

Recycling actually means taking an existing product apart and re-using the materials to make new products. After being broken down it sometimes re-emerges as the same material, but sometimes the outcome is a brand new material!

Plastic bottles, for example, after processing, can be turned into fruit and veg baskets or fleece - the fabric we use to make our jackets.

Our challenge is to try and recycle... Songs: Choose a song whose words you know, but instead of singing it to its original tune, try to sing it to the tune of a different song.

Sounds pretty easy - can you do it?

## Singing together



Once every seven years we allow the land to rest, but we humans are more "spoilt" than that - we rest once every seven days: we put down our tools, dress smartly and celebrate with the family.

Every seven years the earth lies fallow, rests, breathes and gathers strength for the next six years to better raise the crops in its fields. And what about us? Once a week we rest, rejuvenate to have the strength to face another six days of work.

What do you like doing on the Sabbath to allow your soul to "take a deep breath", rest and rejuvenate?

## Food for thought



## Did you know?

Healthy trees can live forever.

The world's oldest tree was discovered less than 15 years ago on a mountain in Sweden. It's a fir tree whose age is estimated at no less than 9,550 years (!). Since the visible part of the tree is relatively young, it "hid" its true age and was only recognized recently when the pinecones and mulch beneath it were analyzed.

There's an oak tree in the Jerusalem Hills which is 2,000 years old - it leans on a prop...





### A riddle № 2

I can fly but I have no wings.  
I can shed tears but I have no eyes.  
Sometimes I wear white, sometimes  
gray whatever is under me is always in  
the dark.  
Who am I?

## Fun Fact - the Butterfly Effect

Should you be standing near a place where a helicopter is landing, you'll be able to feel the immense blast of wind it generates.  
On the other hand, should a butterfly pass 5 cm away from your face, most probably you won't feel anything.  
Even so, a butterfly wing flapping on one side of the world is able to create minute disturbances in the atmosphere, disturbances which eventually can cause a powerful storm on the other side of the world. This is where the term 'Butterfly Effect' comes from - small changes which, given certain conditions, can have an immense impact.  
This butterfly effect applies to our ecosystem as well. Any tiny change, for better or for worse, may cause a tremendous change in future. And every good deed we do for our planet, can immensely improve our future state!

## A Game Moment



The Fallow Year (Shmita) occurs every seven years. The Sabbath is the seventh day of the week and the Land of Israel has been blessed with the Seven Species. So let's play Seven Boom. These are the rules: The first player begins counting and the person next to him says the next number, however instead of saying "seven" when its time comes, you say "Boom", and so on for every number dividable by seven. Missed it? You're out.  
Good luck!



## A Game Moment



Play the Water, Earth, Woods game:  
 Each player holds a fork in one hand and a spoon in the other.  
 Choose someone to be the 'caller'. In each turn, the caller will call out one of these words:

- Water, Earth, Woods.
- If he calls Water, the players lift the spoon.
- If he calls Earth, the players lift the fork.
- If he calls Woods, the players lift both the fork and the spoon.

The caller can try to mislead the players by calling similar-sounding words. Anyone lifting a fork or spoon at the sound of the wrong word is out of the game.  
 Who'll be the last one standing?



## Learn The Term ! "The Fallow Year"

The Fallow Year occurs once every seven years throughout the Land of Israel.  
 The Fallow Year is intended to allow the land to rest.  
 During the Fallow Year, farmers abstain from most of their field work. This includes sowing, harvesting and ploughing, all of which are activities intended to cultivate the crop.  
 Another feature of the Fallow Year is the "Hefker": the farmer relinquishes ownership of the field and allows whoever wants, to harvest what has grown on it - free of charge!  
 In many ways, the Fallow Year is like an environmental "reset", where nature is allowed to replenish itself, rebalance itself, and set off on the next six harvest years - "full steam ahead".

## A riddle

№ 1



After having read all the items on the runner, try to answer these questions from memory -  
 Let's see how many you can get right:  
 a. Where did Honi the Circlel live?  
 b. What new products can be made from recycled plastic bottles?  
 c. How frequently does the Fallow Year recur?  
 d. How old is the oldest tree in the world and where is it growing?  
 e. What is the Jubilee Year?



## A term for You! The Jubilee Year?

The Jubilee Year is a sacred year that occurs once every 50 years (the year at the end of seven cycles of Fallow Years). In Biblical times slaves and prisoners would be freed and land would be returned to their original owners.

This is a very interesting social concept, requiring the "owners", the buyer, the person of means and power, who owns lands and slaves, to alter his state of mind, assume humility and realize that in reality, he owns nothing - that the whole process has been turned around.

Do we know when the next Jubilee Year is going to be? or have we lost count? That's a wonderful question - many people believe we have lost count, but the Rambam did a calculation in one of his books and concluded that the most recent Jubilee Year occurred in 2004-2005, or in the year 5765 in the Jewish calendar.



## A Conversation

A famous legend tells that when Adam was in the Garden of Eden, he was taken around the Garden, shown all the beautiful trees, their juicy fruits and the flowering plants, and he was told: "All this has been created for you". But in the same breath he was also issued a warning: "Be careful not to spoil or destroy. Whatever you destroy, nobody can fix after you".

Do you think that nature intended for humanity to use, or is it there for humanity to preserve? Can nature be both used and preserved at the same time?



## Did You Know?

A survey conducted together with CNN found that 69% of those surveyed responded that they would be pleased to slow down their pace of living and live a more relaxed lifestyle. An even more striking proportion, 89% of those surveyed - reported that they would like to be able to spend more time with their families. Against the backdrop of these deep undercurrents, the Slow Movement was established, advocating a cultural shift and seeking to slow down the pace of life in the Western world.

The Sabbath is our weekly Slow Movement. Not for nothing is it written: "and on the seventh day He rested, and was refreshed". Relaxation, taking a deep breath and putting on hold our everyday hectic lifestyle.

Where do you feel this relaxation on the Sabbath? What in your mind is an expression of feeling refreshed "Refreshed"?

(Answer: A cloud)



## A Hebrew Moment

Lots of our expressions come from nature and in particular from trees and forests: If someone is sawing off the branch he's sitting on, this means his action is eventually going to be harmful to that someone. When we say someone is relying on tall trees, this means what he has been saying is based on greater, more important people than himself. And if after the presentation someone tells you that you can't see the forest for the trees, this means you've included too much detail and the main point gets lost.

What other nature-based expressions do you know and what do they mean?

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## Spot the Difference

Joshua and Hannah took their plastic bottles to the recycling bin down the street. Just then, their councilor passed by and took two almost identical photographs for the yearbook. But if you look closely, you'll see 7 differences between the two photos. Can you find them all?





# Global Tu B'shabbat

## KKL-JNF for Nature and Soul

The National Institute for Shabbat, Society and Economics was founded by the Ministry of Religious Services and the Shearim\*(RA)



### Fun Fact - RRRR

The term **RRRR** is short for: Reuse, Recycle, Reduce, Rethink.

Each one of these words represents one way of protecting our environment and reducing the damage caused to nature.

**Reuse** is our way of avoiding waste through finding another use for a product without having to make any significant changes to it. For example, wearing second-hand clothes.

**Recycle** is also a form of reuse, except that this one is done after the material has been processed somehow and turned into a different product.

If we shred plastic bottles, for example, we can use the shreds to make cloth.

**Rethink** is yet another tool that can save waste. Before we buy any item at all, we pause and think: Do we really need this product, or can we perhaps use a product we already have? Is there a more environmentally-friendly alternative?

**Reduce** - the minute we reduce our consumption - of products and of energy - whether this is done by using the tools we mentioned earlier or otherwise, we will substantially reduce the amount of waste we produce, meaning we will be reducing the amount of environmental pollution we are causing. The "zero waste" approach applies this principle both at the individual level and at the community level, and sometimes even at the municipal level. Kfar Sava, for example, is one example of a town applying this approach at the municipal level.

And what about you? how are you helping to protect our environment? share a case where you changed your habits to reuse, recycle, rethink or reduce use for the sake of the environment.

### Quote

"Know that each and every shepherd plays his own tune.

"Know that each and every blade of grass plays its own tune

And from the song of the grasses comes the song of the shepherd" (Naomi Shemer, according to Rabbi Nachman of Braslav).

And what is your tune?

“Rabbi Simon said: There is not a blade of grass lacking a star in the heavens that strikes it and orders it to grow”  
(Beresheet Rabba).



## Pleased to meet you - Honi the Circler

A sage and wizard lived in the Land of Israel in the first century CE, who was known as Honi the Circler.

One famous story, which gave him his name, was the story of how he drew a circle around himself and did not step out of it until the rains came. However there's another story attributed to him:

One day Honi was out walking when he saw a man planting a carob sapling. He asked the man why he was planting a tree that would only be bearing fruit in another 70 years\* - fruit the man would not be able to enjoy. The man replied: “As my ancestors planted for me, so shall I plant for my offspring”. Miraculously, Honi fell into a deep sleep and woke up 70 years later to find the man's grandchild collecting the tree's fruit. (\*When there are two carob trees, a male and female, the tree can also bear fruit after several years. But if there's only one tree, this can indeed take a very long time).

As with planting the carob, so is the caring for our planet a forward-looking notion, thinking of the next generations. Our deeds today are going to have an impact for years to come, affecting how our children, grandchildren and great-grandchildren are going to be able to live their lives here on Earth.



## The Planters' Prayer / Rabbi Ben Zion Hai Uziel

Our Father who art in Heaven,  
Builder of Zion and Jerusalem  
Founder of the Kingdom of Israel.  
Gaze from Your Holy abode in the  
Heavens  
And bless Your people Israel  
And the land You have bequeathed us  
In Your covenant with our forefathers.

May Your land, Lord, please you  
And bless it with the fruits of Your grace.

Bless it with dew  
And shower it with timely rains  
To quench the mountains of Israel  
and its valleys  
With them to water each plant and  
tree.  
And may these plantings  
Which we plant before You today  
Sink deep roots and flourish proudly  
To willingly bloom  
Among the rest of the trees of Israel  
To endow and to glorify it.  
And may You embolden the hands  
of all our brethren  
Toiling on the sacred Land  
To make its Wilderness bloom.  
Bless, O Lord, their numbers  
And may their labors please You.  
Amen

Although this year there are going to be no plantings in the Land of Israel due to the Fallow Year, this prayer, penned by Rabbi Ben Zion Hai Uziel offers us a glimpse into the farmers' innermost prayers.

Rabbi Ben Zion Hai Uziel was the “First to Zion” and the first Sephardi Chief Rabbi of the State of Israel. He was born in Jerusalem and held this office for 14 years.

He wrote in his will: “Guard diligently the peace of the People and the peace of the State... Pursue Truth and Peace.”



## The comics corner



### Answers:

- a. In the land of Israel. b. Fruit and veg baskets and fleece jackets. c. Every seventh year. d. approximately 9,550 years old, in Sweden. e. Every 50 years, that's when the lands are returned to their owners.

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