (Mechanised Mixer Feeder for dairy farms) in the barn, took it, and began distributing food to the cows, calming them down. Then they were escorted by the military to Nir Yitzhak, where Navot began to distribute food using Nir Yitzhak’s ‘*Self*’.

They found soldiers in the dairy, who, on their own initiative, realising the need, tried to do the farm work. This group mainly dealt with attempting to milk the cows through phone instructions. When Navot and the others, arrived, they started working more systematically after necessary electrical repairs. A truck with a milk container finally arrived to collect the milk. Before that, they had to pour the milk down the drain. The team that fixed the electricity was from the voluntary organisation called *Brothers in Arms*. Later, representatives from the Milk Producers Association arrived. “This was the closest to official representatives, they saw. “Everything was done through volunteering and the initiative of civilian individuals”.

Navot relates: “Uri, despite being only 19, effectively functioned as the manager of the dairy. He was in touch with the actual manager of the dairy who had been evacuated with his family and was in a hotel in Eilat. Our group affectionately called Uri the ‘big boss’. Ilana took responsibility for the calves, and I ran the feed centre. Together we three brought the dairy back to functioning.”

Initially, the volunteers ate combat rations brought by soldiers, and later, food supplies started coming from local restaurants donated by civilians. The civilian mobilisation was overwhelming, bringing them huge quantities of food. More than they could eat! On Friday afternoon, a military van arrived, from which a young officer emerged with enough food to feed an entire kibbutz.

Uri’s group of three have assembled a team of about 10 volunteers who operate the dairy fully. They work throughout the day, and as night falls, they retreat to their rooms, sitting together in the evening. A close-knit group has formed, a kind of commune, spanning a wide age range from 18 to 70, with conditions reminiscent of the past, including handwashing clothes.

**Yoni**: How did you manage to do the work? It seems very dangerous.

**Navot**: “The army restricted us to work only during daylight hours. There are reinforced protected areas in the dairy. When you hear an alert, you have only 10 seconds to find shelter”.

“In Nir Yitzhak’s dairy, the majority of the workers are kibbutz members (as opposed to hired workers). They have all evacuated and are staying with their families in hotels far away, mourning the loss of family and friends who were murdered, and worrying about those who were kidnapped and missing”.

In 2019, Navot joined a delegation of dairy farmers that travelled to Germany. He shows me a picture of some of the participants. ” Here is Reuven Hainik, and here is Yiftach Gorni, amazing people, both killed. Reuven Hainik, may he rest in peace, the manager of the dairy farm in kibbutz Kissufim, was murdered in the Kissufim dairy on the cursed Saturday night when he insisted on returning at night to milk and feed the cows that were hungry and suffering. He was murdered there by a terrorist who had hidden in the dairy. Yiftach Gorni, may he rest in peace, the manager of the dairy farm in Be’er Milcha, was also murdered”.

In recent days, some kibbutz members have begun arriving back, moving between houses and starting to clean and organise things. They remove rotten items from refrigerators, begin to repair various infrastructures. The kibbutz’ dairy farm workers have also begun to return.

The agriculture sector suffered a severe blow. Many workers in agricultural farms were recruited to the army; foreign workers returned to their countries, and agricultural branches were left without working hands. Many volunteers from all over Israel and from all walks of life are trying to fill their places.

“On the weekends”, says Navot “I will still go to help, to allow the dairy farm workers from the kibbutz to be with their families who were evacuated to various hotels. We are trying to create conditions for them to recover more easily from the terrible situation they are in now”.

It was very emotional to hear the experiences. Alongside the endless pain, the stories of the survivors and the concern for the well-being of the kidnapped bring comfort and much hope in stories of resilience for life.

It’s amazing to interview a man who is such an inspiration, Navot Assaf. Thank you very much.

## **Please put me on the mailing list. - Theresa Sabo,**

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| (Theresa is from Cape Town, South Africa. She is the Widow of the late Eli Sabo, a member of Garin Gilboa – Ed) |

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*Dear Eddie,*

*Your hard work on putting this newsletter together is well appreciated.*

*My brother Andre Badenhorst ( South Africa) has been forwarding the newsletter to me, but I would appreciate my name on the mailing list:*

*My family has a long history with Kibbutz Yizrael and I have felt my bond with the Kibbutz and its people with every newsletter that I read.*

*Andre Badenhorst was a volunteer in 1980, 1981 and especially trained young rugby players.*

*Andre and Coetzee Badenhorst ( my 2 brothers) volunteered together in 1981 and played rugby for the kibbutz team- you can check this with Milton Kaplan.*

*I volunteered in 1983 and Milton and the late Bernice (May her soul rest in peace) were my Kibbutz parents.*

*I have visited the Kibbutz for over 43 years plus and joined the Rugby reunion with my 2 brothers in 2015, that was held at kibbutz Yisrael.*

*We ( Badenhorst family) feel ourselves part of the family of Kibbutz Yisrael and stand with Israel in these very dark days - but as said shed light, as light overcomes the dark!!!*

*This newsletter is powerful! It is honest, it is real, it is about unity, it is true of how I experience Israel as a volunteer back in 1983 - united we stand.*

*I am forever honoured to have volunteered at Kibbutz Yizrael. I salute all mentioned in this newsletter for their example of reaching out to those in need!!*

*I pray that someday soon I will be able to visit the kibbutz and her people- whom are not only friends but also family.*

*My brother Andre Badenhorst far left at the back standing (1980)*



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| **Leon Orbach** |

 | Wed, 15 Nov, 06:28 (1 day ago) |  |  |
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Dear Ed(itor)

How thankless to be sending a message in a bottle every week and never seeing it return.

Rest assured, each week that the bottle comes to rest on our sandy shore, I eagerly break it open to devour the news of MY kibbutz.

The stories and articles have reconnected me to the pulse of kibbutz life in all its beauty and complexity. Each time we have come to Israel over the last many years, we have always visited and rekindled friendships and bonds that we made in those difficult years after the Yom Kippur War. The kibbutz has always drawn us back to where our two beautiful girls, Einat and Tania were born,

Of course, things have changed, but much of the rhythm of what we remember appears to have remained intact. Except that we no longer enjoy the cooking skills of Beutler and Roger.

It was great to rekindle my friendship with you, my old Machon mate and fellow asthma sufferer. Importantly, that also became the trigger for The Yizraelite becoming a regular feature of our household.

So, keep up the great work.

יישר כוח!

(Good onya mate)

Arieh Orbach

**English is Fun - with Rahel**

More from the Devil’s Dictionary:

BACCHUS: A convenient deity invented by the ancients as an excuse for getting drunk.

BIGOT: One who is obstinately and zealously attached to an opinion that you do not entertain.

CAPITAL: The seat of misgovernment.

CONSERVATIVE: A statesman who is enamored of existing evils, as distinguished from the liberal, who wishes to replace them with others.

DEBAUCHEE: One who has so earnestly pursued pleasure that he has had to misfortune to overtake it.

DENTIST: A prestidigitator who, putting metal in your mouth, pulls coins out of your pocket.

EGOIST: A person of low taste, more interested in himself than me.

FEMALE: One of the opposite or unfair sex.

FRIENDSHIP: A ship big enough to carry two in fair weather, but only one in foul.

HAPPINESS: An agreeable sensation arising from contemplating the misery of another.

HISTORY: An account, mostly false, of events mostly unimportant, which are brought about by rulers mostly knaves and soldiers mostly fools.

LEARNING: The kind of ignorance distinguishing the studious.

MARRIAGE: The state or condition of a community consisting of a master, a mistress, and two slaves, making in all two.

MAUSOLEUM: The final and funniest folly of the rich.

PEACE: In international affairs, a period of cheating between two periods of fighting.

POLITICS: A strife of interests masquerading as a contest of principles. The conduct of public affairs for private advantage.

PRAY: To ask that the laws of the universe be annulled on behalf of a single petitioner confessedly unworthy.

SAINT: A dead sinner revised and edited.

YEAR: A period of three hundred and sixty-five disappointments.

 ………….more next week

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