

**The Yizraelite – No. 2132 Date: 10.11.23**

**Kibbutz Yizrael English Newsletter**

**Edi-torial.** I decided to try an experiment today. I will post The Yizraelite on Kehilanet without waiting for my dedicated proofreaders to complete their work. This way the readers can have access to the information regarding events on the kibbutz and the proofreaders can do their work without pressure from the Edi-tor. You, the readers can also be part of the correction process, so if you see **a glaring** mistake, like a wrong name or date or something which is likely to mislead the public or hurt someone’s feelings, please send me a WhatsApp and I can make the change before the hard copy goes to print or even make the correction in Kehilanet, if necessary. Please let me know if you like my revolutionary idea.

Have a quiet weekend. Edi-tor

**From the ceremony marking 30 days from the massacre on October 7th 2023 - Yifat Asaf**

**7.11.23**

I come to the blank page to write of that black day in October. I express here, to myself, to you, the pain, the anger, the mourning, the compassion and kindness, and the desire for togetherness that I have been carrying with me since that terrible Saturday. Let us remember the fallen, the murdered, let us remember the wounded in body and soul. Let us remember acts of heroism and moments of elevation. Let us remember the flourishing kibbutzim, our friends and neighbours, who were full of life. Let us all remember. We will never forget.

The acts of violence committed against beautiful citizens, our brothers and sisters, against people sleeping in bed, eating in the dining room, going on a bike ride, doing the first laundry of Shabbat morning – these are unforgivable acts. They are crimes against humanity. There is no justification, and there will never be, for such heinous acts planned and carried out by humans against other humans. The crimes committed by Hamas terrorists are not intended to achieve peace but sought to murder the residents of the Gaza border and torture our souls.

"Violence is the undermining of the foundations of democracy," said Rabin, and it is also the way in which they destroy and silence the soul of a person. Yuval Noah Harari wrote: “The attempt of the murderers to leave us filled only with anger and a desire for revenge for what happened on October 7th is a crime against humanity because it diminishes our trust in humanity and other people”.

The Hamas terrorists will not succeed in taking away from us the will to help one another. The way to shed light is to stand up and do the things we believe in: mutual assistance, fields of cotton that bloom and are harvested in fields, our members who go out to help relatives and strangers, teenagers who become farmers in an instant. Above all, they will not succeed in destroying our belief that the good parts of our humanity can overcome the dark parts. "The storm does not destroy the seed" – our good seed – buried in us and in our land.

They sought to break our spirit. Well, they will not succeed in that either. We are a living society, a life-loving community. I know that even in difficulty and fear, we will succeed in continuing and creating life. To strengthen ourselves. To find the light, to find hope, and to pull ourselves slowly forward towards a better day.

I commend all of you for your actions, for your volunteering and personal and public commitment, primarily for the benefit of those displaced from the north and south. Kudos to all those who have joined various civic projects on their own initiative.

Kudos, with a big hug, to all our soldiers, in regular service and in the reserves – you are the defenders of the country, you left your homes a month ago and stood up to defend the country, sometimes at real risk to your lives. Thank you for being there for us. We pray for your safe return. I also want to strengthen your brave and worried wives who remained at home to take care of the house, children, and the back.

To the mothers and fathers who sent sons and daughters to serve the country and security forces, who are experiencing difficult and anxious times – my heart goes out to you. The soldiers in Israel are the children of all of us, and we are all with you. You are not alone. Our thoughts and hearts are with you.

We also have a big place in our hearts for the hope of the return of the hostages and the missing. We hope that our displaced guests will return safely to their homes, and we are glad that we have the honour to host you

The memory of October 7th is a difficult memory. Black. I believe that the good deeds, we do and that we will continue to do, will lead us to the light at the end of the tunnel. There is still a rainbow in the sky against a heavy black cloud. L**et it be.**

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This morning, we marked 30 days since the outbreak of the Iron Sword War. Maytronics, together with representatives of Kibbutz YIzrael and the families displaced from the Gaza envelope, planted spice plants and established the "Seeds of Hope" victory garden.

The garden and our joint project today, symbolize our connection to the land, our strong roots as a society, and the ability to grow together, united and better. In the centre of the garden, a large stone is placed as a symbol of partnership, love for people and life, and our hopes for a better future.

We will remember them all, and not forget.

Together we will prevail.

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**To free the hostages, wear a yellow ribbon.**

The color yellow became a symbol of protest during the American Civil War era: Fiancés and wives of Union Army soldiers (North) would wear a yellow headscarf, or a yellow ribbon as a "symbol." Inspired by this story, songwriter Irwin Levine wrote the song in 1973**: "Tie a Yellow Ribbon 'Round the Old Oak Tree."**

The song echoed the hope for the return of Vietnam War prisoners and gained popularity again in 1980 when dozens of American citizens were held hostage in Tehran, the capital of Iran, following the Iranian Revolution.

In Israel, the mother of soldier Yosef Grof tied hundreds of yellow ribbons in the street where they lived to promote awareness. With him, IDF captives Nissim Shalom and Hezi Shai were returned in 1985 as part of the Jibril deal. In 2010, as part of efforts to increase awareness for the ongoing captivity of soldier Gilad Shalit, thousands of yellow ribbons were distributed and citizens hung them on their cars to express solidarity with the soldier's family and call for his release……..

**To free the hostages, wear a yellow ribbon.**

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**Words from the memorial ceremony for Yitzhak Rabin**

**on the 28th anniversary of his assassination:**

Yitzhak Rabin, may his memory be a blessed, was a leader. Elected by the people, he returned to the people to provide answers and take responsibility for what he saw as necessary steps to ensure Israel's continued existence. When Nachshon Waxman was abducted during his term as prime minister, Rabin ordered an attempt to rescue him through a military operation. The operation failed, and Rabin faced the press conference to take full responsibility: "As the prime minister and defence minister, I bear full responsibility," he said with tired and gray eyes.

The responsibility to understand and deal with the society you lead is a challenge. The Israeli society is diverse, a collection of identities, perspectives, viewpoints, and cultures. Rabin struggled at times with this demand, especially in the face of strong political opposition. Nevertheless, he insisted on every person's right to speak their mind as long as it did not incite violence. "Violence undermines democracy," he said.

Israeli democracy has faced a severe attack in recent years, some might say a violent attack. Until the outbreak of the threatening and murderous attack by Hamas on October 7, it seemed that Israeli society was more divided than ever.

Some argue that the internal rift in Israeli society influenced Hamas' decision to attack Israel. Hamas mistakenly assumed that this internal division would lead to Israel's downfall.

Indeed, Israeli society is not uniform, and it never will be. Yet, this diversity is also a source of strength, not just a weakness. Our strength lies not in our unity but in our ability to be mutually accountable and in solidarity with each other. Willingness to give and open our homes, fight for land, settlements, and kibbutzim we may not have visited. Our unity is based on our ability to listen, even during times of war, to other voices despite the difficulty, to remember the common elements of our identity, to maintain critical thinking, an open democracy, and weave a common fabric of life. All these are the foundation of a nation, built on the understanding that its leaders must be responsible and accountable, its soldiers come from the people, and they will return to the people. We hope for the swift return home of our soldiers, our guests, the captives, and the missing, all as one.

May Yitzchak Rabin rest in peace.

By: Nir Baor

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**Memorial Service for**

**Gavrush Nechushtan**

**on the anniversary of his passing**

**will take place on Friday, November 17, 2023,**

**at 11:00 AM at the YIzrael Cemetery.**

**Update from the Generation Committee:**

Stav Levi enlisted in the Air Force on 05/11! Well done! We're incredibly proud of you!

To all the soldiers in active duty and reserves: We trust you! Thanks to all of you, we're here for you! We're very proud of each and every one of you!

We look forward to seeing you all on the paths of the Kibbutz.



**Thank You’s**

**Efrat from Moshav Hosen in the North of Israel**, who is staying with us with her three children, wishes to thank us for our hospitality. As do **Bat Sheva and David Ya’akobi.** (I don’t know about you guys, but hosting these people, makes me feel I am at least doing something for the cause – Ed)

**Dror Yisrael wishes to thank us for our donation** which enables them to provide an educational framework to children uprooted by the war.

**From the members of the Association of Dairy Producers in Israel** **and the manager of the dairy of kibbutz Nir Yitzchak**,

 Express their deep appreciation to our kibbutz member, **Navot Asaf**, for his inspiring volunteer work in the dairy farm of Kibbutz Nir Yitzhak. (Hear, Hear! – Ed)

(See following article – Ed)

**"Tzav 8" for Agriculture - Selfie with Navot Asaf**

 **Yoni Brauman meets Navot Asaf , who returned for a visit from the Gaza border.**

The events of the cursed and tumultuous 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 Gaza border. Part of our war is to try to help, to preserve what remains and prevent further damage. Each person, according to his abilities and talents, is mobilizing for various civil tasks. One of these tasks is the rehabilitation and operation of agriculture.

I met with Navot, who came for home 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.

He recounted his journey to 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, a 19-year-old who had just finished his year of service in Nir Yitzhak and returned from a trip abroad to assist in the Dairy. The three of them became the core group that rehabilitated the dairy, creating a routine, recruiting more volunteers, and putting them in to the job.

Uri, despite being only 19, effectively functioned as the manager of the dairy. He was in touch with the real manager of the refet who was in a hotel in Eilat, the group affectionately called Uri the "big boss." Ilana took responsibility for the calves, and I ran the feed center. Together we three brought the dairy back to functioning.

On the Tuesday night, they first went to the Patish animal feed center, a regional feed center of the "Ambar" company. The generosity of the company in the early days of the conflict was astonishing. They loaded food trucks and travelled to distribute food even in areas still under conflict.

Waiting initially at Nir Oz, when they arrived, they witnessed unusual behaviour of the cows - distressed, aggressive, likely in pain and hunger. Navot found the key of the “Self” in the barn, took it, and began distributing food to the cows, calming them down. Then they were escorted to Nir Yitzhak, where Navot began to distribute food based the program in the Self’s computer.

In the initial days, they ate combat rations brought by soldiers, and later, food supplies started coming from restaurants donated by civilians. The civilian mobilization was overwhelming, bringing us huge quantities of food. More than we could eat! On Friday afternoon, a military van arrived, from which a young officer emerged with a quantity of food that could feed an entire kibbutz.

**Question**: Did you working as usual? It seems very dangerous... Navot: The army restricted us to work only during daylight hours. There are protected areas in the dairy. There are no sirens; there is a "red color" alert, meaning you have 10 seconds to find shelter.

When they arrived, the kibbutz was empty, 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.

 In the dairy, there were soldiers who, on their own initiative, realizing 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 organization “Brothers in arms." Later, representatives from the Milk Producers Association arrived, led by Lior Simha, the CEO of the association **and a candidate for the leadership of the kibbutz movement.** This was the closest to official representatives, we saw. Everything was done through volunteering and the initiative of civilian individuals.

In Nir Yitzhak's dairy farm, the majority of the workers are members of the community.. They have all evacuated and are staying with their families in hotels, mourning the loss of family and friends who were murdered, and worrying about those who were kidnapped and missing. A long time ago, a community member established the dairy farm, and his son continues in his footsteps.

Currently, they 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.

In recent days, more community members have arrived back, moving between houses and starting to clean and organize things. They remove items from refrigerators, begin to repair various infrastructures, and the dairy farm workers have begun to turn.

The community 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 causing extensive destruction. The terrorists entered through the gate and headed towards the dairy farm at the entrance to the community. A battle took place there between the community's defence team and the terrorists. Some members of the defence team fell in this battle, and some were kidnapped to Gaza. The community residents were locked in “protected” rooms for over 14 hours. After the security forces regained control and cleared the community of terrorists, and after all the residents evacuated, after the massacre, the soldiers on-site realized that they also had the mission of taking care of the remaining animals in the community. They fed and took care of the living animals 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. 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 shows me a picture of a delegation of dairy farmers to Germany that he participated in in 2019. Navot: 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 Kishufim, was murdered in the Kishufim dairy on the cursed Saturday night when he insisted on returning at night to milk and feed the cows that were hungry and suffering, and there he was murdered by a terrorist who had hidden in the dairy. Yiftach Gorni, may he rest in peace, the manager of the dairy farm in Beer Milcha, was also murdered.

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 are trying to fill their places.

“On the weekends”,says Navot “I will still go to help , to allow the dairy farm workers to be with their families in the hotels they evacuated to. Life has a strong force, and 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 Asaf. Thank you very much.

** In short, a few words about the “Masa” Model**

**Tsachi**

The Masa was developed by Dr. Moshe Peri, the founder of the International Center for Functional Resilience. Masa is an acronym representing the four intervention principles of the model: (Focus Attention), (Awaken Systematic Thinking), (Reconstruct Sequence of Events), and (Act Efficiently). Each principle suggests a set of behavioural and verbal techniques to reduce stress reactions, restore self-capabilities, and enhance a person's ability to function in emergency situations and under intense pressure.

Therefore, I encourage you to participate in activities and courses, volunteer, for your own benefit and ours, register for guard shifts on the bulletin board or with Zohar Asaf, and sign up for various courses with me.

Lilach Ron

**Summary of the Community Management Meeting - 5.11.23:**

1. **Emergency Routine Issues:**
	* **Capacity for Evacuees:** Our current capacity for evacuees on YIzrael is 132, with the possibility of reaching up to 150. However, limitations exist in terms of schools and the kibbutz educational system to accommodate additional children. It was decided to maintain the threshold at 130 evacuees with the possibility to accommodate up to 150 in extreme cases.
	* **Participation in Expenses:** Three categories of evacuees were identified, and discussions focused on the possibility of collecting payment for expenses incurred during their stay. The decision was to continue examining this issue without a final decision at the moment.
	* **Shabbat Dinner:** Format changes were discussed in the Shabbat dinner arrangements due to increased demand. It was decided to hold festive served dinners only once a month and self-service on the remaining Friday nights , with additional seating arrangements and the establishment of a "Corona Tent" for more seating outside.
2. **Budgets:**
	* A discussion about members hosting evacuees and the cost aspects of water and electricity coverage in host households. It was decided that family members hosting close relatives would not receive compensation, while those hosting non-relatives would be considered for compensation. The specific sums to be determined later.
3. **Security:**
	* **Requests for an armed guard at the entrance due to public demand and a shortage of available guards** . The community is dependent on its own resources and encourages residents to join guade duty and abide by guidelines. The need for additional arms bearers and the recruitment process for security duty were emphasized.
4. **Miscellaneous:**
	* The proposal to establish an Emergency Management Committee with extended powersfaced met with opposition. Instead, it was suggested to expand the current management to include the head of security, finance manager, and an additional representative from the community management. Further discussion with the management committee was requested.

**Kibbutz Assembly Meeting Date: 6th November 2023**

**Agenda:** **Proposal for the Termination of Membership Following Violation of Assembly Decisions - Zivat Nanikshvili.**

**Legal Wording:** "The termination of Zivit Nanikshvili's membership of the kibbutz in accordance with Section 5(a)(1) in Part B of the kibbutz regulations, following a violation of the regulations and assembly decisions, and not ceasing the violations after being warned by the assembly that membership termination is expected."

This was a closed meeting for members only, and guests who are invited by the assembly committee. Attorney Omer Cohen was invited to the meeting.

**Vote Results:** The proposed wording, as presented in the agenda, was voted on using kehilanet. With a majority of 156 in favour, 3 against, and 1 abstention, the wording for the ballot was approved.

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**The voting will take place from Sunday, 12/11/23, at 8:00, until Monday, 13/11/23, at 13:00.**

**Health and Wellness cluster - Update**

**We have refreshed the logo** **of the Health and Wellness Corner**. The logo was designed by Ofri Ziv with much thought, attention to detail, and love. Thanks to Ofri.

**Update to the complementary medicine reimbursement policy** (acupuncture, massage, Feldenkrais etc.):

Starting from January 2024, every subsidized complementary/alternative treatment provided by the Health and Wellness Corner **will be paid by the member** to the practitioner. Members are invited to submit the invoice to me (Talia Arad) for reimbursement. Members will be responsible for submitting invoices (records will be kept in the Health Cluster, and information can be obtained from me at any time). This will enable us to keep more accurate records, to comply with approved coverage policy, and maintain maximum discretion.

* This update does not change the current entitlement rates but clarifies the payment and reimbursement process, as is customary in other areas such as Chugim.

Health and wellness for all, Talya Arad

**Help Wanted – From H.R. (Human Resources) – Kinneret Govrin**

Anyone interested in the following positions is invited to contact Kinneret Govrin –

1. **Maytronics:** Deputy head of the Cables dept.
2. **Maytronics:** Procurement and Imports Coordinator (BuyerTop of Form)
3. **Kapro:** European Market Sales Manager

**From the Nominations and Appointments Committee**

**- Elections for the Members Committee (Vaadat Chaverim)**

At the conclusion of the term of office of the current committee, which includes Talya Arad, Shlomo Levy, Tamir Blas, and Shoshana Mittelberg, we are publishing the list of names of members who have expressed their willingness to serve on this important committee.

It is customary to preserve the committee's continuity, so one member from the previous committee continues to the next term. Tamir Blas consented to continue.

Three new members need to be chosen for the committee.

**Following is the election process:**

The election will take place in two stages, by ballot.

**First stage:** Each voter will write down 3 names from the list of candidates. The five candidates receiving the most votes will advance to the second stage.

**Second stage:** Each member will vote for 3 names, this time from the pool of the five candidates who advanced to this stage.

The three candidates receiving the most votes will be the new members of the ccommittee, together with Tamir Blas.

**Third stage:** The committee will then choose its chairperson from among its members.

The list of candidates.

1. Eddie Solow
2. Amir Armoza
3. Amir Darom
4. Yaniv Shapira
5. Yael Epstein
6. Moran Kofman
7. Noga Harpaz

The names will be presented at the Kibbutz assembly on 20/11/23. Good luck to all!

Members of the Nominations and Appointments Committee: Albert Rosilio, Liran Pen, Anat Friedman, Uri Brustein-Aylon, Tzach Sasi, and Nir Segal

**Shinshin’s activities during the war**

During the 'Swords of Fire' war, the Shinshin group (volunteers doing a social service year before the army) on Yizrael has changed its focus to create a platform for voluntary educational contributions outside Yizrael. Due to the challenging situation in the country, the nature of the Shinshin volunteers' activities changed.

Their regular volunteering activities continue in special education schools like 'Shvilim,' in the 'Youth Advancement' project (HILA), and in the 'Beit Rut' program for at-risk girls. In addition to these, they added volunteering in agricultural work for local farmers who were left with few or no working hands due to the situation. The volunteers set out in the mornings to pick and harvest contributing to the local agricultural community.

On days when schools were closed, the Shinshins helped in the vocational workshops at the Kfar Yehoshua youth village, engaging in carpentry and organizing joyful activities for the children. Their ability to connect with children and teenagers and motivate them during these challenging times was highly commended by the staff of the youth village.

They also contributed to the community on Yizrael and assisted in the absorption of refugees from the south and the north. They organized enjoyable activities, including a "Ping-Pong Marathon" two weeks ago, bringing joy to all the children in Yizrael from kindergarten to elementary school.

Responding to a shortage of educators, they assisted in running playgroups for young children before the reopening of kindergartens. All these activities reflect the values of volunteering, giving, and social solidarity wherever they go.

Despite the challenging times, the spirit of the Israeli people remains unbroken. Message by Nachum Levin.

**Questions answered**

Are they settled? Have they entered the education system? In which school are they? All this and more... Some information about our evacuee families.

For about a month since that Black Saturday, around 130 people, including approximately 60 children aged 9 months to 12 years, are being hosted on YIzrael. Our evacuee families come from settlements in the south, the western Galilee, northern settlements. The Yizrael community has rallied to provide assistance on all fronts.

Here's a bit about what has been done so far:

**Evacuee-Kibbutz Connection:** Eyal and Keren are responsible for the connection with the evacuee families in relation to the kibbutz. The connection starts with the initial phone call from the family requesting to come to the kibbutz and continues as an ongoing and continuous dialogue with all relevant parties in the kibbutz. The arriving families are willing and eager to contribute to the kibbutz and beyond.

**Education Team:** Sherit Laviv coordinator, along with dedicated team members, leads the educational efforts for the evacuee families. The team includes Limor Griman (Education Director), Adi Goldshtein-Ilan (Social Education Manager), Yael Oster (Early Childhood Director), Rochelle Matlon, Mor Broadhurst, Maayan Epstein, Idit Halevi, and Idan Orosco. The children from grades 1-6 attend the Nir HaGilboa school in Nof HaGalil, and grades 7-12 study at the Neir HaEmek school in Afula.

**Cultural Activities:** Tal Darom, Gazit Levi, and Yifat Segal have volunteered with great dedication, creativity, goodwill, and commitment to planning and implementing a weekly schedule of events. All events are tailored to the needs of the times and integrate both the evacuee families and the kibbutz community. The team welcomes more ideas and volunteers willing to contribute to activities, lectures, or anything else that comes to mind.

**Emotional Support Team:** Neta Ratzin-Blas, Leah Cohen, Shani Baor, Alona Granot, Gali Broadhurst, and Elina Axelrod, invest significant time and effort in listening and conversing with the families. They have conducted several important dialogue sessions that were crucial for the participants. The support team also helps families on an individual basis as needed and initiated the "Safe Studio" platform. Thanks to this caring team for their attentive ear, compassion, and willingness to help, especially in these challenging times.

**Conclusion:** In conclusion, the team expresses their gratitude to all the volunteers for their blessed and fruitful efforts, which are receiving excellent feedback from everyone involved.

**Saturday Dinners for Families without Hosting Families in the Kibbutz**

Due to the fact that most families reside in guest rooms and young generation rooms, we found it appropriate to enable them to have Saturday evening dinner in the dining room. The Food Branch, together with an amazing team of volunteers, including representatives from both the kibbutz and evacuee families, has taken on this task.

Thanks to the following people who have joined the mission so far: Itzik Schechter, Shlomo Cohen-Shwartz, Eli Friedman, Elad Ilan, Daniel Haims-Asaf, Shlomit Allaluf, Ilana Peleg, Nachem Levin, Genadi Axelrod, Zohar Asaf.

**We would be happy to have additional volunteer help on Saturdays.**

**Additional Thanks:** We want to thank the older youth of the community and the young generation residents for making their rooms available for the evacuee families.

Thanks to our community branches who work hard every day and still function excellently with a huge smile and a wide heart.

Special thanks to Yifat Asaf, Erez Peleg, and Hedva Sharabani who have been with us hand in hand from day one.

Hoping for peaceful days.

Eyal Tirosh and Keren Stamper.

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**Small Tips for Big Emotion** *By Gaya Sanker*

**A moment of focusing on the senses.**

In recent times, it seems like there's no moment of quiet. Even when we are alone with ourselves, there's a constant feeling of turmoil. Within this turmoil, we seek to find an anchor that reminds us:

Me, you, I - it's okay.

Right now, everything is okay.

In these days (and in general), a moment where we focus on the sensations through our senses is an excellent anchor.

What to do?

1. **Hearing Sense**: In the first breath, focus on the sense of hearing - what do I hear right now? Maybe I hear passing cars, children's voices, birds, or the rustle outside. Just listen.
2. **Smell Sense**: In the second breath, focus on the sense of smell - what do I smell at this moment? Perfume, laundry, dinner, the smell of rain, what is around me now?
3. **Touch Sense**: In the third breath, focus on the sense of touch - notice the feeling of clothing on our body, how the body is positioned on the seat, or the touch of the sole on the ground while walking.
4. **Vision Sense**: In the fourth breath, focus on the sense of sight - where am I right now, what do I see around me? Pay attention to shapes, colours, the familiar and the changing.
5. **Taste Sense**: In the fifth breath, focus on the sense of taste - what taste do I have in my mouth right now? Also, it's recommended to make a little saliva in the mouth; its production calms our nervous system, reduces tension, and even helps alleviate physical pain.

During the practice, my attention may return to the troubling thoughts; that's entirely natural. In such moments, gently return it to the here and now, to the moment and observation through the senses.

This can be done anywhere and at any time, even during activities such as walking, eating, organizing, driving, etc. The more moments of presence in the present moment we create, the more we help ourselves release thoughts of tension and worries.

**The sense of humor - Highly recommended:** Add another beloved and important sense to the list, call it the eighth sense, the sense of humor. A joke, a funny memory, or any action that brings a moment of laughter into the system



**Better Late than Never**

**A Breathtaking Cultural and Artistic Evening – Reut Shaliv**

(Just before the fall – Ed)

I was fortunate to attend one of the Sukkot evenings, a one-of-a-kind experience dedicated to the rich diversity of classical dance in Indian culture throughout the generations. Not only did they open our eyes to beliefs and traditions, folklore and religion, but they did so in the kaleidoscope of dance. Yael, the extraordinary Indian dance artist, created a performance that mesmerized us.

One of the main reasons this evening is so exciting is that alongside the design, operation, and presentation of the performance, stand two other dance artists: Gaya Sanker and, of course, Tamar.

Gaya worked tirelessly for several days to prepare and cook an authentic Indian meal! Each dish on her rich and unique menu had its own story. Gaya accompanied every item on her menu with a tag displaying its name and ingredients. It's safe to say that every Indian restaurant, not just here in Israel, could envy Gaya's attention to detail.

Tamar, blessed with talents and abilities, with the assistance of a dedicated team, decorated our moadon with magnificent silk sheets from the Far East. Tamar worked long days and evenings to prepare everything required for this one-time event.

Yael, the Indian dance artist, whose performance was the centrepiece of this event, also gave us keys to the complex world of Indian cultures. This enchanting and graceful woman is a creative artist. What is creation? Carl Gustav Jung said, "Creation is the whole personality expressing itself." And nothing captures this better than Yael's colourful and exciting performance, where she is a dancer in her entirety, body and soul (even her fingertips shone in some of the dances), a performer, an actress, and a singer.

Heartfelt thanks to the three artists and to all the many who ensured the realization of this special evening.

Re'ut

 **Kibbutz Soccer Tournament**

On the morning of Saturday, November 4th, we gathered at the basketball court with 12 teams of various ages, genders, for a lively, unique soccer tournament. We want to express our gratitude to all the participants who came, played, sweated, and enjoyed themselves. Special thanks to the behind-the-scenes team, who organized with enthusiasm and humility, and especially to Liron Luetjens, who took the wheel and navigated everything wonderfully! It was exciting to see all our guests from the north and south playing and cheering, – it's great that you are with us.

Tzafnat Mor, on behalf of the Sports Committee.

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**English is Fun - with Rahel**

**DISORDER IN THE COURT**

Great Fractured Moments in Courtroom History

 (Contributions from the National Association of Criminal Defense

DRAWING A PICTURE

Counsel: But you were able to see his penis?

Witness: I saw the shape of it like a shadow.

That’s how I saw him too.

Counsel: Well, I want to try to determine whether he was – whether the assailant’s penis was circumcised or not. Let me ask you this. Do you know what a German helmet looks like?

Witness:(No response)

Counsel: Do you know what a foreskin is?

Witness: No.

Counsel: I will draw you a diagram and ask you to compare what it looks like. Okay?

Witness: Yes.

Counsel: (Draws picture)

The Court: It is obvious that art as not one of your major subjects, Counsel.

Counsel to witness: Did it look like it was wearing a German helmet or a turtleneck sweater?

THE EXPERTS

*“An expert is one who know more and more about less and less.”*

Nicholas Murray Butler

Plaintiff’s lawyer: Is that your conclusion, that this man is a malingerer?

Psychiatrist: I wouldn’t be testifying if I didn’t think so, unless I was on the other side, then it would be a post-traumatic condition.

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Q: What about the research?

A: I don’t think there is any research on that. There is a logical hunch that may be true, but I know of no research study that would support that at this point in time.

Q: What about just common sense?

A: Well, I am not here using common sense. I’m here as an expert.

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Q: How do you know these teeth came from a dead man, by the way?

A: How do I know that the teeth I examined came from a dead man?

Q: Yes.

A: Because they weren’t moving.

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Q: Officer, have you ever cut yourself?

A: Yes, sir.

Q: When you cut yourself, did something come out?

A: Yes, sir.

Q: What colour was that?

Counsel: I object, Your Honour, as irrelevant.

The Court: Overruled.

Witness: It was red.

Q: Did that red substance that came out appear to be similar to the red substance you saw at the scene?

A: Yes, sir.

Q: Does that red substance have a name?

A: Yes, sir, it does.

Q: What is it called?

A: Blood.

NOW HEAR THIS

Counsel: May I interrupt for a moment? There seems to be a member of our audience who is mouthing obscenities at our witness and other things, and I would like that she be admonished.

The Court: All obscenities must be directed to the Court. You may proceed.

Counsel: Thank you, Your Honour.

 …………..MORE NEXT WEEK

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