

**The Yizraelite – No 2183 Date: 22/11/24**

**Kibbutz Yizrael**

**Reut's Editorial:** Every day, more names of fallen soldiers are released for publication. Every day, bills are submitted to the kneset that mainly benefit those

who are not bearing the burden, and if passed, these laws will harm those men and women who ordinarily would take to the streets and protest. But since they are reservists serving their country in the war, they no longer have any strength to do so. And 101 hostages are still in Gaza!!!

Last Thursday marked three years since the tragic death of Yogev Cohen. This week's newsletter includes Lotem and Shosh's words from the memorial service.



**Congratulations to Ziv and Tomer Hayun**

**on the birth of their daughter,**

**sister to Dor, granddaughter to Esther and Rafi.**

**Congratulations to the Ben Bassat family and the Hayun family.**

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



**Stas and Tal are Hiring**

**We are looking for more people for the Kabbalat Shabbat Team**

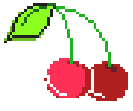
**You need not be the ones who read or sing.**

**Even a one-off event, or a few times, would be great**

**What we seek is your artistic and organisational skills**

**Speak to us**

**(Very loosely translated by Edi-Tor)**



**THANK YOU:** On Thursday, November 14, 2024, a Young Generation meeting took place at the Kibbutz pub. We would like to thank **Eyal Tirosh and Shlomo Cohen** for happily stepping in to help us operate the food truck and for making our time enjoyable!!

From all of us in the Young Generation. Ranit Levy.

## **New Constitution (Takanon) for Kibbutz Yizrael**

This week, we successfully completed the approval process for the new constitution. On Wednesday, November 20, 2024, we received the approval from the Registrar of Cooperative Societies for our constitution, and from this day, it is valid for all aspects of our lives...

**The constitution is a binding legal contract between the members of the kibbutz and its institutions.** You can view the constitution in Kehilanet > File Directory > Regulations and Procedures. Thank you to everyone who was involved in this matter.

Jeremy Perling, Chairman of the Management Committee

## **Community Management Meeting Summary - November 17, 2024**

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

**1. Information and Miscellaneous:** Tamir Blass described a problem he encountered where members without a disability permit are parking in disabled spaces. It is necessary to ensure that this issue is dealt with.

### **2. Presentation of the Work Plan for the Gardening Branch (Noi) for 2025**

(Invited: Shachar Levy)

Shachar presented the work plan for the Noi, and the actions and investments made to improve efficiency in the area of water use. The work plan for 2025 reflects an increase in activity. The requested budget for 2025 is approximately 9% higher than the budget approved in 2024.

### **3. Presentation of the Work Plan for the Education Cluster for 2025**

(Invited: Adi Goldstein Ilan)

The Education Cluster currently includes three sectors: early childhood (birth to 6), social education (grades 1-12), and the service year youth. The service year programme began operating under the cluster in the past year and is accompanied by the chair of the education council. The presented budget includes the activities of all sectors.

The year 2024 was characterised by difficulties stemming from the security situation—absence of leaders (madrachim) who were called for extended reserve duty, restrictions on activities, and the need to adapt to security guidelines and the current situation, as well as emotional challenges manifesting in children and parents in more severe ways than in the past.

Budget-wise, both early childhood and social education are finishing the year with savings compared to plans, due to working with understaffed teams because of reserve duty recruitment and unexpected new income. The service year is ending the year with a balanced budget.

### **Changes to the Work Plan for 2025:**

#### **Early Childhood:**

- The system is more under our control (65% of the children are kibbutz children), as a result of proactive measures taken throughout the year to maintain the desired sized groups. The budgetary implication: fewer external sources.

- Difficulty in finding quality staff. There is a need to invest additional resources to maintain good and experienced teams.

#### **Social Education:**

- The youth group (grades 7-12) is larger than the children's group (grades 1-6), affecting the cost of activities and tuition fees at schools (high school fees are higher than elementary school fees).

- Increasing need for individual interventions, which require more staff.

#### **Class Budget:**

- A desire to update the monthly budget per child after many years without change—an increase of 50 NIS per month. The presented budget is about 17% higher than the 2024 figure. The increase is due to an increase in the after-school activities (chugim) expenses and rising costs in the early childhood system borne by the community with the increasing percentage of kibbutz children in the system.

## **Request from Demography Cluster Regarding the Purpose of the Apartments Being Built in the Zachat Structure for Evacuated Families**

In June 2024, the kibbutz asefa decided to immediately accept up to 4 evacuated families. To this end, we agreed to renovate the Zachat structure and convert it into two residential apartments for this purpose. The structure is expected to be ready by the end of January.

The process of finding evacuated families is not progressing as initially thought. Many families are still not ready to make such a significant decision in their lives. The committee doubts whether it is appropriate to continue building the two additional structures but has not yet reached a final decision on this.

Currently, there is one family that has applied. They will move into one apartment once construction is complete. Another family will arrive only in the summer of 2025. This family has two children and will be able to move into a 54 square metre apartment that will be available.

The Demography Cluster requests to transfer the apartment that will be completed to the Housing Committee for temporary housing, with a commitment to provide an appropriate apartment for the evacuated family when they arrive.

### **Discussion:**

- This is only a technical change.
- It makes a lot of sense to approve the request rather than leaving an apartment empty for six months.
- There may be a financial-budgetary issue here—the funding for the apartment project was supposed to come from absorption funds. Ishai replied that the situation has not changed in this regard, and the planned absorption funds will arrive in the near future.
- It was said that it is doubtful whether the Community Management has the full authority to change the purpose of the apartment without the involvement of the asefa. It is recommended to bring the matter to discussion in the asefa with a clear recommendation from the Community Management.
- The Absorption Committee and the Cluster need to formulate their recommendation regarding Phase B of receiving displaced families, and then both issues should be discussed.

**Decision:** The topic will return for discussion and approval in the asefa with the Community Management's recommendation to transfer the apartment to the Housing Committee's responsibility, ensuring that a suitable apartment will be reserved for receiving a displaced family in the summer of 2025.

( For - 10, Against – 0)

Summarised by: Limor Griman.

## **Next Community Management Meeting**

**24.11.24 at 17:30**

### **Agenda:**

- 1. Vehicle Procedure and Work Plan and Budget for 2025**
- 2. Security Survey Results (Mamadim)**

## **Asefa Report - 18/11/2024**

Participants: 35 members

### **1. Candidacy:**

- Dekel and David Serrano
- Eden and Ben Broadhurst

Karen Brustein-Ayalon presented the report on Dekel and David Serrano.

Uri Gilad presented the report on Eden and Ben Broadhurst.

The full reports were sent to members only via Kehilanet.

**All four were accepted. Congratulations!!!!**

**2. Committee Appointments:** Nir Segal, head of the Appointments Committee, presented the members for the Small Business and Initiatives Committee: Vicky Hollander (elected), Shimon Zelas, Irit Mor (continuing for another term), Haim Nagar (entrepreneurs' representative), and Niv Edelstein.

Shimon Zelas requested to add the names of Kinneret Govrin and Erez Peleg as committee members by virtue of their roles. The asefa approved the names and wished the members success.

### **3. Review of Association Activities in the Kibbutz (Amutot)**



#### **Stas Gavrillov presented the Music School Association:**

- The Music School has been operating in Yizrael for 29 years.
- It became a registered association in 2014 and was recognised as a conservatory under the Ministry of Education in 2017.
- Over 270 students study at the school with an additional 250 participating in the "Amadeus" programme across six elementary schools in the council area.
- The management and administration team consists of only 3 paid staff, along with many volunteers. The teaching staff includes 29 teachers.
- It is characterised as a "boutique" conservatory, achieving impressive results both locally and internationally, with students winning competitions and receiving high marks at Ministry of Education conferences in spite of its small size and modest buildings – Ed.

#### **Idan Zelas presented the Yizrael-Galilee Rugby Association:**

- The rugby club has been operating in Yizrael for 55 years, since 1969.
- It became a registered association in 2014.
- It is the leading club in the country, has 150 active players and runs rugby programmes in 11 schools.
- The team includes 5 paid coaches and 2 volunteer coaches, along with about 15 volunteers in various fields.
- The club's vision is to be the leading club in the country and promote the development and growth of rugby in Israel.
- The new rugby field serves as the home field for the Israeli national team and hosts numerous rugby events.

Many attendees congratulated both associations for their excellent work, which greatly benefits the children and members of the kibbutz, as well as for their impressive presentations.

After the associations' presentations, Erez Peleg and Maor Persai Barniv discussed the economic interactions between the kibbutz and the associations. This information was not included in the background material.

According to Erez, both associations characterise the kibbutz and are a source of pride. It is important to maintain their activities. Therefore, the community management supports them with operational infrastructure: the Music School receives buildings for its activities, and the rugby club gets ongoing maintenance for its field.

In both cases, rent is paid to the kibbutz, but it is not realistic or sufficient to cover costs.

Several in-depth questions were raised... for which no prior answers were prepared:

1. The payment amount to the kibbutz for the coach (who resides permanently on the kibbutz)
2. The issue of housing in trailers near the western gate.
3. The rent amount versus actual costs.
4. The nature and contents of the agreements between the two associations and the kibbutz.

Jeremy Perling clarified that it is not the asefa's role to review contracts and agreements between the kibbutz and other entities; however, there should be transparency, and the public should be informed.

Erez promised that a report will be published in the newsletter and/or kehilanet, detailing additional information and answers to the questions raised.

Shlomo Cohen and Limor Griman



## **From the Emergency Coordinator's Desk**



A long time has passed since my last update; the emergency has become routine, and a solution does not seem to be on the horizon.

Currently, we are working on implementing an emergency population management system called AVIA (thanks to Danit Kirshberg-Duvdevani for carrying the load). Once we finish, each person aged 11 and above will receive a message on their personal



phone. You will be asked to download the app and confirm receipt of messages from it. In the event of an emergency, messages will be sent to everyone via the app.

Of course, we will publish everything when we are ready to roll out the system, but I'm happy to announce that the system will greatly assist us in gathering data on the kibbutz residents during emergencies, identifying the population that needs assistance, and will be very helpful for the command centre.

For now, we will continue to rely on our excellent and well-trained neighbourhood heads. As you may have noticed, there are quite a few exercises by the Border Police and the response team at the moment, but there will also be a large exercise in the future, where we will involve you and test the new system; details will be published accordingly.

I hope that the winter, which has just begun, will continue, and I suggest adding a warm outer layer to your emergency kit and a cozy winter blanket for the protected rooms.

Let's stay safe, warm, and calm.

Lilach Ron-Harpaz

## **Update from the Search Team**

The search team tasked with finding a Director for the Education Cluster informs the public that after issuing a call for applications for the position, they did not receive any applications from the members to fill the role.

The team proactively reached out to 11 members whom they identified as suitable candidates for the position, but all responded negatively. Since we see importance in filling this position with a member from the kibbutz, we are reopening the position for publication and inviting members who consider themselves suitable for the role to submit their candidacy by December 1, 2024.

Applications will be evaluated according to the job description and at the discretion of the team.

Team members: Hila Alterlevi, Irit Shemesh, Amir Darom, Daniel Hyams Assaf, Netta Blass, Kinneret Govrin.

### **Job Purpose**

To manage the field of education in Kibbutz Yizrael across all its branches, to lead and establish the educational policy in the community, together with the Education Council and the managers of the education systems.

**Job Scope:** One day a week

**Appointment Method:** Search by the search team and election by ballot.

**Term Duration:** 4 years



## **Search for a Committee Head for the Search Committee**

With the conclusion of the search process for the Committee head for the Search Committee, the search team recommends Hedva Shaharabani for the position, replacing Nir Segal, who has completed his term. A detailed report regarding the process and the team's recommendation will be presented at the asefa. The selection will take place by ballot.

Team members: Nitzan Rivlin-Feldman, Amir Darom, Elad Ilan, Irit Shemesh, Hila Alterlevi, Kinneret Govrin.

Reported by: Kinneret Govrin

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### **Yogev Cohen of Blessed Memory**

#### **Words from Shosh (Yogev's mother)**

Today is Thursday, the 13th of Cheshvan, the day my prince fell from the hot air balloon. Three years have passed, and I refuse to believe and process how in one moment you disappeared from my life without saying goodbye.

The longing grows stronger day by day. I want and miss our hugs, the morning phone calls, hearing your voice say, "Good morning, Momo." Yogi, since your passing, I have been organising my thoughts and even taking care of myself because that's what you would have wanted me to do.





I'm also trying to sort through the memories you left us in albums, in notebooks, in your work, but I still can't – my heart is broken!

A lot has happened and progressed during this time, and yes, I know that you are with us and present at every crossroads in our decision-making. But I want to share with you that six months after you passed away, Ehud, Dikla, Shiri, and Ofir flew to the U.S. for relocation. You wouldn't believe how Shiri and Ofir

speak English!

A year after their settling in, Dad and I flew to visit them. It was amazing and emotional! We visited places you had been to and even ate at restaurants you loved. I know how much you dreamed of flying over and living there for a few years.

I also want to tell you about Yuli, whom you loved so much. She is now four and a half. She has grown and developed and doesn't stop talking about you, asking, "Why doesn't Yogi come down from the sky? I'm waiting for him." She draws pictures for you for the day you come back.

You also have a nephew named Shir, now a year and a half old, who reminds me of you with your quietness, calmness, and sweet smile.

You probably saw that two months ago, your cousin Yarin, with whom you grew up since birth, got married in the kibbutz.

And you would certainly be happy to hear that your good friend Itzik, who never stops visiting you and cleaning your new home, is about to join the kibbutz, and we wish him success.

My Yogi, I know you are watching over us from above and guiding everything for the good, so I ask you that the heavenly angels protect the soldiers of the Israel Defense Forces, who are fighting at this difficult time on the borders of the country and beyond in this war for existence that has been imposed on us, and that all 101 hostages still in Gaza return safely and quickly to us.

With love and longing, Mom, Dad – everyone!

## **In Memory of Yogev Cohen 4/6/1993 - 19/10/2021**

### **Lotem's Words**

"Evening came, and morning came. And there was a cry.

And darkness over the face of the deep.

And the skies stand empty and silent, lacking the floating orbs,

they are the jewels of the dawns,

that until yesterday amazed our mornings with their pastoral beauty,

and from today they will always be tied to your absence"



Yogi,

my little bear,

my little brother,

I can hardly believe that three years have passed since I stood here to say goodbye to you for the last time.

They say time heals, but for me, your loss becomes harder and harder as time goes by.

In fact, it's hard for me to part. And maybe I don't want to at all.

My mind can't grasp that the separation is final and that I will never see you again.

The greatest difficulty is that I never really parted from you; I woke up one morning to a day off, not knowing that my life was about to turn upside down.

Your death is so tragic and hard; you didn't deserve to die this way.

It pains me so much that this is what you had to go through in the last minutes of your life.

I will never forget the uncertainty I was in until the bitter news arrived.

Sometimes I wake up in the morning or just think about where you are, that we haven't talked in a while, maybe I'll call you, maybe I'll come sit with you in the apartment, but I quickly realise that this will never happen again.

Yogi, the longing for you and the feeling of missing out will never end; I will continue to get up every morning and put on a happy face, but deep inside, I am shattered, my heart is dead, and I am no longer who I used to be.

I love you so much and miss you terribly. You will always be in my heart.

May your memory be blessed.



## **A Few Words to the Men Among Us...**

This month, we chose to raise awareness about the physical and emotional world experienced by Israeli men. Since October 7, when our world turned upside down and all sense of security was shattered. Thousands of men (and women) have been mobilised to defend the state, boost public morale, and change the consciousness on the battlefield and in the country at large. The ongoing war and the continuous existential threat take a heavy toll on us, and the question of Israeli masculinity is part of the connection to the spirit of the times and contemporary Western culture.

It is important to note the change that has occurred in the current war—war heroes are trying to preserve their individuality and humanity alongside their dedication to the national collective. As part of military service, there is now a significant emotional discourse where soldiers are asked to connect with their inner world, their feelings, and thoughts, and examine how the powerful experiences of combat, including encounters with the enemy's suffering, affect them. This opens a pathway between the warrior identity and softer, more delicate, and even vulnerable aspects, creating a new kind of inner heroism.

This contrasts with the past, where there was less readiness for emotional connection during and after combat, and the tears and pain of fighters were suppressed and hidden. Alongside this, many reservists feel a lack of meaning and confusion in the transition from fighting on the battlefield to the reality of work and routine, as well as in communication with family members and partners left behind—a reality that can create feelings of emptiness and frustration.

### **What can be done?**

Tolerance and empathy are essential "keys" to managing times of fear and stress. This way, we can survive the difficult period and eventually return to the familiar, comfortable routine, with a strengthened, respectful, and loving partnership. Additionally, in the model of partnership during wartime, some couples drift apart and retreat into themselves until calm returns. In contrast, others find that the tension brings them closer, seeking warmth and intimacy. The key to success during this time is, of course, maintaining open communication.

One of the well-known phenomena after the war is a period defined as a "baby boom." Survival situations enhance male sexual function and sperm quality, while love and sex clearly help reduce stress and tension, increase positive hormones, and calm the body and mind. Sometimes, in situations where there is acute disruption of routine, such as during wartime, new perspectives emerge, and people stop arguing over trivial matters. This can lead to positive changes in relationships and highlight the importance of love and family as a supportive and safe place.

During such prolonged stress, there is physical and emotional burnout of the body. The body, which must produce large amounts of adrenaline to remain sharp and alert on the battlefield, gradually becomes exhausted without the ability to rest and replenish its strength. The result: persistent fatigue, immune weakness, digestive issues, inability to sleep, muscle tension, irritability, anxiety, and outbursts of anger.

### **What can be done to reduce stress?**

**1. Physical activity.** People intuitively know this: you probably know men who, in a state of stress, obsessively wash their cars or fix cabinets that have been waiting for repair for three years... Regular physical activity can help reduce cortisol levels. Aim for about 150-200 minutes of low to moderate intensity exercise per week. By the way, **intense physical activity actually increases cortisol.**

**2. Yoga or breathing exercises.**

**3. Communication** with positive people and avoiding (as much as possible) contact with those who put you under pressure.

**4. Reading.**

**5. Engaging in hobbies.**

**6. Going for a walk** or simply taking a stroll.

**7. Find ways to laugh:** read jokes or funny stories, talk with people who make you laugh, etc.

**8. Routine:** Go to bed and wake up at the same time every day.

**9. Diet:** It is advisable to avoid coffee, alcohol, smoking, white sugar, white flour, and soda. These things, on one hand, raise cortisol levels in daily life, and on the other hand, suppress cortisol production during stressful events, making it harder for the body to cope with stress.

**10. Cellphone and computer:** At least an hour before bed, avoid touching your phone or computer. When you go to sleep, turn off your phone and lights.

**11. Spend time with people you love.**

**12. Spend time with animals.** It doesn't matter if it's a turtle, rabbit, canary, parrot, fish in an aquarium, or a crocodile in the bathtub—friendly connections with any creature reduce cortisol levels and benefit health.

**13. Eat probiotic foods,** such as sauerkraut or pickles, and foods containing essential fats, like salmon, nuts, whole grains, legumes, and of course fruits and vegetables. These foods make the body more resilient to stress, helping us to cope with stressful situations when they arise in our lives.

**14. Eat for sustenance only.** Before you eat, ask yourself: do I want to eat, or is this a response to stress? If it's a response to stress, don't just eat anything; take some dark vegan chocolate (it doesn't spike cortisol) and drink green tea (which contains a compound called L-theanine that calms and helps the body exit a state of stress).

**15. Drink Fluids:** A spike in cortisol causes dehydration, so during and after stressful situations, it's especially important to drink—at least 12-15 cups of water a day.

**16. Lower cortisol:** According to several studies, fish oil and ashwagandha extract may help reduce anxiety and lower cortisol levels in the body.

**Thank you, dear men, for all that you do for us. Most importantly, may you be healthy and happy.**

Tamar Sankar, on behalf of all members of the Health Council.



### **Delving in the Archives**

There was a tradition in Yizrael to celebrate Women's Day. In the morning, three buses would arrive to take the ladies out for a fun day. The men would step in to fill their places in the children's homes, in the kitchen, and wherever else needed.

Upon their return in the evening, they were warmly welcomed by an enthusiastic crowd of men and children. There was a party with surprises in the evening: one year, Chas painted portraits, and Ken Phillips, along with Keith Bookman, provided foot massages.

The young women of today can say, "It was joyful here before I was born."



(I could tell you a few more stories about Womens' Day that would make your hair stand on end and your sides split. That's a story for another day – Ed)



## **Electricity Rates from the Beginning of December until the Transition Rates in March:**

The transitional season is ending, winter has arrived in full force, officially **starting on December 22/23...**

### **From Sunday to Thursday:**

- Peak: 5:00 PM – 10:00 PM
- Off-peak: All other hours

### **On Friday and holiday eves**

- Peak: 5:00 PM - 10:00 PM
- Off-peak: All other hours

### **On Saturdays and festival holidays**

- Peak: 5:00 PM - 10:00 PM
- Off-peak: All hours

- **Winter:** Peak: ₪0.8604 / Off-peak: ₪0.2802
- **Summer:** Peak: ₪1.229 / Off-peak: ₪0.3258
- **Transitional season:** Peak: ₪0.3123 / Off-peak: ₪0.2726

### **Reminder!**

Using electricity during peak hours is three times more expensive than during off-peak hours! The most efficient heating is with an air conditioner set to 22/23 degrees.

After the air conditioner, use an "oil" radiator set to number one with the thermostat in the middle. For those with ceiling fans, change the rotation direction so that the air is pushed upwards. In this position, the warm air trapped near the ceiling will be pushed down along the walls, providing additional energy savings.

Make sure doors and windows are properly sealed and close the blinds for extra insulation.

For those with Shabbat timers—if you haven't adjusted the time on your water heater, now is a good time to do so! Also, set your boiler clocks to switch on according to the winter cheap hours. **(22:00 - 05:00)**

If you don't have enough hot water, it could be for two reasons:

1. You need to clean the water heater from the accumulated limescale.
2. It's cold, and you need more hours of heating. Leave a service request for the electrician in the kehilanet, and we will assist you.

Wishing you a warm and efficient winter in your homes, while it's cold and rainy outside...

Jeremy Perling, Energy Coordinator

## Rainfall - Winter 2024-2025

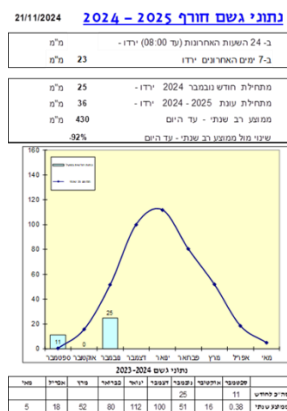
Rainfall since the beginning of the season: **36 mm**

Rainfall during the past 7 days: 23mm

### Rainfall Table

Month	Sep	Oct	Nov	Dec	Jan	Feb	March	Apr	May
Total	11	0	25						
Average	0.38	16	51	99	111	80	52	19	5

Ohad Ziv – Manager of Horticulture



## From Rotem Agmon

### Black Redstart (Male)

Spends the winter with us

Photographed in Haim Nagar's Garden





## **Men-Only Evening**

**Thursday 28.11.24**

**Doors open: 19:50**

**20:30 - A talk by **Ram Samuel****

**Dealing with Challenges.... until the victory**

**Ram Samuel** (born September 20, 1964) is an Israeli race car driver and mentor. He is a two-time champion of France in the European Rally Championship (1994 and 1997). Ram is an expert in developing training programmes for safe and correct driving, and he recently developed a unique programme for young drivers that significantly improves their driving skills and increases their ability to avoid accidents by dozens of percentage points.

### **\*\*Biography\*\***

In his youth, Samuel was diagnosed with juvenile diabetes, making him the first diabetic race car driver in the world recognised by the International Automobile Federation. Samuel competed in Israel and Europe from 1991 to 2000, winning the French Rally Championship twice and participating in the European Rally Championship (1994 and 1997). He later trained at several advanced driving schools around the world.

In 1996, Samuel founded an Israeli advanced driving school called "Maslulim." In 2013, the Rubicon Business Group, led by businessman Amir Brambly, acquired 50% of "Maslulim." In April 2015, he announced the sale of his share in the company. He was also a co-owner of "Pro-Drive," which provides professional services in advanced and sports driving instruction.

At the beginning of 2024, Ram sold his share in Pro-Drive and chose to specialise in training and mentoring young drivers.

Samuel is a mentor in the field of driving and personal empowerment, developing content for teaching safe, correct, advanced, and sports driving. He also lectures on

topics of achievement and personal development for various groups, publishes articles on safe driving in newspapers and websites, hosts safe driving tutorials on television, and serves as a consultant in automotive magazines and various television programs.

## The evening under the auspices of the Culture and Health clusters

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**Please note: For logistic reasons "English is Fun" will not appear this week. Back next week!**

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**Programme for 24/11/24 – 28/11/24**

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

### **Sunday 24 November**

09:10 – 12:10 Zoom with Dorot B’Gilboa – “Affaires”

### **Monday 25 November**

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

09:30 The Art of Drawing with Chas

16:00 Or B’Givah is open for coffee and lively conversation

### **Tuesday 26 November**

10:00 Movie screening – with Galia

### **Wednesday 27 November**

08:30 Tiyul – no walking involved

09:00 – 12:00 Ceramics studio open with instruction from Zemer Peled

13:30 – 15:30 Ceramics studio open with instruction from Zemer Peled

### **Thursday 28 November**

09:15 "Flora" will visit at Or B'Givah

09:30 "HaNogariah" with Noga Harpaz

10:30 Visit to Or B'Givah of the children from Ganon Rimon

17:15 Exercises on chairs with Michal Sha'an

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## Ido Amit, The Son of Naomi and Michael has won a Prestigious Cancer Research Award



**Ido Amit** has won the 2025 Translational Cancer Researcher Award for his groundbreaking work in immunology and cancer treatment. His research focuses on understanding the immune system at a very detailed level, which has led to significant advancements in how we approach cancer therapy.

Ido's lab has developed new technologies that have changed our understanding of immune cells and their roles in fighting tumors. One of his key discoveries is the TREM2 pathway, which acts as a regulatory checkpoint in the immune environment around tumors. This finding is important for improving cancer treatments, and there are ongoing efforts to turn this research into effective therapies.

Ido has also shown how the interaction between certain immune cells (called dendritic cells) and T cells is crucial for the success of a popular cancer treatment using anti-PD-1 antibodies. His team has created a new immunotherapy method called Bispecific Immune Synapse Engager (BiSE), which improves the communication between T cells and dendritic cells in tumors, leading to better anti-cancer responses.

In 2025, Ido Amit will be giving lectures at two major scientific events in Europe, sharing his insights and findings with the scientific community.

**Ido Amit is the winner of 2025 Translational Cancer Researcher Award, for his pioneering studies about modern immunology and cancer immunology.**

**His outstanding discoveries are greatly impacting and shaping basic immunology and immunotherapy research, finding chances of cure for currently incurable cancer.**

### **Credits:**

**Editor of Hebrew Newsletter: Reut Shaliv**

Translated and edited by: Eddie Solow

Proofread by: Biff Markham-Oren

Printed by: Danit Duvdevani Kirshberg and Hedva Shaharabani

**Disclaimer 1:** The Edi-tor and translator does his best to provide an accurate reflection of the Hebrew Alon. Please be warned that it is not a direct translation. The original Hebrew text is the official version. This is of particular importance when it comes to decisions and procedures! Not all the material published in the Hebrew newsletter appears in “The Yizraelite”. Considerations of length, readers’ interest and the Edi-tor’s ability to grapple with the subject matter, determine what is included.

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