

## The Yizraelite – No 2186 Date: 13.12.24

### Kibbutz Yizrael

**Edi-torial:** I am sick of living in interesting times. I am tired of being surprised and horrified and overwhelmed by the news. I want to be bored just for once.

The phrase "may you live in interesting times" is the lowest in a trilogy of Chinese curses that continue "may you come to the attention of those in authority" and finish with "may the gods give you everything you ask for." I have no idea about its authenticity.

Terry Pratchett

### Opening of a Stall Selling Hostages' Headquarters Wares

On Shabbat, 14.12.24 a booth selling items from the Hostages' Headquarters will open at our gas station. The stall will be run by volunteers from Yizrael. In the meantime, the intention is to operate it only on Saturdays.

Hopefully, we will be able to operate it for as short a time as possible, and there will no longer be a need for the activities of the Hostages' Headquarters and the hostages will be home!!! "Let it be!"

**A decade has passed since the passing of Amnon Havshush,**

**May his Memory be Blessed.**

**We will gather at his grave on Friday, December 20, 2024, at 11:30 am.**

**You are all welcome.**

**The Havshush Family**

 **Thank You – From Steve Blass** 

About a month and a half ago, a fire broke out in my home. Fortunately, the fire was quickly extinguished by Tamir and the fire department who arrived in the middle of the night. Most of the damage was from "soot" that reached every corner of the house.

Now that I've returned home, I want to thank the people who helped me in my hour of need.

First and foremost, I want to thank Shai Witelson, the insurance representative, who came on Saturday morning to assess the damage and has been handling all the bureaucracy since then.

Thanks to Guy Arad and the building crew who closely supervised the work.

To Erez Peleg, who helped every time we encountered difficulties.

To Amir Beutler and Idan Zilas who allowed us to stay in the rugby compound.

To Liora Kamilian and the team from the laundry and clothing warehouse who had to deal with enormous amounts of laundry. To the champions at "Clean Core" and Mani, the team manager, who worked with sensitivity and determination in facing the task.

To Bernie Fink, who opened his home for Lulu, who is used to being evacuated and for me, the novice.

Thank you also to you, my friends—who inquired about my well-being and the progress of the work on the house.

Lastly, I thank my family, who stood by me with support and love.

Steve Blass

# Management Committee Meeting Protocol - December 2, 2024

**Present:** Jeremy Perling, Elad Ilan, Idan Zelas, Sigal Hadar, Doron Kagan, Tzachi Tzfadia, Limor Griman.

**1. Establishment of a learning team on the topic of "Partnership, Economic Independence, and What Lies Between"** - Jeremy presented a proposal to initiate a learning process from other kibbutzim, focusing on how they dealt with economic difficulties to sustain their community and the solutions they found.

## **Discussion:**

- The proposal reflects a desire to be proactive regarding reality rather than being forced to be reactive when the situation arises.
- The outcome of the process could be the preparation of various contingency plans for different situations, without the necessity to choose one.
- Learning will allow us to act thoughtfully, understanding all the implications of various possible solutions.
- It is important to define the boundaries of the discussion and learning.
- The new kibbutz regulations define the conditions for deciding on far-reaching lifestyle changes, which in itself sets the boundaries of the discourse.
- There was a consideration of whether the team would consist of members from the management committee or if additional members would join.
- The kibbutzim we approach should be those that have faced economic difficulties or undergone change in recent years.

**Decision:** To establish a small team from the management committee that will include: Jeremy Perling, Idan Zelas, Elad Ilan, and Limor Griman. The team will prepare a work plan and timeline and present them at the next meeting.

## **2. Establishment of an economic advisory team for the community management.**

In accordance with the management committee's directive and following the filling of all public representative positions in the economic council, which is expected in about a week and a half, the community management will approach three members of the economic council to be part of the advisory team.

**3. Main implications of the kibbutz's new regulations:** A meeting was held with all officials required to make adjustments to procedures as a result of the approval of the regulations. The procedures will be updated and brought for approval to the asefa.

#### **4. Proposal for a profit-sharing key**

Following the previous meeting, further discussions were held on the profit distribution model. Jeremy presented an updated proposal, agreed upon by the community and holdings. According to this model, the holdings management will commit to providing an agreed minimum amount annually for three years, using all means at their disposal.

The model will include four categories: community (current + investments), bonuses for members, reserve fund, and holdings corporation. The amount allocated to each of these categories will remain fixed for the three years of the model.

If the holdings management manages to transfer an amount exceeding the minimum to the profit-sharing model, it will be split 50-50 between the bonuses for members and the reserve fund.

The internal distribution of funds designated for supporting community needs (current and investment funds) will be planned by the community management annually as part of the budget preparation. The proposal will be submitted for approval by the management committee and the economic council. **The management committee approved the proposal.**

#### **6. Updates from legal processes -**

a. Awaiting a verdict from the Assi Mor lawsuit. The process is still in the summation stage.

b. The legal discussion regarding the appeal of Zivit and Yuval Nanikashvili about the process of their removal from membership has been postponed to January 20, 2025.

**7. Update on Maytronics status** - Idan Zelas, CEO of Holdings, presented an overview of the company's current status.

Summarised by: Jeremy Perling and Limor Griman.

## **Community Management Summary - 8.12.2024**

Participants: Ilana Peleg, Erez Peleg, Talia Arad, Yifat Segal, Ishai Levi, Maor Persai, Stas Gavrilov, Limor Griman.

### **1. Information and Miscellaneous**

- Update on Work Bonus Allocation 2024: Erez reported that after further examination of the remaining work bonus from recent years, in light of war expenses,

the remaining amount was found to be higher than initially estimated. Therefore, the issue will be rediscussed.

- Hosting Evacuees: Limor updated that in light of the ceasefire with Hizballah, evacuees from northern settlements who are not family members of kibbutz members will be requested to end their stay and vacate the rooms by 1/1/2025.

## **2. Proposed Key for Profit Distribution: Note – The Profit Key was discussed first in the Community Management and then in the Management committee, therefore the report repeats itself. This is not a mistake.**

Given the unstable income situation from business profits, we need to change our mindset and method of resource allocation. A new key model was presented and approved by the Finance Committee and the Management Committee.

The model will include four categories: Community (operational + investments), Bonus for Members, Reserve Fund, and Holdings Corporation. The amount allocated to each category will be fixed for three years, allowing for multi-year planning and flexibility in annual fund usage. The internal distribution of profit funds designated for community needs will be planned annually by the community management during the preparation of the annual budget. The proposal will be submitted for approval to the Management Committee and the Economic Council.

**Decision: The community management approved the proposed key, which will be brought to the asefa.**

## **3. Presentation of Investment Plan for 2025:**

Erez presented all projects raised in previous discussions, including those proposed in previous years that were not approved for budgetary reasons. The total amount estimated for all projects is 26 million NIS. Erez reviewed the expected balances in various funds at the end of 2024 and proposed an investment plan based on the assumption that about 8 million NIS would be allocated to community funds in 2025.

After discussion and prioritization, it was decided to present an investment plan totaling approximately 22 million NIS as follows:

- Consumer Investments: 280,000 NIS
- Public Buildings: approximately 2.5 million NIS
- Housing: approximately 19 million NIS

- Infrastructure: 421,000 NIS

The detailed investment plan, along with the community budget for 2025, will be submitted for approval to the Management Committee and Economic Council.

#### **4. Summary of Pilot for the Employee Status Option in Community Branches for Post army youth:**

Ishai Levi presented the discussion held at the cluster council. The opinions of those already working according to the employee status option were shared, as well as views from branch coordinators. The Cluster Council recommended that the employee status option in service branches continue for an additional year-long pilot until the end of 2025, after which it will be reviewed. It was also recommended to allow service branches to set hourly wages based on branch financial capability, according to wage scales and in full coordination with HR Yizrael. This means that hourly wages may vary between sectors, but there will be no differences within the same branch between kibbutz sons and daughters working together. The wage set for each sector will be published in advance to young generation members at the beginning of the year and will be transparent, fixed, and uniform for that branch.

**Decision: The community management approves the Demography Cluster Council's recommendation.**

Limor Griman

## **Economic Council Meeting Summary - 9.12.2024**

Participants: 27 council members

Chairperson of the Council: Uri Gilad

Secretary of the Council: Shlomo Cohen

#### **Proposal from the Nomination Team for the appointment of a Chairman of the Board and Directors for the Agricultural Corporation:**

- Jeremy Perling as Chairman of the Board
- Ella Cohen-Shwartz, Lilach Ron Harpaz, and Eviatar Assaf as internal directors
- Sagi Mark and Gal Ben Yosef as external directors

Kinneret Govrin, HR Manager, presented the report on behalf of the Nomination Team.

**A council vote took place. All candidates were elected to their positions.**

## **Asefa Summary - 9.12.2024**

Present: 44 members

### **1. Proposal from the Nomination Team for the appointment of Hedva Shaharabani as Coordinator of the Nominations Committee.**

Kinneret Govrin, HR Manager, presented the report on behalf of the Nomination Team (attached below). Hedva presented her "I believe statement" for the role. Voting will take place by ballot.

### **2. Membership Acceptance - Tamir and Hadar Lavi, Guy and Sivan Dashevski.**

Amir Armoza and Irit Shemesh read reports on behalf of the Members and Absorption Committees. The reports were sent via the community network to members only. Voting will take place by ballot.

Clarification was given regarding the voting process for membership, according to the new regulations (Takanon):

Previously, according to the regulations, 60% of all members had to vote in favour of admission (for example, out of about 300 members, 180 had to vote in favour).

Today, according to the new regulations, to open a membership ballot, a minimum of 2/3 of the members (about 200 members) must vote, and the candidates must receive a majority of 75% in favour. If 200 members vote (the minimum), 150 must be in favour. If 300 members vote, then 225 must be in favour. If the required participation is not achieved, an additional ballot will be held without any minimum participation required. In both cases, candidates must receive a 75% in majority of votes cast.

### **3. Candidacy applications - Gal and Yonatan Wittelson**

Tzach Sassi read a report on behalf of the Absorption Committee. The report was sent via the community network to members only. Voting will take place by ballot. (The couple was accepted for candidacy – Congratulations – Ed)

### **4. Committee Membership Nominations:**

**a. Election of Representatives to the Economic Council** - Nir Segal, presented the names of candidates: Ariel Dolinko, Avner Alterlevi, Liron Luetjens, Moran Kooperman. The members are competing for two positions on the council. Voting will take place via

ballot. Voters must choose two out of the four. (Ariel and Moran were elected. Congratulations - Ed)

**b. Appointment of Tamar Sanker as Coordinator of the Environmental Committee.**  
(Tamar was duly elected – Congratulations – Ed)

**c. Presentation of new members for the Absorption Committee** - Neta Blass, Nir Baor, Keren Kagan. All the names were ratified. (We wish the committee, every success – Ed)

## **5. Changes to the Evacuee Absorption Plan:**

Ishai Levi, Head of the Community Development Cluster, presented the topic.

In June 2024, the asefa decided on the immediate absorption of up to 4 evacuee families. The Asefa approved the renovation of the Zachat building to convert it into two residential units for absorption. The renovation is expected to be ready by the end of January. Additionally, a second phase was decided upon – this included the establishment of two housing units (caravillas).

The process of locating suitable evacuee families is not progressing as expected. Many families are still not ready to make such far reaching decisions, and many processes that began with potentially suitable families have not yet matured. Currently, there is one family that has entered the absorption process. They will move into one of the apartments once construction is completed. Another family is in the process and will only arrive in the summer of 2025. This is a family with 2 children. They will be able to move into a 54 square metre house. Therefore, it was decided in the demography cluster and by the community management, to return to the asefa to request approval for two changes to the plan:

1. To transfer the apartment, which is nearing completion, to the Housing Committee for temporary housing, with a commitment that the housing committee will provide a suitable apartment for the incoming family when the time comes.

2. Not to proceed with the second phase of the plan (construction of the caravillas).

During the discussion, it was asked what the budget source would be, for funding the construction of the apartments in the Zahat. Ishai responded that the received absorption of evacuee government funding is sufficient to cover the renovation costs.

Yitzchak Peleg said that the expression "the housing committee is obligated to provide a house" is unrealistic. The housing committee, despite its good intentions, has no



control over reality, and there may be situations where the committee is not be able to provide an apartment as promised. Ishai replied that this is true; nonetheless, the committee has already begun to prepare and has identified an apartment for the family.

**Vote on Kehilanet was held on the last two items.**

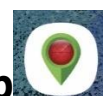
**Voting results:**

- a) Tamar Sanker was elected to lead the Environmental Quality Committee.
- b) The asefa approved the changes to the evacuee absorption plan.

Shlomo Cohen and Limor Griman



## Summary of the Drill with the AVIA Security App



This week on Monday, we conducted a drill with the AVIA system, to experience its operation and understand the situational picture it provides. The system is designed for managing emergency events in the kibbutz and receiving immediate feedback about the residents' status and location.

In addition to building a situational picture in the command center, the system allows us to locate individuals in distress and quickly dispatch emergency forces to them. Unfortunately, many residents have yet to install the app on their mobile phones. This distorts the situational picture and, in a real event, would require us to personally check a large number of residents. This is not realistic and would impair our ability to respond to those who truly need assistance.



We also drew conclusions about the mix of people who need to be connected to the system, ensuring that only those required are included and not bothering those who are not.

**An important note: the Red "Report" ("דיווח"), button on the main screen is an emergency button intended for use only in a distress situation** (See picture on the left). Pressing it will alert several people from the kibbutz, as well as the council's emergency centre, (which will begin operating in January). This button does not replace various other distress buttons you may have installed, such as the button that immediately dispatches an ambulance.

**Once again, we urge you to install the app and register with the system if you haven't done so yet. Help us help you – this is a life-saving system.**

May we only know peaceful and happy days.

Lilach Ron Harpaz



## **HR (Human Resources) Management Meeting Summary – 1.12.24**

Participants: Peter Pezaro, Eddie Solow, Shlomo Cohen, Irit Shemesh, Limor Griman, Erez Peleg, Kinneret Govrin.

### **Approval of the Work Plan for 2025:**

Kinneret presented the summary of 2024 and the work plan for HR in 2025. The HR team includes Kinneret, Ortal Zaltsman (full-time in work registration), and Zohar Assaf (part-time for rostered duties).

### **Key Topics Addressed by HR in 2024:**

- Salary Policy Updates: Adjustments to the kibbutz's salary policies.
- Operational Procedures: Changes to working procedures.
- Organisational Structure: Reorganisation of the kibbutz's structure.
- Study List Approval: Approval of the students for the upcoming year.
- Implementation of new “Rostered Duties” App: Introduction of a new rostered duties management system.
- Biannual Updates: Regular reports on members’ work.
- Members’ Work at Maytronics: Overseeing member employment within the company.
- Establishment of a Salary Team: Forming a team to manage salary issues.
- Cultural Events Rostered Duties: Addressing cultural duties and responsibilities.
- Work Compliance Issues: Handling cases of non-compliance with work obligations.

- Annual Summary and Work Plan Approval: Review and approval of annual summaries and future plans.

### **Additional Topics Covered:**

- Maytronics-Kibbutz Interface: Ongoing discussions.
- Meetings with Senior Citizens: Continuing engagement with the older community members.
- Differentiation between Outside Work and Entrepreneurship: Clarifying roles and responsibilities.
- Appointment Matters: Such as team identification and initiative management.
- Support for Disability Benefits applications: Ongoing assistance for members applying for disability benefits.

### **Staffing Updates:**

- Positions Filled in 2024: Various leadership and management roles including Finance Manager, Chair of the Reserve Fund, and more.
- Planned Positions for 2025: Identifying and filling key roles like Cluster Managers

### **Data Overview:**

-**Workforce Breakdown:** Approximately 185 positions, with 80 in outside work, 45 in community services, and 37 in Maytronics. (Edi-torial comment: a large number of veterans volunteer their work in many fields, thus saving the kibbutz the alternative costs – Ed)

- **Employment Trends:** A decline in both member and employee positions in the community due to retirements and shifts in workforce structure.

- **Focus on Members' Rights:** Increased attention to ensuring members apply for unemployment benefits and other entitlements.

- **Financial Performance:** Decline in income from Maytronics and a slight increase in outside worker income, with a focus on maintaining and extending the workforce.

### **Goals for 2025:**

- Encouraging External Work: Directing members towards external job opportunities.
- Updating External Work Procedures: Enhancing procedures to support member income growth.

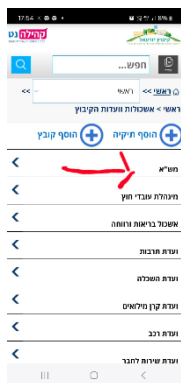
- Management Succession Planning: Identifying and training members for specific roles.
- Providing Management Tools: Equipping branches with necessary management and teamwork skills.

**Discussion Points:**

- Employee Evaluations: Emphasised the necessity of conducting regular feedback sessions, which have been lacking.
- Rights Maximisation: Importance of ensuring that external workers receive all entitled benefits.
- Consultation Relevance: Ensuring that departments utilising consulting services receive relevant and effective advice.

**Conclusion: The meeting concluded with an emphasis on the need for improved communication and support for both workers and management to enhance overall efficiency and satisfaction within the kibbutz. Kinneret Govrin**

## Update regarding the Organisational Structure Document



The booklet with the suggestions for amendments has been available in the kehilanet for about two weeks "Clusters and Committees" under the Human Resources section. Members who wish to receive a printed copy are invited to take one from the secretariat.

Kinneret Govrin



## Update from the Nominations Committee

**Tali Brauman** is our candidate for the position of Cultural Committee Coordinator. Her name will be brought to the asefa as is the practice.

Submitted by: Liran Penn.



## Invitation to Join the Environmental Quality Committee

Shalom. I invite you to join me in the Environmental Quality Committee! Together we can lead change, promote environmental projects, and influence the future of our community. You are welcome to join and be part of meaningful action.

Tamar Sanker

## Update from the Gardening Branch - 12/2024



December has arrived, but the rains have been delayed. It seems that, like every year, winter is reluctant to come, and the situation is not promising. In the noi, we consider this period as winter in every sense. The low temperatures during the night help the plants get through the dry time safely, and the long nights lead deciduous plants to shed leaves and subsequently become dormant.

We stopped irrigation on the kibbutz in mid-November when it was still a bit rainy. Thanks to the low temperatures, we can continue not to irrigate with peace of mind, even though there is no rain.

In winter, we focus on pruning, mowing, and arranging our irrigation systems in preparation for the irrigation season. The pruning we carry out in winter will mainly be deep pruning. We prune the shrubs more vigorously and direct their growth to suit our needs. Deep pruning during this season should not harm the plants since their activity slows down in winter due to entering a type of dormancy.

Due to the decision not to spray, there will also be many wild winter plants that will flower this year, and we will work to mow them as needed. Preparing the irrigation systems for the upcoming season is very important so that we can be ready for summer.

Part of our work throughout the year is maintaining cleanliness in the kibbutz. We strive to keep the kibbutz clean, clearing and cleaning the trash stations. There is a lot of trash in the kibbutz, and the cleaning work is never ending. Ultimately, we are all in the same boat in wanting to maintain a quality of life. It's important to pick up trash from the ground, to remind people not to litter, and to teach the children to throw

their garbage in the bins. **The kibbutz is ours, and we need to take care of it—this is our collective responsibility.**

In the coming months, we will reorganise the trash stations so that the rules are clearer to the public and the stations will be more accessible for the maintenance crew. Please ensure that you place your garbage or anything else in its designated containers: cardboard boxes should be emptied before being placed in the receptacle, and garden waste should be sorted and separated from regular trash. In short, everything should go in its place—thanking you in anticipation!

The gardening project in the cottage neighbourhood is in full swing and is scheduled to be completed before the end of the year (Two weeks' time, can you believe it? – Ed). We are working with an external gardener to finish the project quickly without compromising our availability for ongoing maintenance work and the members' gardens.

As of now, we do not have a landline in our new premises (What is a land line? – Ed). Of course, requests can be sent via kehilanet. However, **please do not approach the workers in the middle of their tasks or on the paths**; that's not the right way.

I would like to remind you that I (Shachar) have returned to work. Please contact me with any questions, issues, or requests.

Hoping for calmer days ahead and for all the hostages to return to their families.

Shachar Levi – Gardening Branch (Noi) Coordinator.

### **Update from the Housing Committee**

The Housing Committee is offering the former apartment of Judy Court, may she rest in peace, (currently occupied by Avi Shani), along with the small adjoining apartment, which will be combined into a single permanent dwelling of 110 square metres.

According to the construction management's timelines and budget, renovations and internal changes can be made to the apartment, but there is no option to add a secure room (mamad). (The war is over, who needs a mamad – Ed)

Members eligible for a permanent apartment, according to the eligibility list published at the beginning of the year and in accordance with housing procedures, can submit a written request for the house to the committee. Applications must be submitted by December 27, 2024.

After this date, the committee will publish the name of the new occupant according to housing procedures and the eligibility list. Signed: The Housing Committee



## A Message from Tamar – Healing and Growth

Hello everyone,

In my clinic, I treat using a unique combination of healing methods: Chinese acupuncture, herbal medicine, reflexology, massage, EMID method, NLP, guided imagery, Bach flowers, therapeutic cards, and family constellations. Additionally, I am a doula who supports couples in preparation for childbirth and during labour itself. I combine rich experience with the ability to provide holistic and precise care tailored to the unique needs of each patient. You are welcome to contact me at 052-5012146.



\*Starting in January, there will be a slight price increase. Tamar Sankar

## Isabel "Bar Mitzvah-Year"

This year, I was called to duty, and I willingly joined an elite team, together with Matan Rabinovich, to lead the Bar Mitzvah year of the Narcissus group. We started the year back in November, and despite the Iranian threats and under the cover of the ceasefire in the north, we continue full steam ahead with our missions. And now, it's time for the mission on the history of the kibbutz movement!



On a rainy and gloomy day, we went out to the large yard at Kibbutz Merhavia (full disclosure – my group was the first class to enter Grade 1 at the "Hatzav" school in Merhavia), and so, on the grass where we used to play soccer and near the granary



and Golda's room, we had breakfast, and Matan told us about the history of Merhavia, back in the days of the cooperative that later became a kibbutz. We introduced the kids to Golda Meir in the form of a miniature puppet and after a short photo session, just as the downpour began, we gathered ourselves and our things and headed towards Gan HaShlosa.

You're probably wondering what Gan HaShlosa has to do with the history of the kibbutz movement, right? Luckily, I'm here to tell you. Inside the national park lies a magical museum – The Tower and Stokade Museum (Tel Amal) that reconstructs the early days of Kibbutz Nir David. The kibbutz was established as part of the Tower and Stokade settlement plan and was the first kibbutz in the programme, named Tel Amal. After an introduction from our guide, Zehava, we watched an interactive presentation. The main character in the video is played by the late Yahav Wiener from Kfar Azz, may his memory be blessed.

At the end of the presentation, the kids divided into groups to try to recreate how the pioneers lived back in the day, and despite the annoying rain, there was excitement among all of us - teenagers, leaders, and parents alike! The highlight for all of us was, of course, climbing to the top of the tower, and despite the haze, we really enjoyed the beauty surrounding us. At the end of a fun and moving day, we returned home very satisfied, and we're already preparing for our next missions just around the corner! Just before we say goodbye, a personal recommendation - if you haven't visited the Homa U'Migdal museum yet, hurry up and go there, you won't be disappointed!





## Volunteering and Tour in the Western Negev

### The Service Year Group (Shinshinim) on Yizrael



On the first day of December, we set out for the Western Negev, also known as the Gaza Envelope. This year (5785), 11 volunteers are participating in the service year. We left early in the morning and arrived at the community of Pree Gan, where we volunteered in tomato picking, coordinated with Uri Yalovsky (a descendant of the Yizrael family), who heads

agricultural volunteering in the Gaza Envelope. The farmers, who do not have it easy even in normal times, have been experiencing a tremendous shortage of labour since October 7th. Many foreign workers fled and did not return to the area that was severely abandoned on that dreadful day. Those who returned are indeed working, but the lack of manpower is still evident.

From Pree Gan, we traveled a short distance to Nir Oz. We were invited for a tour by the lovely Metzger family. Elia, a shinshinit in the commune, is from Nir Oz and the granddaughter of Yoram Metzger, who was kidnapped and murdered by Hamas. It was very important to her, and to us as well, to come and feel firsthand what happened there.

The entrance to Nir Oz is very similar to the entrance of other kibbutzim: a yellow gate, trees, lawns, directional signs, and perhaps strange to say, a very calm atmosphere prevails there. Reservist soldiers at the checkpoint let us in.

We met Nir and Ola Metzger, Elia's parents. Nir Metzger served as the head of the kibbutz's emergency response team on October 7th. Even today, he plays an important role in the leadership of the kibbutz and in community thinking about the way forward.



We entered the dining room, where the tables and chairs are arranged according to the number of those murdered and kidnapped who will not be coming to sit there. It is hard to see the many empty chairs, the photos of members and children, and to try to comprehend the enormity of the event.

From the dining room, Nir led us on a tour of the kibbutz. Although we did not cover the entire kibbutz, we could see that on that fateful day, Nir Oz was under full control of Hamas. The following fact illustrates it best: unarmed civilians and armed murderers who took advantage of the situation to loot and kill, reached all but six houses in Nir Oz. According to the security cameras, some came and went repeatedly on donkeys, on foot, and with various vehicles. The emergency response team, which consisted of seven members, was not really able to effectively protect or delay the terrorists, who arrived in massive numbers and infiltrated from several points along the fence. From the kibbutz, one can clearly see Khan Yunis and understand how short the distance is. The event in Nir Oz is so hard to digest.



On October Seven, from 6:50 in the morning until around noon, the murderers from Hamas, Islamic Jihad, and Fatah, armed with explosives, rifles, handguns, grenades, and firearms, did almost as they pleased, facing brave but ineffective unarmed resistance from the kibbutz members. During the tour, we saw completely burned houses, houses 'pocked' with bullets and damaged by explosives. Outside each house, a yellow flag flies, stating "Murdered," "Kidnapped," or "Released." We passed by houses belonging to families we had come to know from the news.

At the end of the tour, we sat down for a discussion. Nir told us how the kibbutz is trying to rise from the ruins and move towards renewal. The discussion would have seemed completely surreal before October 7<sup>th</sup>. They are now dealing with many very complex questions: How do we rebuild? What do we leave as is and what do we restore? Where should we build the new kibbutz, next to the existing one or on the ruins? What should we keep for posterity? All of these questions occupy the members of Nir Oz, who are trying to receive help from the state and from the organisation set up to manage the recovery efforts, who of course sometimes complicate the process instead of doing the opposite.

Nir concluded by saying that they undoubtedly intend to return. Many of the members who were there during the massacre, wish to return and rebuild the place anew, alongside the old. We thanked the Metzger family for the tour and warm hospitality.

We wish for the swift return of the kidnapped and fallen and the safe return of all members of the security forces.

Written by: Uri Ayalon Brustein

**"Without music, life would be a mistake." - Friedrich Nietzsche**



## **The Impact of Music on the Soul**



The impact of music on the soul is immense. Music has the power to evoke emotions and memories, heal the soul, and even provide solace in emergencies and crises. Music can bring unconscious feelings to the surface, alleviate symptoms of depression, anxiety, and Alzheimer's, and help reflect and process complex emotions. Whether it's the deep sound of a violin or the uplifting rhythm of drums, music and the soul are intertwined. A sad melody may provide comfort in times of sorrow and mourning, while a joyful tune can evoke happiness and joy.

The impact of music on the soul is not an abstract matter. There are studies supporting the close connection between music and the soul. Findings show that listening to music stimulates brain chemicals that evoke positive emotions and reduce stress. Evidence indicates that music activates different areas of the human brain, including those related to pleasure, reward, and emotional regulation. For instance, listening to rhythmic music releases dopamine, a neurotransmitter associated with motivation and happiness. Listening to calming music activates the parasympathetic nervous system, contributing to relaxation and the alleviation of stress.

### **The Impact of Music on Health**

The impact of music on health is also significant and extends beyond the soul to the physical body. Research has shown that music can affect physiological functions such as heart rate, blood pressure, and breathing. A slow tempo relaxes and slows the heart rate, while a fast pace invigorates it. Our immune system is also influenced by music. Studies have found that music strengthens the immune system, improves sleep quality, and contributes to the release of endorphins—the body's natural pain relievers. Additionally, rhythmic auditory stimulation enhances motor coordination and aids in the rehabilitation of movement disorders and neurological impairments.

### **The Impact of Music on Society and Community**

In addition to its effects on the individual soul and health, music has the power to bring about significant social changes. It can raise important agendas and issues for public discourse, express powerful sentiments, foster a sense of belonging, and bridge gaps between communities and individuals. Around the world, these capabilities are implemented through various tools, such as community jam sessions, drumming circles, community choir management, and a range of community projects.

Thus, music, as a language, can cultivate belonging and a sense of community when used correctly, uniting generations and cultures.

Updated on 1.10.24, The Music Department, Bar Ilan University. Edited by Maida Nechustan

P.S. The Music School reminds you that every month there are several opportunities for the public to listen to music—concerts, recitals, and the fascinating lectures by Stas that take place at Or B’Givah.



**"Blood Donation on Yizrael  
At 'Or B’Givah'  
Monday, December 23, 2024**



**Between 3:00 PM and 7:00 PM"**



To schedule an appointment (and locate additional donation points), please scan the barcode above.

- \* Please bring an identification document.
- \* Donors over the age of 65 must have a doctor's approval.
- \* It is recommended to check the MDA website for the eligibility criteria for blood donation."

# Yizrael is Back on Stage!!!



"Has the past year made you feel sad in your heart? Is the winter just dark?  
Does your heart need more doses of hope and encouragement?"

History repeats itself - the Yizrael community takes the stage in a warm winter show!!

**The theme of the production: Musicals!!!**

Come take part in a variety of areas – acting, music, costumes, dance, stage work, production assistance, set design, makeup, advertising, and marketing.

**Show date: Weekend of 30.1-1.2.25**

**Save the day! Diarize!**

Registration is open for grades 7 and up

Younger grades will join through the education system.

For questions, ideas, additional details, and other inquiries - contact us:

Tal Wolfson-Darom, Yifat Segal, Limor Griman, Nir Baor, Stas Gavrilov, Anat Friedman, Sarit Laviv.

להרשמה



סרקו את הקוד  
בטלפון



## **The Culture Committee is Reinstating the Chanukiah Exhibition.**

Branches, families, individuals or any random groups

Are invited to light up our world

**Make your own particular Chanukiah**

Please bring them to the lobby by

24.12.24 (to Tali Brauman)



## Hanukkah 2024 - Holiday Programme



"IT WILL NOT BE THE VICTORY OF LIGHT OVER DARKNESS AS LONG AS WE DO NOT STAND ON THE SIMPLE TRUTH THAT INSTEAD OF FIGHTING DARKNESS, WE MUST INCREASE THE LIGHT." (A.D. GORDON)

**Tuesday, December 24:** Window Decoration (registration required)

**Wednesday, December 25:** The BarMitzvah Year Torch Relay - "Narcissus" Group

Opening of the Hanukkah Menorah Exhibition

Kids' Disco in the Moadon

**Thursday, December 26:** Movie for Adults at the Pub in a Christmas Atmosphere

**Friday, December 27:** Festive Kabbalat Shabbat in Dining room

"Schnitzel Borscht" in the Moadon

**Saturday, December 28:** Family Chanukiah Lighting - Take pictures and send them to us for a collective video .

**Sunday, December 29:** Latke Night in the hadarochel

Hannah Zelda" Show by the Shinshinim

**Monday, December 30:** Soup Night and Lecture in the Moadon: Meeting with Ze'ev Engelmaier ("Shoshka") about the exciting project "The Daily Postcard ".

**Tuesday, December 31:** Exceptional Space Evening in the hadarochel .

**Thursday, January 2:** Cleaning and Enjoying - Window Cleaning.





## **Programme for 15/12/24 – 19/12/24**

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

### **Sunday 15 December**

09:10 – 12:10 Zoom lecture with Dorot B'Gilboa – Around the World with Noam Sela – Georgia / Iceland

### **Monday 16 December**

80:00 Pedicure with Limor Mualem – by appointment only

09:00 Sweet from the Oven with Monica and Noa

10:00 Trivia and brain games with Galia

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

18:00 “A Musical Experience” with Stas Gavrillov

### **Tuesday 17 December**

09:00 A round table discussion with Inbal Adler

10:00 Movie screening – with Galia

### **Wednesday 18 December**

09:30 Blossoming Nature with Hammutal

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 19 December**

09:30 “Flora”

09:30 “HaNogariah” with Noga Harpaz

10:30 A visit from the children of Ganon Rimon

17:15 Exercises on chairs with Michal Sha'anana



## English is Fun - with Rahel

“When the English tongue we speak...”

When the English tongue we speak  
Why is break not rhymed with weak?  
Won't you tell me why it's true  
We say sew, but also few?  
And the maker of a verse  
Cannot rhyme his horse with worse?  
Beard is not the same as heard,  
Cord is a different word.  
Cow is cow, low is low  
Shoe is never rhymed with foe.  
Think of hose and dose and lose,  
And think of goose and yet of choose,  
Think of comb and tomb and bomb,  
Doll and roll and home and some.  
And since pay is rhymed with say,  
Why not paid with said, I pray?  
Think of blood, and food and good,  
Mould is not pronounced like could.  
Why is done, but gone and lone  
Is there really any reason known?  
To sum it up, it seems to me  
That sound and letters don't agree.

.....

Every language changes with time. So does English, and you can't imagine how many **beautiful words with exact and witty meanings** got lost. Take a look at this list!

**Fudgel** Pretending to work when you're not actually doing anything at all.

**Dsania** The state of finding it hard to get out of bed in the morning.



**Ultracrepidarian** A person who criticizes, judges, or gives advice outside the area of his or her expertise.

**Kakistocracy** A system of government which is run by the worst, least qualified, or most unscrupulous citizens.  
(The word was coined as far back as the 17<sup>th</sup> century.)

**Abliguration** Spending great amounts of money on food.

**Philogrobolized** Having a hangover without having to admit you've been drinking.

**Cacoethes** An urge to do something inadvisable.

**Grumbletonian** A member of the opposition. (The word appeared in the 17<sup>th</sup> century, and the phenomenon itself is probably much older.)

**Frobly-mobly** A way to say 'not bad' when someone asks you how you're doing.

**Lanspresado** The one who always shows up with no money.

**Twattling** A conversation or reports about other people, typically involving details which are not confirmed as true. ....more next week



**Above - The New Dairy Building is nearly ready**

**Credits:**

**Editor of Hebrew Newsletter: Reut Shaliv**

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Printed by: Danit Duvdevani Kirshberg and Hedva Shaharabani

**Disclaimer 1:** The Editor 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 Editor’s ability to grapple with the subject matter, determine what is included.

**Disclaimer 2: “English is Fun”:** At the request of the author, this column is not proofread or edited in any way. Content and format are at the discretion of the author.

**Note:** The readers are encouraged to submit for inclusion “letters to the editor”, photos and material that does not appear in the Hebrew Alon.