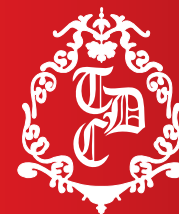


The Diplomatic Club

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Dear Friends,

2014 was an eventful year, during which the Middle East has struggled to keep the hope for peace alive.

The Israeli-Palestinian conflict has lasted several decades. There seems to be hope for a two-State solution based on the mutual recognition of each other's right to exist.

However, it is difficult to predict the outcome of the never-ending negotiations between the two parties under the auspices of the major powers.

We wish all the people of the Middle East active and prosperous 2015, focused on peace and development, where hatred dissolves and harmony blooms.

We also wish all the member of the diplomatic corps in Israel a happy holiday season.

Merry Christmas!

Christmas in Israel is a completely different experience than Christmas in any other part of the world. Here there is the opportunity to spend Christmas in the ancient and beautiful city of Jerusalem; visit Bethlehem; and participate in Christmas Mass in the Basilica of the Annunciation in Nazareth.

Happy Hanukkah!

Hanukkah, also known as the Festival of Lights, is an eight-day Jewish holiday commemorating the rededication of the Holy Temple in Jerusalem at the time of the Maccabean Revolt against the Seleucid Empire in the 2nd century BCE.

According to tradition, at the time of the rededication there was very little oil left that had not been defiled by the Greeks. Oil was needed for the menorah in the Temple, which was supposed to burn throughout the night every night. There was only enough oil to burn for one day, yet miraculously, it burned for eight days. An eight day festival was declared to commemorate this miracle. Note that the holiday commemorates the miracle of the oil, not the military victory: Judaism does not glorify war.

We wish that no more bombs will fall in the Middle East or any other part on the world! I am sure that some of these wishes are just dreams, but I am also sure that sometimes dreams come true.

So I don't give up hope.

We wish you health, happiness and success in 2015.

Happy New Year!

Sincerely yours,
Julia Verdel and the Diplomatic Club team



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DR. ANDOR NAGY— FIRST-TIME AMBASSADOR



By Patricia de Hemricourt

A warm and profoundly human individual, Dr. Andor Nagy is representing Hungary in Israel as its ambassador since August 2013. So far, during his short stay, Dr. Nagy has experienced many facets of life in Israel, including war, as can be seen clearly from the piece of shrapnel framed next to the door of his office – a souvenir from the missile that barely missed his car during operation Protective Edge last summer. However, this is not what defines his perception of the country.

DC: How long have you been in Israel?

AN: I have been here for one year and one month. This is my first-ever diplomatic post, as I am coming from politics after 10 years in the Hungarian parliament, where I was erstwhile Head of the Chief of Staff of the Prime Minister. I have to say that Israel is so exciting, a stimulating and accelerated course for ambassadorship.

I had visited Israel several times before, both for official visits and as a tourist, as the godfather of my second daughter lives in Haifa. He was born in the Transylvania region of Romania

before moving to Budapest, where we met and became very close friends. Though back then in 2003, I had never thought I would ever be sent to Israel as an ambassador, it is such a blessing now to have them here in the country, especially as they make us feel like we are part of the family.

DC: Last September marked the 25th anniversary of the reestablishment of Israeli–Hungarian diplomatic relations. How would you describe this period?

AN: The important aspects to remember are that Hungary was one

of the first countries to recognize Israel back in 1948, and that the rupture of diplomatic relations in 1967 was part of a decision of the Soviet Communist Party, in which it demanded that all members of the Soviet Bloc sever diplomatic relations with Israel as a protest against the Six-Day War. Hungary resumed diplomatic relations with Israel as soon, or even shortly before, it gained independence from the Soviet Bloc in 1989.

Actually, the embassy we are sitting in now has an interesting history in that respect. Hungary had already bought the building in 1957; however, it did not sell it when diplomatic ties were severed with Israel. Instead, it was used as the Swedish embassy between 1967 and 1989, a period during which Sweden was the representative of Hungary in Israel.

On September 18, 1989, Hungary was the first country from the Soviet Bloc to reestablish ties with Israel. In order to do so, it had to request and obtain a special permit from the Soviet Communist Party, as the resumption of diplomatic relations took place even before Hungary formally began its transition to democracy, which culminated on October 23. This year, on that date, we celebrated the 25th anniversary of the Hungarian revolution against the Soviet Union. At the Embassy, we were honored by the presence of two eminent guests for the Hungary National Day: the Israeli Minister of Finance Yair Lapid, who gave a beautiful speech on behalf of the Israeli government, and Tzachi Hanegbi, the Deputy Minister of Foreign Affairs.

DC: The close relations between Israel and Hungary are built on common rich historical heritage. How do you see that common heritage?

AN: Hungary has the fourth largest Jewish community in Europe, after France, England and Germany, about 100,000 people. I was told that the Hungarian Jewish community is the most vibrant one, which might be the result of the renaissance of the Jewish community in Hungary following the end of the Soviet era. The 100,000 Hungarians of Jewish origin and the 250,000 Israelis of Hungarian descent form strong bridges between the two countries.

“The Holocaust was only introduced to the Hungarian educational curriculum after 1989, but a whole generation grew up in complete ignorance of that harrowing chapter of recent history”

This is particularly vivid to me whenever I am walking in the street or going to the playground with my children, speaking Hungarian with them. By-passers routinely notice the language we use and talk to me, eager to connect with fellow Hungarians.

On another topic, I have to tell you that the Holocaust touches me very deeply. When I was a child, under the communist regime, we never heard about the Holocaust during history lessons. It was not part of the curriculum under the Soviet regime. Actually, it was forbidden to even talk about it. As a result, the vast majority of Hungarian people had no exposure to the existence of the Holocaust and simply did not know anything about it. The Holocaust was only introduced to the educational curriculum after 1989, but a whole generation grew up in complete ignorance of that

harrowing chapter of recent history.

In Hungary, there is still a lot to learn about that matter. I was invited to the Memorial of the Carpathian Jewry at the Memorial Museum of the Hungarian Speaking Jewry in Safed. There, I realized, for the first time in my life, that the Hungarian government at the time took part in the deportation of Jews, even though the Hungarian Jews then were mainly assimilated and felt more Hungarian than Jewish.

Interestingly, the father of Zionism, Theodor Herzl, was born in Pest, that would later merge with Buda and become Budapest. Yet, he had to leave Hungary to find followers for his Zionist program as the Hungarian Jews showed no interest at all in leaving Hungary. Hungary was a relatively good place for Hungarian Jews until the Nazi invasion in 1944, as the Hungarian government, refused to deport Hungarian Jews to extermination camps.

2014 was the 70th anniversary of the Hungarian Holocaust, and I have participated in several commemorative events here in Israel. I particularly remember a film showed in the Knesset at such an event last February. In this movie, an elderly Hungarian Jewish woman in her eighties was interviewed in front of Mengele’s house. The movie was in Hebrew and, although I am learning Hebrew, my current knowledge of the language is still woefully inadequate so I did not understand most of her interview. Yet, suddenly, in the middle of her interview, she said in Hungarian: “Mother, don’t leave me,” which I understood. After the projection, I made a point of reaching out to that woman, who was sitting not far from me in the audience. I met her and her children, and one of her daughters asked her to tell me about what the reporter asked her

off-camera after interviewing her. He had asked her what she would tell her mother if she could meet her again. Her answer brought tears to my eyes. She quoted a highly emotional poem by a well-known Hungarian poet, about a son meeting his mother after a very, very long separation. In addition to the emotional aspect of the poem, hearing this elderly woman, who lost her mother when she was barely 13 years old and had since rebuilt her life in Israel, still quoting Hungarian literary sources to express her feelings, made me understand the depth of the cultural links between Israeli Jews of Hungarian descent and the country I am here to represent, as well as the impact of the Holocaust on Hungarian Jews.

This is one of the many reasons I pay close attention to the efforts made to include the Holocaust in the educational curriculum in Hungary. There is the Jewish round table meeting with the Hungarian government that helps articulate the inclusion in the National Curricula of the Jewish influence on Hungarian culture, and of the history of the Holocaust in Hungary.

Actually, one of the roots of the current anti-Semitism in Hungary, despite the virtual absence of Muslims in the country, is the lack of knowledge about Israel and about the Jews. This lack of awareness began in the Soviet era, a time during which only the Arab side of the conflict was reported. Despite the fact that close to one million Jews lived in Hungary before the Holocaust, as a child growing up under communist rule, neither I nor any of my fellow citizens were taught anything about the Holocaust or about Jewish culture. Now, however, Israel is mentioned in history books as the only democratic state in the Middle East and as the largest homeland of Hungarian Jews



“Israel is so exciting, a stimulating and accelerated course for ambassadorship”

outside of the Carpathian Basin. The educational material relating to Israel and to Jews is formulated with the help of Israeli experts.

DC: Hungary has had a very complex and comprehensive set of bilateral relationships with Israel, ever since its establishment. Does the current political climate have an influence on these? More specifically, is it likely to have an impact on the cooperation between the two countries that has developed over the past 25 years?

AN: As an ambassador, I am rather focused on the bilateral and cultural relations between our two countries, especially in view of the large population involved on the two sides. Let us start with the economic aspect. For example, Teva is a very successful flagship company in Hungary, thanks to the traditionally strong abilities of Hungary in the pharmaceutical industry, dating back to the pre First World War era. Teva has privatized

three factories in Hungary that are now flourishing, benefitting both Israel and Hungarian economies.

More than US\$3 billion have been invested in Hungary by Israel, and, though many Israeli companies left Hungary in the last 8 years following the real estate collapse, I have to mention the resounding success of a Hungarian-Israeli company called IGO, best known under its new name “NNG”. They are producing GPS systems and, this year, NNG was recognized as the fastest growing company in Europe out of 17,000 companies, and the third fastest growing company in the US. They are already equipping 40% of the cars in the automotive industry as a whole. The GPS systems are produced in Hungary, not in China, as the Hungarian engineers are as good as their counterparts in the US, Europe or Israel, whilst working at a fraction of the cost, so they will not look to outsource production to China or the Far East any time soon. Currently, NNG Hungarian production lines employ more than 700 engineers, and they are constantly hiring as the business is expanding.

On the academic front, 800 Israeli students are coming every year to



study in Hungary, mainly medicine. 96% of students from Hungary are successfully passing the exam upon returning to Israel, a far higher rate than for any other country where Israelis are studying medicine. Though the cost of studying in Hungary is not low, it is a valid investment.

On the tourism front, Budapest is a highly regarded destination for Israeli visitors, as it provides outstanding value for money. The flight costs only about 100 Euro, the price of a beer is a third of that of a beer in Tel Aviv. At a mere three-hour flight from Israel, it is a more attractive option than many other Western European countries, while offering a high quality trip and European culture.

Actually, the mere fact that 800 families in Israel are sending their children to study for years in Hungary, and that over 160,000 Israeli tourists are visiting Hungary each year is the best rebuttal to the rumors of rampant fascism and anti-Semitism

“Budapest is a highly regarded destination for Israeli visitors, as it provides outstanding value for money”

in Hungary.

DC: The Hungarian embassy in Tel Aviv is ranked among the most active foreign legations in Israel, conducting a wide range of contacts over many fields, including cultural activities. Could you mention a few upcoming events?

AN: There is an ongoing project between Hungary and Israel that started 12 years ago, supported by a bilateral treaty, which is called “Teacher Education on Holocaust”. Every year, more than 40 Hungarian teachers come to Yad Vashem for about eight days in order to

understand the Holocaust. Already more than 500 Hungarian teachers have been to this seminar and are teaching pupils and students in Hungary, conveying the horror of the Holocaust with all their heart.

At the beginning of December, at Bar Ilan University, we will establish an association of scientists, modelled after such clubs already existing in the USA and in Germany; a scientific club for Hungarian scientists living in Israel, as well as for Israeli scientists dealing with Hungary,

At the other end of the spectrum, I also intend, hopefully next year, to establish a network for Israelis who studied in Hungary, an alumni organization that would enable them to stay in touch and reminisce about their time in Hungary. This network would enable us to see what we could do for them and what we can learn from their experience to improve that of future students. Conversing with Israeli alumni from Hungary could also be a brilliant occasion to better understand the cultural commonalities between the two countries and maybe to just enjoy speaking about the good old times in Hungary.

In addition, I intend to visit the large Hungarian community in Beer Sheva, as well as the communities in Netanya and Ashdod. I already met some of them at the annual meeting of Carpathian Jews in Beit Shemen. It is fascinating to see these thousands of people gathering informally for a barbecue and intermingling, switching language between Hebrew, Hungarian, Russian, Ukrainian, an array of other Eastern languages, as well as English, as naturally as if anyone could do so. ●



JOURNEY AROUND THE WORLD

DR. MOHAMMED MOSTAFA KAMAL ORFY, CHARGÉ D'AFFAIRES OF THE ARAB REPUBLIC OF EGYPT, VISITED KINDERGARTEN IN TEL AVIV

The 'Har HaGilboa' kindergarten in Tel Aviv is running a special project called "Journey Around the World". Every month a group of 35 children studies about a different country with a number of parents. The group learns about a specific country, as the parents explain about its culture and traditions, language, cuisine, traditional costumes, and acceptance of the other.

At the end of each month a festive event is held, summarizing the material learned. The children

from the group get to share their knowledge with the other children in the kindergarten, and they get a special "passport" to travel to the newly discovered country. The event involves a short film about the country, as well as singing and dancing.

Egypt was the first country chosen for the project, as a result of its involvement in brokering peace with Hamas during Operation Protective Edge. The parents sent a letter to the Egyptian ambassador and invited him to visit the kindergarten.

On December 1st, the honorable Dr. Mohammed Mostafa Kamal Orfy, chargé d'affaires of the Arab republic of Egypt, had visited the kindergarten and the children received him with a welcoming ceremony, which included singing of Egypt's national anthem, greetings in Arabic, dancing to songs in Arabic, and a meal with traditional Egyptian dishes.

At the end of the event, Dr Kamal Orfy stamped and signed a visa to Egypt for every child, thanked for the most exciting evening and expressed his hope for a brighter future in the region. ●

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GEORGE DEEK

THE BEST SPEECH AN ISRAELI DIPLOMAT EVER HELD

The speech that George Deek, Deputy of the Israeli Ambassador to Oslo, gave recently at the MIFF event, sharing his experience as an Arab-Israeli citizen, has been making viral waves all over the world.

“When I walk in the streets of my home town Jaffa, I am often reminded of the year 1948. The Alleys of the old city, the houses in Ajami neighborhood, the fishing nets at the port – they all seem to tell different stories about the year that has changed my city forever. One of those stories is about one of the oldest families in this ancient city – the Deek family – my own.

Before 1948 my grandfather George, after whom I’m named, worked as an electrician, at the Rotenberg Electricity Company. He was not very interested in politics, and since Jaffa was a mixed city, he naturally had some Jewish friends. In fact, his friends at the electricity company even taught him Yiddish, making

him one the first Arabs to ever speak the language. In 1947 he got engaged to Vera – My grandmother – and together they had plans to build a family in the same city where the Deek family has lived for about 400 years – Jaffa. But a few months later, those plans changed, literally overnight.

When the U.N. approved the establishment of Israel, and a few months after the State of Israel was established, the Arab leaders warned the Arabs that the Jews are planning to kill them if they stay home, and they used the Deir Yassin massacre as an example. They told everyone: ‘Leave your houses, and run away’. They said they will need just a few days, in which with 5 armies they promised to destroy the newly born Israel. My family, horrified by what might happen, decided to flee, with most others.

A priest was rushed to the Deek family’s house, and he wedded George and Vera my grandparents, in

the house, in haste. My grandmother did not even have a chance to get a proper dress. After their sudden wedding, the entire family started fleeing north, towards Lebanon. But when the war was over, the Arabs failed to destroy Israel. My family was at the other side of the border, and it seemed that the fate of the brothers and sisters of the Deek family was to be scattered around the globe. Today, I have relatives in Jordan, Syria, Lebanon, Dubai, the U.K., Canada, the U.S., Australia, and more.

The story of my family is just one – and probably not the worst – among the many tragic stories of the year 1948. And to be frank, you don’t need to be an anti-Israeli to acknowledge the humanitarian disaster of the Palestinians in 1948, namely the Nakba. The fact that I have to Skype with relatives in Canada who don’t speak Arabic, or a cousin in an Arab country that still has no citizenship there, despite being a third generation – is a living testimony to the tragic consequences of the war.

According to the U.N. 711 thousand Palestinians were displaced, we’ve heard that before – some fled and some forcefully expelled. At the same time, because of the establishment of Israel, 800 thousand Jews were intimidated into leaving the Arab world, leaving it mostly empty of Jews. As we’ve heard before, atrocities from both sides were not uncommon, but it seems that this conflict was not the only one during the 19th and 20th century that lead to expulsion and transfer.

From 1821 to 1922, 5 million Muslims were expelled from Europe, mostly to Turkey. In the 90’s Yugoslavia broke apart, leading to 100,000 people dead and about 3 million displaced. From 1919 to 1949, during the Visla operation between Poland and Ukraine, 150,000 people

died, and 1.5 million were displaced. Following World War II and the Potsdam convention, between 12-17 million Germans were displaced. When India and Pakistan were established, about 15 million people were transferred.

This trend also exists in the Middle East, for example the displacement of 1.1 million Kurds by the Ottomans, 2.2 million Christians who were expelled from Iraq, and as we speak today, Yazidis, Bahai, Kurds, Christians and even Muslims are being killed and expelled in a rate of 1,000 people per month, following the rise of Radical Islam. The chances of any of those groups to return to their homes, is almost non-existent.

So why is it then? Why is it that the tragedies of the Serbs, the European Muslims, the Polish refugees or the Iraqi Christians are not commemorated? How come the displacement of the Jews from the Arab world was completely forgotten, while the tragedy of the Palestinians, the Nakba, is still alive in today’s politics?

It seems to me to be so, because the Nakba has been transformed from a humanitarian disaster to a political offensive. The commemoration of the Nakba is no longer about remembering what happened, but about resenting the mere existence of the State of Israel. It is demonstrated most clearly in the date chosen to commemorate it: the Nakba day is not April 9th – the day of the Deir Yassin massacre, or July 13th – the day of the expulsion from Lod. The Nakba day was set on May 15th – the day after Israel proclaimed its independence.

By that the Palestinian leadership declared that the disaster of the Nakba is not the expulsion, the abandoned villages or the exile – the Nakba in their eyes is the creation of Israel. They are saddened less by the humanitarian catastrophe that

“Israeli Arabs are the most educated Arabs in the world, with the best living standards and opportunities in the region”

befell on Palestinians, and more by the revival of the Jewish state. In other words: they do not mourn the fact that my cousins are Jordanians, they mourn the fact that I am an Israeli. By doing so, the Palestinians have become slaves to the past, held captive by the chains of resentment, prisoners in the world of frustration and hate.

However, the evident yet simple truth is – that in order not to be reduced to sorrow and bitterness, we must look forward. To put it more clearly: to mend the past, first you have to secure the future. This is something I learned from my music teacher, Avraham Nof.

When I was 7 years old I joined the marching band of the Arab-Christian community in Jaffa. That’s where I met Avraham, my music teacher, who taught me to play the flute and later the clarinet. I was good. Avraham was a holocaust survivor, and his entire family was murdered by the Nazis. He was the only one who managed to survive, because a certain Nazi officer found him gifted in playing the harmonica, so he took him home during the war to entertain his guests.

When the war was over and he was left alone, he could have easily sat, and wept and cried over the greatest crime of man against man in history, and over the fact that he was left alone. But he didn’t, he looked forward not backwards; he chose life, not death; hope, rather than despair. Avraham came to Israel, got married, built a family, and started teaching the same thing that saved his life –

music. He became the music teacher of hundreds and thousands of children all over the country. When he saw the tension between Arabs and Jews, this holocaust survivor decided to teach hope through music to hundreds of Arab children like me. Holocaust survivors like Avraham are among the most extraordinary people you can find.

I was always curious to understand how they were able to survive, knowing what they knew, seeing what they saw. But throughout the 15 years I have known Avraham when I was his student, he never spoke about his past, except once – when I demanded to know. What I came to realize was that Avraham was not the only one, and that many Holocaust survivors did not speak about those years, about the holocaust, even to their families, sometimes for decades, or even a lifetime.

Only when they had secured the future did they allow themselves to look back at the past. Only when they had built a time of hope they permitted themselves to remember the days of despair. They built the future in their old-new home, the State of Israel, and under the shadows of their greatest tragedy, Jews were able to build a country that leads the world in medicine, agriculture and technology. Why? Because they looked forward.

This is a lesson to every nation that wishes to overcome a tragedy – including the Palestinians. If the Palestinians wish to redeem the past, they need to first focus on securing a future, on building a world as it should be, as our children deserve it to be. And the first step in that direction, without a doubt, is to end the shameful treatment of the Palestinian refugees.

In the Arab world, the Palestinian refugees – including their children, their grandchildren and even their

great-grandchildren – are still not settled, aggressively discriminated against, and in most cases denied citizenship and basic human rights. Why is it, that my relatives in Canada are Canadian citizens, while my relatives in Syria, Lebanon or the gulf countries – who were born there and know no other home – are still considered refugees?

Clearly, the treatment of the Palestinians in the Arab countries is the greatest oppression they experience anywhere, and the collaborators in this crime are no other than the international community and the United Nations. Rather than doing its job and help the refugees build a life, the international community is feeding the narrative of the victimhood.

While there is one U.N. agency in charge of all refugees in the world – the UNHCR, another agency was established to deal only with the Palestinian ones – UNRWA. This is no coincidence, while the goal of the UNHCR is to help refugees establish a new home, establish a future and end their status as refugees, the goal of UNRWA is opposite: to preserve their status as refugees, and prevent them from being able to start new lives.

International community cannot seriously expect the refugee problem to be solved, when it is collaborating with the Arab world in treating the refugees as political pawns, denying them the basic rights they deserve. Wherever the Palestinian refugees were granted equal rights – they prospered and contributed to their society – In South America, in the U.S., and even in Israel. In fact, Israel was one of the few countries that automatically gave full citizenship and equality for all Palestinians in it after 1948; and we see the results – despite all the challenges, the Arab

citizens of Israel built a future.

Israeli Arabs are the most educated Arabs in the world, with the best living standards and opportunities in the region. Arabs serve as judges in the Supreme Court; some of the best doctors in Israel are Arabs, working in almost every hospital in the country; there are 13 Arab members of parliament, who enjoy the right to criticize the government – a right that they exhaust to the fullest – protected by the freedom of speech; Arabs win popular reality shows; and you can even find Arab diplomats – and one of them is standing in front of you.

Today, when I walk the streets of Jaffa, I see the old buildings and the old port, but I also see children going to school and university; I see flourishing businesses; and I see a vibrant culture. In short, despite the fact that we still have a long road ahead of us as a minority, we have a future in Israel.

This brings me to my next point – time has come to put an end to the culture of hatred and incitement, because anti-Semitism, I believe, is a threat to Muslims and Christians, as much as for Jews. The Arab world seems to have forgotten that its greatest days in the last 1,400 years were when it showed tolerance and openness towards those who are different. The genius mathematician Muhammad ibn Musa al-Khwarizmi was Uzbeki. The great philosopher Rumi was Persian. The glorious leader Salah ad-Din was Kurdish. The founder of Arab nationalism was Michel Aflaq – a Christian. And the one who brought the Islamic rediscovery of Plato and Aristotle to the rest of the world was Maimonides – a Jew.

However, rather than reviving the successful approach of tolerance, Arab youth are being taught to hate Jews, using anti-Semitic rhetoric from medieval Europe, mixed with Islamic

radicalism. And once again, what started as hostility towards Jews has become hostility towards anyone who is different. Just last week more than 60,000 Kurds fled from Syria towards Turkey, afraid of being slaughtered. On the same day, 15 Palestinians from Gaza drowned in the sea trying to escape the claws of Hamas; in addition – Bahai and Yazidis are at risk.

On top of it all, the ethnic cleansing of Christians in the Middle East is the biggest crime against humanity in the 21st century. In just two decades Christians like me have been reduced from 20% of the population of the Middle East to a mere 4% today. And when we see that the main victims of Islamist violence are Muslims, it is getting clear to everyone – at the end of the day, hate destroys the hater.

The Arab world can overcome this mindset, but it requires the courage to think and act differently. This change demands that the Arabs realize that they are not helpless victims; it demands that they open up to self-criticism, and to holding themselves accountable.

Up to this day, not a single history book in the Arab world questions the historic mistake of rejecting the establishment of the Jewish state. No prominent Arab academic has come out saying that if the Arabs would've accepted the idea of a Jewish state, there would've been two states, there would've been no war, and there would've been no refugees' problem.

I fail to see a debate questioning the wisdom of the destructive leadership of the Mufti of Jerusalem Haj Amin al-Husseini; or the unnecessary war launched by the Arab league in 1948, or any of the wars against Israel, in the years that followed until today. I fail to see self-criticism in the Palestinian mainstream today about the use of terrorism, the launching of

the second Intifada, or the rejection of at least two Israeli offers in the last 15 years to end the conflict.

Only the Arabs themselves can change their reality, by stopping the leaning on conspiracy theories and the blaming of outside powers – America, the Jews, the West or whoever – for all the problems; by learning from past mistakes, and by making wiser decisions in the future.

Recently the U.S. President Obama stood at the U.N. podium in front of the General Assembly and said: “The task of rejecting sectarianism and extremism is a generational task – a task for the people of the Middle East themselves. No external power can bring about a transformation of hearts and minds”.

By our acts in the present we can shape the future, and by that redeem the past. Jews and Palestinians, we might not be brothers in faith, but we certainly are brothers in fate, and I believe that through making the right choices, by choosing to focus on the future, we can redeem our past. Yesterday's enemies can be tomorrow's friends. It happened between Israel and Germany, Israel and Egypt, Israel and Jordan.

I still didn't tell you the rest of my family's story in 1948. After a long journey towards Lebanon, most of it by foot, my grandparents George and Vera reached Lebanon. They stayed there for many months, and while there, my grandmother gave birth to her first son, my uncle Sami.

When the war was over, they realized that they had been lied to – The Arabs did not win the war, as promised, and at the same time, the Jews did not kill all the Arabs as they were told would happen. My grandfather looked around him and saw nothing but a dead-end life as refugees. He looked at his young wife Vera – not even 18 yet, and his newborn son, and knew

George Deek was born in Jaffa to an Arab-Christian family. After completion of his degree in Law and Government, at the Interdisciplinary Center of Herzliya (IDC), he went on to become a lawyer prior to switching over to a diplomatic career. He began working at the media and public relations desk of the Israeli Foreign Ministry's Africa department which, in turn, led to his posting as deputy head of mission at the Israeli embassy in Abuja, Nigeria. Since 2012, he has held the position of Deputy Head of Mission at the Israeli embassy in Oslo, Norway, where he heads the political, economic, cultural and public diplomacy sections.



that in a place stuck in the past with no ability to look forward, there is no future for his family.

While his brothers and sisters saw their future in Lebanon and other Arab and Western countries, he thought otherwise. He wanted to go back to Jaffa, his hometown, because he worked with Jews in the past and was a friend to them, he was not brainwashed with hatred.

My grandfather George did what few others would have dared – he reached out to those that his community saw as their enemies. He got hold of one of his old friends from the electricity company, and asked for his help to get back. And that friend, of whom I've heard through my father's stories, and never knew his name, not only was able and willing to help my grandfather get back, but in an extraordinary act of grace, he even helped him get his old job back at what has become the Israeli electricity company, making him one of the very few Arabs who work there.

Today, among my siblings and cousins we have accountants, teachers, insurance agents, hi-tech engineers, diplomats, factory managers, university professors, doctors,

lawyers, investment consultants, managers of top Israeli companies, architects and even electricians.

The reason that my family have succeeded in life, the reason that I'm standing here as an Israeli diplomat and not as a Palestinian refugee from Lebanon – is because my grandfather had the courage to take a decision that was unthinkable to others. Rather than falling into despair, he found hope where no one dared to look for it. He chose to live among those who were considered his enemies, and to make them his friends. For that, I and my family owe him and my grandmother eternal gratitude.

The story of the Deek family should serve as a source of inspiration to the Palestinian people. We cannot change the past, but we can secure a future for our next generations, if we want to mend the past some day.

We can help the Palestinian refugees have a normal life. We can be sincere about our past and learn from our mistakes, and we can unite – Muslims, Jews and Christians – to protect our right to be different, and by that preserve our humanity. Indeed we can't change the past, but if we do all that, we will change the future. ●

DONALD TUSK NEW PRESIDENT OF THE EUROPEAN COUNCIL



On 1 December 2014, Donald Tusk, the former Prime Minister of Poland, replaced Herman Van Rompuy as the President of the European institution.

At the handover ceremony taking place in Brussels, Mr. Tusk said that he is strongly determined to end the economic crisis and feels responsible to complete a genuine Economic and Monetary Union.



TEL-O-FUN FOR DIPLOMATS

There is nothing like starting the week with some good news! Tel-O-Fun – the green city bicycles, which can be seen everywhere, are now available for diplomats' use. Tel-O-Fun is a PBS (public bike share) system the likes of which are found in cities worldwide (i.e. Barcelona, Paris, Berlin, NYC and more).

The project was implemented almost 2 years ago and was a clear and immediate success. Using the Tel-O-Fun bicycle allows for sustainable transportation and an active lifestyle at the very low cost

of NIS280 yearly. As the bicycle infrastructure keeps improving and parking places become more and more scarce, many choose to use bicycles for up to 5 km trips.

So far the Tel-O-Fun system did not allow annual access without a local credit card and ID. We are very pleased to inform that the services have been upgraded and annual access may be obtained while using any credit card and a passport. More about registering at www.tel-o-fun.com

KOREAN NATIONAL FOUNDATION DAY

Korean Embassy hosted a reception on the occasion of the 4347th National Foundation Day. With over 100 in attendance, the event was joined by many distinguished leaders in various fields of civic, business and government.

In his speech, H.E. the Ambassador of the Republic of Korea Lee Gun-tae noted that: "Israel is highly regarded in Korea as a model of creative economy and as such, we have taken concrete steps to replicate Israel's success. Moreover, Israel's state-of-the-art

technology has been very instrumental to the development of Korean defense system and Yozma fund has recently established its high-tech investment office in Seoul.

These remarkable achievements and friendly relations have led to more tangible and practical exchanges between Korea and Israel. Working visa program for young people is one of those experiments and we are expecting soon the conclusion of mutual recognition arrangement of driving licenses.

To further strengthen our bilateral relations and discuss issues of mutual interest, the Korean Minister of Foreign Affairs, will visit Israel soon and we are looking forward to fruitful talks."



HISPANIC DAY

Hispanic Day (Día de la Hispanidad) or National Day (Fiesta Nacional de España) is an annual national public holiday in Spain on October 12. It commemorates when Columbus first set foot in the Americas in 1492.

This year Ambassador of Spain H. E. Mr. Fernando Carderera Soler and his wife Ms. Victoria Maria De Diego Vallejo held a party at their residence to commemorate the Day of the Hispanic Heritage. Among the guests were numerous ambassadors and diplomats of foreign countries, representatives of the Israeli army and attachés of various embassies, as well as and representatives of various political and commercial sectors.



HUNGARY NATIONAL DAY

October 23rd marks the day of the Hungarian Revolution of 1956. It is a National Holiday that commemorates the uprising against the Stalinist regime, which was one of the most significant events of the country's 20th century history. This year, on the occasion of the 58th anniversary of the 1956 Hungarian Revolution and to commemorate the 25th anniversary of the reestablishment of the diplomatic relations between Hungary and the State of Israel, the Ambassador of Hungary H.E. Mr Andor Nagy and his wife Mariann Bercsenyi held a reception at their residence in Herzliya Pituach.

Amongst the guests of honor were Deputy Speaker of the Hungarian National Assembly H.E. Mr István Jakab, former Israeli Minister of Finance and Chairman of the Yesh



photo: Zoltán Tardos

Atid Party Yair Lapid and Israeli Deputy Minister of Foreign Affairs Yitzhak "Tzachi" Hanegbi.

In addition, a commemorative envelope marking the 25th anniversary of Hungary and Israel

reestablishing diplomatic relations was presented at the Foreign Ministry. The envelope depicts the flags of Israel and Hungary intertwined into a heart shape.

GERMAN DAY OF UNITY



photo: Omri Meron

The Day of German Unity on the 3rd of October has been Germany's national holiday since 1990. This year, it has been 25 years since the fall of the Berlin Wall. The fall, which marked the end of the Cold War, had paved the way for German reunification and sealed the end of the division of Germany.

This year, the German ambassador to Israel, H.E. Mr. Andreas Michaelis and his wife Mrs. Heike Michaelis, held a reception at their residence in Herzliya Pituach to celebrate the German Day of Unity. Amongst members of different diplomatic missions in Israel and other

distinguished guests, Ambassador Michaelis welcomed the honorable guest, President of the State of Israel, Mr. Reuven Rivlin, and jointly they launched the year of celebrations to mark the 50th anniversary of diplomatic relations between Germany and Israel.

In 2015 many events in Germany and Israel will take place to celebrate this success story. The official bilateral website of the Israeli and German Foreign Ministries was launched in October at www.israel50deutschland.org

CZECH REPUBLIC'S NATIONAL DAY

The first independent Czech state was declared on Wenceslas Square on October 28, 1918, beginning a new era for two nations which had previously been part of the Austro-Hungarian Empire.

This year, the Czech ambassador to Israel, Mr. Ivo Schwarz and his wife Mrs. Eva Schwarz, held a reception at their residence in Herzliya Pituach to celebrate the Czech Republic's National day and to commemorate the 25th anniversary of the Velvet Revolution of 1989, following which the diplomatic relations between Israel and the newly-democratic Czech Republic were renewed.

Amongst the guests of honor were Minister of Tourism Uzi Landau, members of the diplomatic corps, prominent figures of the Czech communities in Israel, Israeli politicians and businessmen.

During the following visit of the Czech Foreign Minister Lubomír Zaorálek to the Israel Council on Foreign Relations in Jerusalem, the latter said that the relations between the Czech Republic and Israel were "excellent and will remain so," and added that he was proud of the fact that there was less anti-Semitism in the Czech Republic than elsewhere in Europe.



H.E. Ivo Schwarz with Minister Uzi Landau

AUSTRIAN NATIONAL DAY

The celebration of the 26 of October as the Austrian National Day dates back to the birth of the 2nd Republic after WW II. This date marks the day that followed the day on which the last remaining foreign troops left Austrian territory; therefore, October 26 is de facto the first day on which Austria had regained its status as an independent and sovereign state.

This year, the German ambassador to Israel, Mr. Franz Josef Kuglitsch and his wife Dr. Maria Kuglitsch held a reception at their residence in Herzliya Pituach to celebrate the Austrian National Day.

The Austrian ambassador welcomed many distinguished guests, among

which were: Minister of Internal Affairs Gilad Erdan, members of diplomatic corps and representatives of the Austrian community in Israel.

The National Days of most countries celebrate independence either through liberation from foreign or oppressive rule, or through discovery by some ancient explorer. In the case of Austria, it commemorates the 1955 treaty of neutrality – when the



last foreign soldier from the Allied Powers, which occupied Austria from 1945-1955, left Austrian soil.



ROMANIA'S NATIONAL DAY

This year, the celebrations were hosted by H.E. Ambassador Andreea Păstărnac and her husband at the Meshulam Riklis Lobby of the Tel Aviv Museum of Art. Among the many ambassadors and consular officials present were Fr. Angelo Beda Ison,

representing the Vatican Embassy; Colette Avital, Romanian-born Israeli diplomat and politician and Nitzan Chen, the Director of the Israel Government Press Office

To honor the National Day of Romania, the Romanian Cultural Institute in Tel Aviv and the Embassy of Romania to the State of Israel have organized the exhibition "Romania and Israel in the colors of nature," that comprises works created in Romania and Israel by the members of the Israeli art group "Tzeva BaTeva".

The exhibition will be open to the public at the Romanian Cultural Institute in Tel Aviv, between December 1st, 2014 and January 31st, 2015.

Romania's National or Great Union Day is an annual public holiday on December 1st to celebrate the unification of Romanian provinces.

KENYAN NATIONAL DAY

Jamhuri Day is a national holiday in Kenya, celebrated on 12th December each year. Jamhuri is the Swahili word for "republic" and the holiday is meant to officially mark the date of Kenya's establishment as a republic which happened on 12th December 1964.

This year, His Excellency Ambassador Lt. Gen. Augustino S.K. Njoroge and his wife Mrs. Margaret Njoroge hosted the celebrations in the Dan Hotel in Tel Aviv. Among the guests were ambassadors and diplomatic staff in Israel, including Ambassador António



dos Santos of Angola, Ambassador Sisa Ngombane of South Africa, Mr. Nuriel Kasbian, honorary consul of Tanzania, Colonel Nigel Jefferson, British Defense & Military Attaché and many others.

Yitzhak Aharonovich, Israel's Internal Security Minister mentioned that Israel and Kenya enjoy excellent bilateral

diplomatic and commercial relations, and extended an invitation to President Uhuru Kenyatta to visit Israel in 2015. The Minister also warmly welcomed the news that Kenya Airways would soon be introducing air links between the two countries.

JAPAN'S NATIONAL DAY

On December 4th, 2014, H.E. Ambassador of Japan to Israel Mr. Shigeo Matsutomi and Mrs. Kaori Matsutomi hosted at their residence the annual National Day Reception celebrating the birthday of His Majesty the Emperor Akihito of Japan.

Over 600 guests attended the event, among them Minister of Agriculture and Rural Development Yair Shamir, Director General of the Prime Minister's Office Mr. Harel Locker, Director General of the Ministry of Foreign Affairs of Israel (former Ambassador to Japan) Mr. Nissim Ben Shitrit, as well as distinguished guests from various arenas, Japanese living in Israel and representatives of the diplomatic corps in Israel.

Following the National Anthems of Japan and Israel, performed by a

Japanese violinist living in Israel, Ambassador Matsutomi, in his speech, along with congratulatory remarks for His Majesty's 81st birthday, expressed a strong will to advance bilateral ties, with reference to this year's high-level exchanges in both political and

economic fields, as well as advancing the relationship in the cultural field, with the launching of the event "Japan Cultural Week in Jerusalem" and the Israel Philharmonic Orchestra's recent performance in Japan, which fascinated Japanese citizens.



THAILAND'S NATIONAL DAY

On December 3rd, Thai Ambassador Boon-Long, his wife Kamolrat Boon-Long and the embassy staff hosted a reception at the Hilton Hotel in Tel Aviv, celebrating 87th Birthday of His Majesty King Bhumibol Adulyadej and the National Day of the Kingdom of Thailand.

Among the guests of honor were Minister of Culture and Sport Ms. Limor Livnat, Professor Yuli Tamir, Mayor of Herzliya Mr. Moshe Fadlon and

numerous ambassadors and diplomats of foreign countries, representatives of the Israeli army and attachés of various embassies, as well as delegates of the Israeli Ministry of Foreign Affairs, and representatives of the Chamber of Commerce and commercial sectors.

The event was held in the best Thai traditions, featuring beautiful flowers baskets, Typical Thai food and display of a collection of traditional Thai women's clothing.

ISRAEL WELCOMES NEW AMBASSADORS



This month eight newly appointed ambassadors from the Czech Republic, Kazakhstan, Korea and Peru, as well as from Angola, Jamaica, the Philippines, and for the first time, South Sudan, have presented their diplomatic credentials to President Reuven Rivlin, at an official ceremony at the President's Residence. Each noted their desire to strengthen ties between their own countries and Israel, and to promote partnership and cooperation.

Photos: Mark Neumann



President Reuven Rivlin with
Ambassador Ivo Schwarz of Czech Republic

Ambassador Ivo Schwarz of the Czech Republic presented his credentials, thanked the President and said, "It is an honor for me to represent my country here in Israel. The collaborative relationship between our governments is good and progressive, and includes fruitful cooperation in the areas of security and the struggle against terrorism. It will be my pleasure to strengthen the cultural and tourism relations between the citizens of our countries."

President Rivlin greeted him warmly and said: "We are deeply appreciative of the Czech people and their government; you have set an example for us. We hope that you will feel that Israel is your home."



President Reuven Rivlin with
Ambassador Gustavo Antonio Otero Zapata of Peru

The Korean Ambassador Lee Gun-tae presented his credentials to the president and said: "I hope to expand the existing technological cooperation between our nations. One of my wishes is to augment the awareness of Koreans visiting Israel, as they tend to focus mainly on the history of Israel, and expose them to Israel's advanced high-tech industries."

President Rivlin responded to the Korean ambassador and said: "I believe that during your service here we will find additional avenues of cooperation. The rapid development of Korea and the manner in which the Korean people produce miracles proves to the world that it is possible to cope with adversity while at the same time developing the country, education and quality of life."



President Reuven Rivlin with
Ambassador Doulat Kuanyshov of Kazakhstan

The Kazakh Ambassador Doulat Kuanyshov presented his credentials and said: "It is an honor for me to be here. The warmth I feel reminds me of home. I would like to convey warm greetings on behalf of the president of Kazakhstan, who feels a close connection to your country and to Jerusalem. We are committed to continue to encourage tolerance between different ethnic groups, and I know, Mr. President, that this is an issue dear to your heart."

President Rivlin replied: "The relationship between Israel and the Kazakh people is evidence that the conflict in our region is not related to religious beliefs. Our relationship serves as an example that despite the differences between us, cooperation can prevail. We are deeply appreciative of your president; I know he does a lot, regardless of religion. He is known as an international leader who actively works to create understanding and tolerance."



President Reuven Rivlin with
Ambassador Margaret Ann Louise Jobson of Jamaica

The Jamaican (non-resident) Ambassador to Israel, Mrs. Margaret Ann Louise Jobson presented her credentials and said, "It is a great pleasure for me to serve as Ambassador to Israel. When I left Kingston they said to me that Israel is an important country for us. Jamaica has special bonds with Israel; the Jews of Jamaica were some of the earliest settlers to the island, and have contributed immensely to the economy and development. I believe there is a strong and sound basis to deepen our ties in the future."

The President responded by saying, "It is a pleasure to host you in Israel's capital, and to renew the presenting of credentials by the Ambassador of Jamaica. The relationship between our countries is excellent, and there is no doubt that your presence will help strengthen and deepen this bond." The President added in relation to the ambassador's status as a non-resident representative, "We will be happy to see you in Israel much more."



President Reuven Rivlin with
Ambassador Feliciano Antonio Dos Santos of Angola

The Ambassador of Angola, Mr. Feliciano Antonio Dos Santos, thanked the President and said, "Israel has played an important and significant role in assisting infrastructure and agricultural development in Angola, and we are benefiting from the experience and understanding which you bring in these fields. I have been asked to take action to strengthen and deepen the relationship between our countries, and to promote cultural partnerships. We hope that with your help, my time here will be most productive." President Rivlin warmly welcomed the Ambassador and said, "Angola has a central role in Africa; your economy is an example to many states around the world. Between our countries, we share excellent relations, of importance to both sides. We are impressed by your progress in the area of water and agriculture, and successful use of natural resources. I am pleased to welcome you to Israel."

ISRAEL WELCOMES NEW AMBASSADORS



President Reuven Rivlin with Ambassador Nathaniel Imperial of the Philippines

The incoming Ambassador of the Philippines, Mr. Nathaniel Imperial said, "I am delighted and honored to serve my country in the holy land. The good will, which characterizes the relationship between our countries, began already in the late 1930's, when our President initiated the 'open door policy' for Jews fleeing persecution at the hands of the Nazis. In Israel, there are many workers from my country, and they enjoy safe employment with good conditions, for which I am both grateful and very proud."

The President praised the good relations between the two countries and said: "We will never forget that you were the only Asian country to vote in favor of the creation of a Jewish state. There is a wonderful relationship between our countries, and we look forward to expanding it. It is a great pleasure for us to have you in Israel as a diplomat and as a renowned poet; I hope that your books will be translated into Hebrew so that we can all benefit from them."



President Reuven Rivlin with Ambassador Ruben Marial Benjamin of South Sudan

For the first time, an Ambassador from South Sudan to Israel, Mr. Ruben Marial Benjamin, presented his credentials to the President. The Ambassador said, "I am happy to serve my country in Israel, and I have been sent here following the long and warm relations between us. We understand what it means to be in a long struggle, and Israel is an important friend who has helped us greatly and we appreciate this. I am happy to say that I feel at home in Israel."

The President responded, "I am excited to receive your appointment as the first ambassador from your country. We have much in common; we appreciate greatly the security ties between us, and see in South Sudan an important friend. On a personal note, I wanted to be a soccer player when I was a child, but sadly I wasn't good enough, and so I decided to be the president of my favorite club instead. I know that you are a good soccer player, and so I am happy to invite you to play and train in Jerusalem."



President Reuven Rivlin with Ambassador Lee Gun-Tae of Korea

Ambassador Gustavo Antonio Otero Zapata of Peru presented his credentials to President Rivlin and said: "I have worked in Israel on previous postings, and feel that I am returning home. I would like to continue to promote the bilateral relationship between our two nations. We thank you for both your assistance and for the Israeli investments in Peru, such as the development of water technology that has made a significant contribution."

President Rivlin praised the good bilateral relationship between the two countries and said: "I have visited Peru, and have seen that both our nations share a common value, that of the deep roots of a people to its homeland."

PADANI
JEWELLERY FOR CONNOISSEURS

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The three Jui Jitsu Academy branches together at a promotion ceremony in Tel Aviv

DIPLOMATS TAKE IT TO THE MATS TO TRAIN IN MIXED MARTIAL ARTS



by Gabriel M. Avner

Over the past decade, mixed martial arts have grown out of the underground fighting scene, bursting to the forefront of world sports. With fighters competing from across the globe, it should come as no surprise that Israel has become one of the centers for the sport. With a long history of Israelis competing in martial arts on the Olympic stage and winning medals in Judo, the evolving popularity of mixed martial arts (MMA) would seem to be a natural evolution of the local sports scene. How Israel is making its mark on the sport and producing high level fighters is a story best told by looking back at how MMA has risen to its place of international prominence.

Mixed martial arts, for the uninitiated, is a combat sport where two fighters face off with the goal of either knocking out or forcing their opponent's submission. It is open to competition for men and women of all ages. In contrast to other forms of competitive combat sports such as Taekwondo or Judo, which are

practiced in their style specific forms, MMA combines a wide variety of martial art styles from across the globe. While the primary elements of the sport are drawn from Muay Thai (Thai boxing), Brazilian Jiu Jitsu, Judo, and wrestling, various forms of Karate and other martial arts have found their way into the ring. The mixture of different styles and the international participation of the fighters have proven to be a big draw for fans from around the world. Flags representing the different countries of the fighters can always be seen at the events with groups of supporters showing up to cheer on their countrymen.

In recent years, the sport has been popularized by the Ultimate Fighting Championship (UFC), the largest MMA global league. Since the beginning, Israelis have been amongst the fiercest of competitors. Great Israeli fighters have included Moti Horenstein, who fought in the early years of the UFC, as well as Noad Lohat, who has gained more recent fame. Many of the Israelis who have competed in MMA have come with backgrounds drawing from the strong Judo and 'survival' styles of fighting that are popular here. Their success

has helped to give rise to increased interest for new fighters to join the sport and has led to the growth of high level clubs around the country that teach MMA and its core element of Brazilian Jiu Jitsu.

One of the most recognized groups is the Jiu Jitsu Academy (JJA) with its main branch in the heart of Tel Aviv. Leading the club is Gidon Sagher, a second degree black belt, who received his belt from Master Ricardo De La Riva in Rio de Janeiro. Sagher comes to the sport with strong background in martial arts. He has trained security forces from around the world, including SWAT teams and Special Forces. Moreover, he is the only official representative of the De La Riva global club in Israel. Under his guidance, his students have opened two additional locations with one in the northern Misgav region, as well as in Rishon Le-Zion.

The school itself exemplifies both the international element of the sport, as well as a wide cross section of Israeli society. Members of the group include fighter pilots, academics, high tech entrepreneurs, students, and others. Upon walking through the doors of the Tel Aviv group, one can hear a mix of Hebrew, English, French,



Belgian Ambassador John Cornet d'Elzcius receives his blue belt

and other languages. With its strong international reputation, it is the destination for visitors from around the world. Along with its beginners, who are just getting to know the sport, it has the highest concentration of black belts in the country with eight elite fighters calling it home. Its newest black belt, Shlomie Ben Tzion, holds the championship title in Israel for BJJ in the 85-kilo weight class.

The JJA has also become a prime choice for expats to train, with its welcoming atmosphere and high level, including many diplomats. Belgian Ambassador John Cornet d'Elzcius, who has been coming to the JJA, recently received his blue belt. Other past members of the JJA have come from the Japanese diplomatic staff as well as others serving here in Israel. "It's like playing chess,"

Ambassador Cornet d'Elzcius says of training. He appreciates how being a part of the club, "offers him a unique opportunity to interact with Israelis outside of the confines of the standard diplomatic encounter."

During the past six months, the JJA has started accepting younger members that include middle and high schoolers. Some of the older fighters have begun to bring their sons and daughters to get them acquainted with how it feels to train on the mats. Gidon's brother, Shaul Sagher who was on the national Judo team as a teenager notes that, 'You now have a generation that is starting to train MMA from a younger age, and hopefully that will help to create a stronger cadre of fighters and grow the community into something even more organized'. With the impressive level of talent and experience from the club's older generation, the future seems wide open for the next wave of Israeli MMA competitors moving forward. ●



Purple belt Noa Lellouche and black belt Sami Benukya



Dr. Alexander Kanzevolsky has been a practicing osteopath and therapist for the last 20 years. He is also one of the founders of The Israeli Cranio-Sacral Therapy and Rehabilitation Center. Osteopathy offers treatment of many disorders, including ADHD, developmental disorders and autism, scoliosis, birth trauma, allergic diseases, headache, depression, gynecological problems and disorders of the menstrual cycle, a variety of disorders of the gastrointestinal tract and many others.

DC: What is osteopathy in the broadest sense?

AK: Osteopathy has been recognized in the world for a long time, but in Israel, it has been developing for about 20 years. There are different schools of osteopathy – the American and the European. According to the American Osteopathic Association (AOA), osteopathic medicine is a complete system of health care with a philosophy that combines the needs of the patient with the current practice of medicine. Doctors of osteopathic medicine (DOs) practice a wholesome

OSTEOPATHY THE HOLISTIC APPROACH TO PATIENT CARE

approach, which means they consider both the physical and mental needs of their patients.

DC: Does it mean that osteopathy requires broad diagnostic competencies?

AK: The practice of osteopathy requires a holistic understanding of the body and a precise knowledge of anatomy, physiology, embryology and pathology. This is the reason osteopaths collaborate with psychologists, therapists, orthopedists, homeopaths, reflexologists, nutritionists, psychiatrists and many other specialists.

DC: The Attention Deficit Hyperactivity Disorder problem in children has become extremely common over recent years. Opponents and supporters of Ritalin and other drug therapies cross “swords” in debate about the most effective method of treatment. What is your opinion on the matter?

AK: Osteopaths consider birth trauma as a major cause of ADHD, dyslexia and other disorders, such as scoliosis. Apathy or, conversely, unrestrained activity may be consequences of a birth injury. Such children are often treated with Ritalin – a drug that causes a lot of debate. The osteopathic treatment methods provide another solution to

the problems of ADD and ADHD. Ritalin just varnishes reality.

A system of cranial osteopathy treatment is based on the fact that a skull is not an ossified structure, but consists of bones moving relative to each other and associated with meninges, spine, sacrum and cerebrospinal fluid exchange. Functional disorders in this system usually cause the indicated problems. Osteopathy successfully removes their specific root cause.

DC: You mentioned that birth trauma might also cause scoliosis?

AK: Birth trauma may be one of the causes for scoliosis; however, 70 percent of scoliosis appears to be a hereditary disease. Nevertheless, regardless of the scoliosis cause it is necessary to diagnose and treat it as soon as possible. If a 5-6 year old kid with a small stoop or with a tendency to scoliosis, or an 8-9 year old child with scoliosis at the initial stage, attends the osteopathic clinic, the treatment effectiveness will be higher. While a child grows, his or her posture can be corrected, but the earlier we start to do it, the better.

Scoliosis manifests itself very fast during puberty. On average, the treatment of scoliosis with osteopathic methods can last for about six months. During this time, osteopathic therapists try to correct a spine and build up the corset muscles, so that it

can hold the spine. It is much easier to help a kid than to treat a sick adult.

It is impossible to cure scoliosis in adults. However, it is possible to significantly improve the condition of the spine, to correct the position of the pelvis and shoulder blades, and build up corset muscles that will allow avoiding pain and diseases of the internal organs. Osteopathic methods can also help with pain in the spine caused by other factors.

DC: Methods of osteopathy treat not only such “obvious” things like scoliosis, but also headaches, which often have unclear etiology.

AK: There are many causes of headaches and other pain syndromes – from the emotional stress effects to

“Osteopathy offers treatment of many disorders, including ADHD, developmental disorders, scoliosis, birth trauma, allergic diseases, headache, depression, gynecological problems, a variety of disorders of the gastrointestinal tract and many others”

the consequences of trauma, including childbirth trauma. Damage to the skull due to squeezing in the birth canal, drop impact, accidents, stress or serious illness, all these may lead to a disorder of the skull bones relative placement and their mobility, to the tension of the meninges, or to the dysfunction of cerebrospinal fluid exchange. Bones that were movable in the past can be locked or shifted. This leads to a serious disorder of



the cranio-sacral rhythm, resulting in patients suffering from migraines, dizziness, unstable blood pressure, gait disturbance.

Sometimes we treat patients suffering from headaches, and as a consequence, from depression, for 20-30 years. From the osteopathy viewpoint, a pathology root cause can be found in any part of a body, beginning with a head and ending at coccyx, including any internal organs.

DC: You have mentioned depression; does osteopathy treat it as well?

AK: Yes, osteopathy techniques are used in the treatment of depression. Although depression is a psychological problem, it is often a secondary issue, while it was initially caused by physical problems, including the mentioned long-term headache, and, as a consequence, by fatigue, weakness, psychological discomfort.

Osteopathy eliminates a primary physical problem and, consequently, depression, but with the help of psychologists and concurrent medication. The main problem in such cases is to determine whether the depression is primary or secondary, and if it is a secondary issue, then to find out its primary root cause.

DC: Depression, headaches, and age-related problems affect a person appearance. What can you offer your female patients to improve it?

AK: Not only female patients, but male patients can benefit from osteopathic treatment as well, because everybody must take good care of his or her body and appearance. Toxins are accumulated in a body, and it is necessary to get rid of them. Osteopathy offers methods of lymphatic drainage for this purpose. Person's appearance and health largely depend on the lymph state. It is well-known fact that a circulatory system is responsible for the supply of the body with all the necessary means: arteries deliver food to the cells and oxygen, while the veins carry wastes. However, human blood carries away not all the waste, there is also the lymphatic system that removes fasciae and cellular waste products, and functions as the body's immune defenses. When lymphatic vessels are clogged, the overall health is deteriorating and the metabolism is impaired. Thousands of microvascular spasms obstruct capillaries, blocking the flow of blood and lymph, worsening cell oxygen nutrition and impeding cell waste removal.

Restoring the normal operation of the lymphatic system means to recover the body's own immunity. By the way, headaches are one of the signs of intoxication, i.e. insufficient detoxification. In this case, a deep

“Osteopathic therapy is the most appropriate way to get rid of allergic symptoms since it is aimed at improving the whole human body and has proved its effectiveness in adults and children treatment”

lymphatic drainage carried out by a qualified osteopath would be very helpful. Osteopath, who perfectly knows the anatomy and physiology of a human body, will be able to clean deep underlying lymphatic vessels and conduct lymphatic drainage of an entire body. Deep lymphatic drainage is useful against immunodeficiency, nervousness, headaches, poor sleep, edema, frequent colds and even unhealthy complexion.

DC: You have mentioned the word “fascia,” what does it mean?

AK: Fascia is a protective connective tissue that forms the inner frame of a body. Fasciae, like cases, surround muscles, ligaments, joints, internal organs, bones, vascular and nerve trunks and even line the cavities of the brain and spinal cord (meninges). The fasciae are connected to each other, creating a single structure within a human body. Fascia contains contractile and elastic fibers, has a bioelectrical potential, and is able to tighten and relax.

In response to such external injuries as contusions, or wounds, or disruption of the internal organs an area of tension, twisting forms inside the fascia, which pulls to itself all surrounding tissues, organs, joints, blood vessels. Caught organs cease

to function properly, constricted blood vessels provide poor blood flow to them, edema is formed, and strained joints (including the spine) are displaced and remain in a wrong position. Therefore, one seemingly minor reason causes a whole cascade of disorders leading to many problems that need to be balanced. Incorrect stereotypes and behavior patterns, the stagnation of consciousness that have been formed over many years, do not allow a person to use his or her own strength.

DC: Allergy is one of the main diseases of our civilization. About 20% of the world's population suffers from various allergic reactions. Can osteopathy help them?

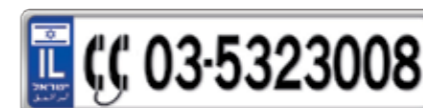
AK: Yes, it can. By the way, most likely, in 15-20 years a half of all Earth population will experience some sort of allergic reaction. Frequent colds, asthmatic lung function disorders, skin manifestations, rhinitis, conjunctivitis, food and drug allergies, allergic reaction to light and even chronic fatigue are consequences of allergic diseases and their complications. A general mechanism of allergic “failure” leads to weakening and suppression of the immune system, reducing resistance to stress. Therefore, allergic disorders are very common when a person is severely sick and in the first months and years of life, when defense mechanisms are depressed or not yet developed (such as children's).

Osteopathic therapy is the most appropriate way to get rid of allergic symptoms since it is aimed at improving the whole human body and has proved its effectiveness in adults and children treatment. Results of osteopathic treatment are better in children. ●



SUNDAY IS YOUR DAY!

Every Sunday from 10 AM till 3 PM, ICE PEAKS will be open for Diplomats and their families only. Parents invited for free.



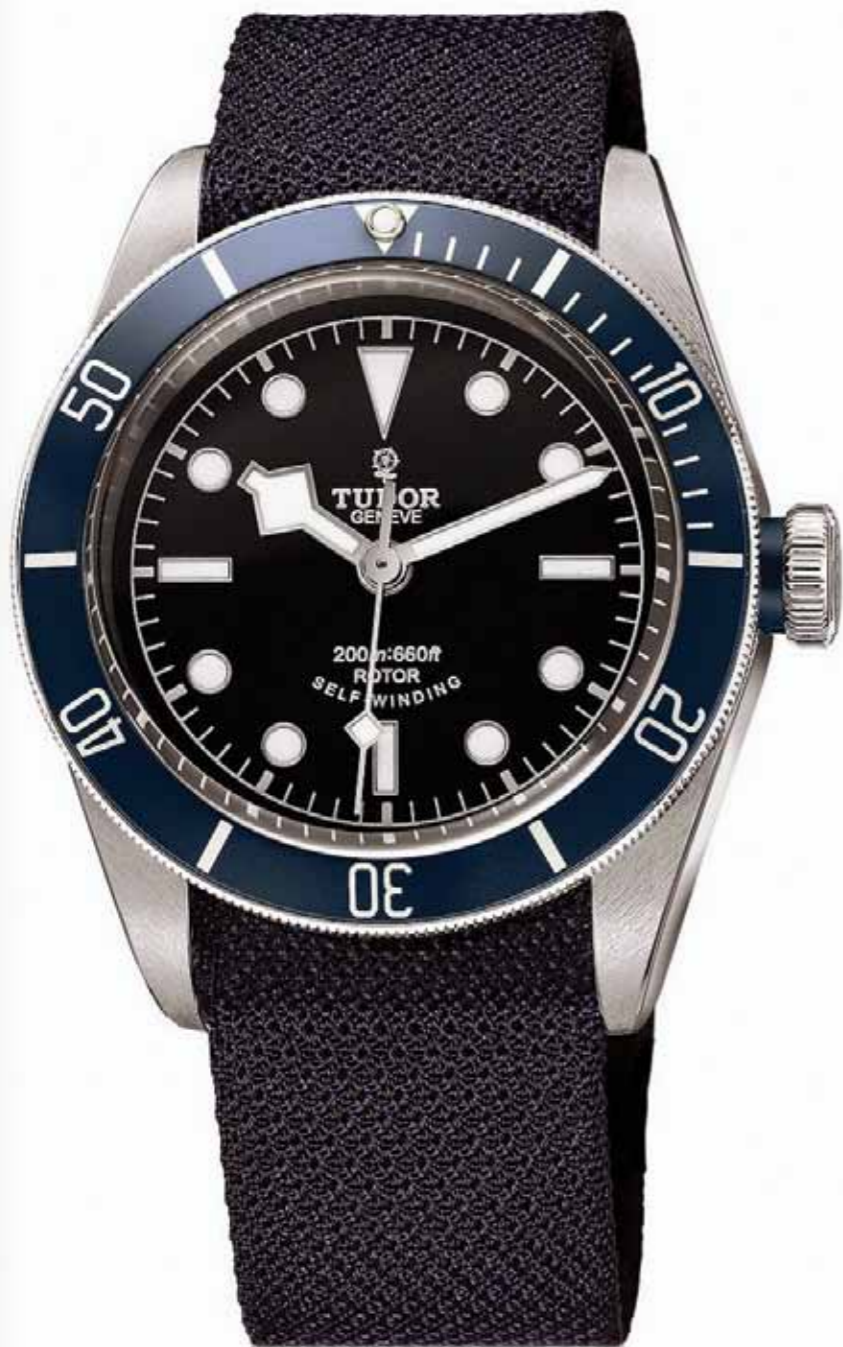
היכל הקרח של ישראל
ICE PEAKS



The Entrance through Jerusalem Ave. and Mifratz Shlomo st., at Peres Park Holon
Active Hours: during the week and Week ends: 10:00-24:00 • www.icepeaks.co.il



TUDOR
WATCH YOUR STYLE



TUDOR BLACK BAY- SWISS HERITAGE

An open book on decades of deep-water adventures, steeped in the mysterious aura of a hidden bay that gradually reveals its secrets to those who venture there, the Tudor Heritage black bay is a long-lost treasure, returning to the light of day. First presented in 2012 in an appealing version with warm colors, the following year it was awarded the "revival" category prize by the jury of the 2013 Grand Prix d'Horlogerie de Genève. The Tudor Heritage black bay returns in 2014 icy and sharp.

This new version exalts the original purpose of the Tudor submariner tool-watches and their use on the wrists of divers serving in some of the world's greatest navies.



TUDOR
HERITAGE
BLACK BAY

The Heritage line by TUDOR is distinguished by the unique creative process of the brand's Style Workshop as well as an exceptional attention to detail. The very opposite of a mere re-edition, a Heritage product is the powerful result of a true temporal and stylistic encounter of past, present and future. The aesthetic codes that contributed to the renown of the historic models are preserved and injected with modern touches to update its iconic status. The TUDOR Heritage Black Bay embodies the pinnacle of this creative approach, since its inspiration is anchored, not in a historic model, but rather in the nearly 60 years of the brand's emblematic divers' watches.

The TUDOR Heritage Black Bay derives its overall lines and its domed crystal from the brand's first divers' watch, the TUDOR Submariner reference 7922, launched in 1954. It also owes to its ancestor its domed dial, a feature shared by the

first TUDOR Submariner models, but which had since vanished. Its imposing winding crown is a nod to a model presented in 1958 under reference 7924 and dubbed "Big Crown" by collectors. Its characteristic angular hands, known by connoisseurs as "Snowflakes", were seen from 1969 to the early 1980s. These multiple references to the brand's aesthetic heritage, combined with contemporary design elements such as the robust 41 mm steel case with a refined finish, a colored, anodized aluminum crown tube, as well as superbly crafted interchangeable bracelets make the TUDOR Heritage Black Bay a watch with a powerful identity that vividly embodies the brand's renewal process. The 2012 TUDOR Heritage Black Bay, with its black-chocolate dial, its pink-gold hands and hour markers, its creamy luminescent material and its burgundy bezel, is reminiscent of the gentle warm patina of an antique

watch. It tells of the nostalgia for objects whose appeal increases over time and plays on the charm of its attractive aura. For this second version, TUDOR's Style Workshop sought to convey through design details the intention governing the creation of the brand's first divers' watch: namely, to produce a technical and reliable divers' tool-watch. The result is an antithetic and yet complementary TUDOR Heritage Black Bay, presented in cool colors accentuating this model's inherent virtues of fine workmanship, finishing and precision.

While the first version radiated gentle, soft warmth, the face of the second is icy with sharp lines infusing it with a decidedly tech allure. Its deep-black dial strikes a cold, marked contrast with the silvery hour markers and their white luminescent material. The silver-colored, luminescent hands feature the same contrast as they cut across the dial with surgical precision.



Finally, the bezel in midnight-blue, matching the color of the crown tube, tempers the vibrancy of the steel case, while lending an aquatic and highly functional dimension that echoes the military past of certain brand references. During the second

half of the 20th century, the Marine nationale française was equipped with TUDOR divers' watches, which were generally blue. Like all models in the Heritage line, the TUDOR Heritage Black Bay comes with two bracelets or straps: an adjustable blue fabric

strap with a sophisticated weave; and the other a choice of either a midnight-blue distressed leather strap matching the bezel, or a satin-finished and polished steel bracelet. Both come with a folding clasp. ●

Tudor Black Bay

Available on Rolex Show Boutiques in Tel Aviv, Jerusalem, Ra'anana, Eilat and in selected watch shops in Israel.

For more details, visit our website:

www.euro-asia.co.il
www.tudorwatch.com



OYSTER PERPETUAL DATEJUST



מכון פתרונות | mlgvan



אור-אסיה יבואנים בלעדיים - שדרות שאול המלך 1 תל אביב 6473301, טל. 03-6857520 - ROLEX SHOW 03-9685222, אבן גבירול 36 ת"א, 02-5663432 - שדרות ממילא 02-5663432 - ירושלים אלרוב, שדרות ממילא 02-5663432 - אילת, שד' לה-בולכארד מלון רויאל גרדן - ROLEX SHOW 08-6337002 - אחוזה 88 רעננה 09-7463046 - אילת, שד' לה-בולכארד מלון רויאל גרדן - ROLEX SHOW 08-6337002



Yes, you're right!

The perfect gift

If you are looking for the ideal holiday gift, don't look any further. With products from BergHOFF, a European brand of kitchen and cookware, your festive table will look fantastic; and not just for the next month, but for many years of cooking and dining pleasure.

A European brand

BergHOFF is a leading international brand designing, manufacturing and distributing articles related to preparing food, cooking, eating and drinking. The company offers unique designs in 9 categories at affordable prices. The portfolio ranges from pots and pans, oven and bake ware, knives, cutlery, all kinds of porcelain accessories, tableware, glassware, outdoor items and small electrical appliances. Not just families will find their preferred item, but also professionals in the trade will be enthusiastic about the quality and the wide choice.

Thanks to cost-reducing production methods and total control of all production stages, BergHOFF is able to offer award-winning designs to all. The result of the dedication to product design and quality control can be seen in the showroom in Ashdod.

18/10 stainless steel and the possibility to cook in a healthy way

The luxurious Zeno cookware line offers a remarkably designed big round belly shaped pots made in high-quality 18/10 stainless steel with a mirrored finish. These pots will help you cook fantastic and healthy meals

for family and friends.

With this line, BergHOFF brings the culture of European cooking to Israel, since it allows cooking and frying in a healthy way with little use of oil and water. This way it is possible to prepare tasty diet meals, while keeping minerals, vitamins and other valuable nutrients. What's more, cooking with the Zeno casseroles is energy-efficient on all types of stovetops, induction included.

A special base

The unique construction of the base consists of 6 layers made of different metals. Each material has particular qualities, like aluminium and copper that conduct the heat, while Ferro layers make sure the heat is spread throughout the base. The result is fast transfer of the heat, but also spreading the heat without hotspots, which could burn food locally.

More advantages

Thanks to the tight-fitting lid, the heat is kept inside the pot, which allows you to reduce the added heat for extra energy-efficiency. An extra advantage is that the evaporated juices form little droplets fall back on the food for extra tasty and juicy results, which have been prepared with a minimum of added water.

So cooking with the Zeno casserole is energy-efficient and time-saving with great results.

The handles stay cool while cooking offering extra comfort and added safety

All advantages summarized

- 6-layer base for fast and energy-saving cooking with even heat transfer throughout the complete surface without hotspots
- ergonomic design
- high-quality 18/10 stainless steel
- suited for all stove tops, induction included
- possibility to cook in a healthy way with a minimum of added fats or water

However, there is more in the showroom

There are many other pots and pans, handy accessories, beautiful knives and cutlery, durable glassware and attractive porcelain. You will also see pots and pans with our "Ferno Green" non-stick coating, a multi-layered coating with great easy-food release qualities allowing you to use as less fats as you like.

And what is more: the "Ferno Green" coating is PFOA-free and contains no toxics like lead or cadmium.

"Yes, you're right!"

At BergHOFF, we believe in quality. For professionals, for cooking fanatics as well as for households. We inspire the users of our cook and kitchenware through innovative and award winning designs.

With our tagline "Yes, you're right!"

we bring a clear message to our customers that they can rest assured that BergHOFF is the best choice for quality, design and for their budget.

Where to find these products?

Our showroom is located at:
23 Moshe Even Ezra st., Ashdod
Telephone: 08-854-3766

Visit our website:
www.berghoff.co.il



FOR THE DIPLOMATIC COMMUNITY ONLY

Zeno- Casserole, set of 12 pieces

Model Number 1111002 Cupon code - MD103



Cooking and heating
with storage bowls

6-layer sandwich base for fast
and even heat transfer

1. 18/10 stainless steel
2. Aluminium
3. Ferro
4. Aluminium
5. 18/10 Protector
6. Copper



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**CATHOLIC MAIN SCHEDULE FOR CHRISTMAS -
BETHLEHEM 2014/2015**



DECEMBER 15 – 23:

16.30 Novena of Christmas in St Catherine.

**WEDNESDAY 24TH DECEMBER
CHRISTMAS EVE
AT RACHEL'S TOMB**

13.00 H.B. Fouad Twal, the Latin Patriarch of Jerusalem, is welcomed by, Latin parish priest of Bethlehem and representatives of Bethlehem, Beit Jala and Beit Sahour.

AT THE MANGER SQUARE

13.30 Solemn Entry of the Latin Patriarch into the Basilica of the Nativity and St. Catherine Church followed by Pontifical Vespers.

AT ST. CATHERINE'S CHURCH

16.00 Daily procession to the Nativity Grotto.

21.00 Opening of the gates (Tickets required see below)

23.15 SOLEMN "OFFICE OF READINGS"

00.00 PONTIFICAL EUCHARISTIC CONCELEBRATION

**THURSDAY 25TH DECEMBER
CHRISTMAS DAY:**

IN THE MANGER GROTTTO

2.30 Low masses until 5.15 (no tickets required), interruption from 5.30 to 7.00 approximately.

AT ST. CATHERINE'S CHURCH

7.30 PARISH MASS IN ARABIC.

10.00 PONTIFICAL CHRISTMAS MASS IN ARABIC AND LATIN.

14.00 Pilgrimage to the Greek and then to the Latin Shepherd's Field.

**FRIDAY 26TH DECEMBER
FEAST OF ST. STEPHEN:**

IN THE MANGER GROTTTO

Holy masses at 5.00 and 7.30.

AT ST. CATHERINE'S CHURCH

Holy masses at 6.30 (Italian) and 7.00 (Arabic).

12.00 Daily procession to the Grotto of the Nativity.

**SATURDAY 27TH DECEMBER
FEAST OF ST. JOHN EV**

IN THE MANGER GROTTTO

Holy masses at 5.00 and 7.30

AT ST. CATHERINE'S CHURCH

Holy masses at 6.30 (Italian) and 7.00 (Arabic)

12.00 Daily procession to the Grotto.

16.45 Veneration of the Rock of Manger Grotto

**SUNDAY 28TH DECEMBER
FEAST OF THE HOLY
INNOCENTS:**

In the Manger Grotto

Holy masses at 5.00 and 7.30

At St. Catherine's Church

Holy masses at 6.30 (Italian) and 7.00 (Arabic)

12.00 Daily Procession to the Grotto of the Nativity

In the Grotto of the Holy Innocents

10.00 SUNG MASS (Latin)

14.00 Vespers in the Grotto of the Holy Innocents.

MONDAY 29TH DECEMBER

IN THE MANGER GROTTTO

Holy masses at 5.00 and 7.30

AT ST. CATHERINE'S CHURCH

Holy masses at 6.30 (Italian) and 7.00 (Arabic)

12.00 Daily procession to the Grotto.

AT SHEPHERD'S FIELD

15.00 Solemn mass at in commemoration of the Shepherds

TUESDAY 30TH DECEMBER:

IN THE MANGER GROTTTO

Holy masses at 5.00 and at 8.30

At St. Catherine's Church

Holy masses at 6.30 (Italian), 7.30; 9.00; 11.00; 16.30 (Arabic)

**WEDNESDAY 31ST DECEMBER
NEW YEAR'S EVE:**

In the Manger Grotto

Holy masses at 5.00 and 7.30

At St. Catherine's Church

Holy mass at 6.30 (Italian)

14.00 SOLEMN VESPERS WITH PROCESSION TO THE GROTTTO.

16.00 Eucharistic adoration and Mass of Thanksgiving (Arabic) with TE DEUM.

2015

**THURSDAY 1ST JANUARY 2015
NEW YEAR**

In the Manger Grotto

Holy masses at 5:00 am and 7:30

At St. Catherine's Church

Holy masses at 6.30 (Italian) and 7.30 (Arabic)

10:30 SOLEMN MASS (Arabic) followed by procession to the Milk Grotto with the Icon of Virgin Mary.

**MONDAY 5TH JANUARY
EVE OF EPIPHANY:**

IN THE MANGER GROTTTO

Holy masses at 5.00 and 7.30

AT RACHEL'S TOMB

11.00 Fr. Pierbattista Pizzaballa, Custos of the Holy Land is welcomed by Latin Parish Priest and other representatives of Bethlehem.

AT MANGER SQUARE

11.30 Solemn entry the Custos of the Holy Land into the Basilica of the Nativity and St. Catherine Church.

AT ST. CATHERINE'S CHURCH

13.45 PONTIFICAL VESPERS AND PROCESSION TO THE GROTTTO

15.30 Office of Readings and procession to the Grotto

**TUESDAY 6TH JANUARY
FEAST OF EPIPHANY:**

AT THE MANGER GROTTTO

Holy masses starting from 00.00 until 9.00 with an interruption between 1.00 and 2.30 (approx.)

AT ST. CATHERINE'S CHURCH

7.30 Holy Mass

10.00 PONTIFICAL MASS (Latin and Arabic)

15.30 Solemn vespers and traditional solemn procession to the Grotto of the Nativity: Veneration of the Infant Jesus with gifts of Gold, incense and myrrh

THE 3RD INTERNATIONAL DEAD SEA GRAN FONDO DECEMBER 10, 2014 – JANUARY 08, 2015

The Gran Fondo is a one day challenging cycling festivity for the riders. The goal of this event is to fill the gap between team cycling challenges and professional cycling competitions.

The Gran Fondo Arad - Dead Sea course will be a circular course, where the start and finish point will be near Ein Bokek – Dead Sea hotels strip. The course will be a round tour with a total distance of 155KM and 1752 meters in elevation – a ride across the wild desert via Ma'ale Akrabim (Scorpions Pass) ending at Hatrorim junction.

Location: Arad and Dead Sea



THE HISTORY OF JERUSALEM THROUGH THE LENS OF MEDICINE AND FAITH EXHIBITION MAY 01, 2014 – APRIL 01, 2015



“Jerusalem: A Medical Diagnosis” takes a broad and original look at the “medical record” of Jerusalem, the human struggle for a healthy life in the unique context of the holy city. The exhibition touches on the thousands of years of life in the city through the lens of medical milestones beginning with the days of King David and King Hezekiah until the modern history of Hadassah and Shaare Zedek hospitals.

Location: Tower of David Museum, Jerusalem

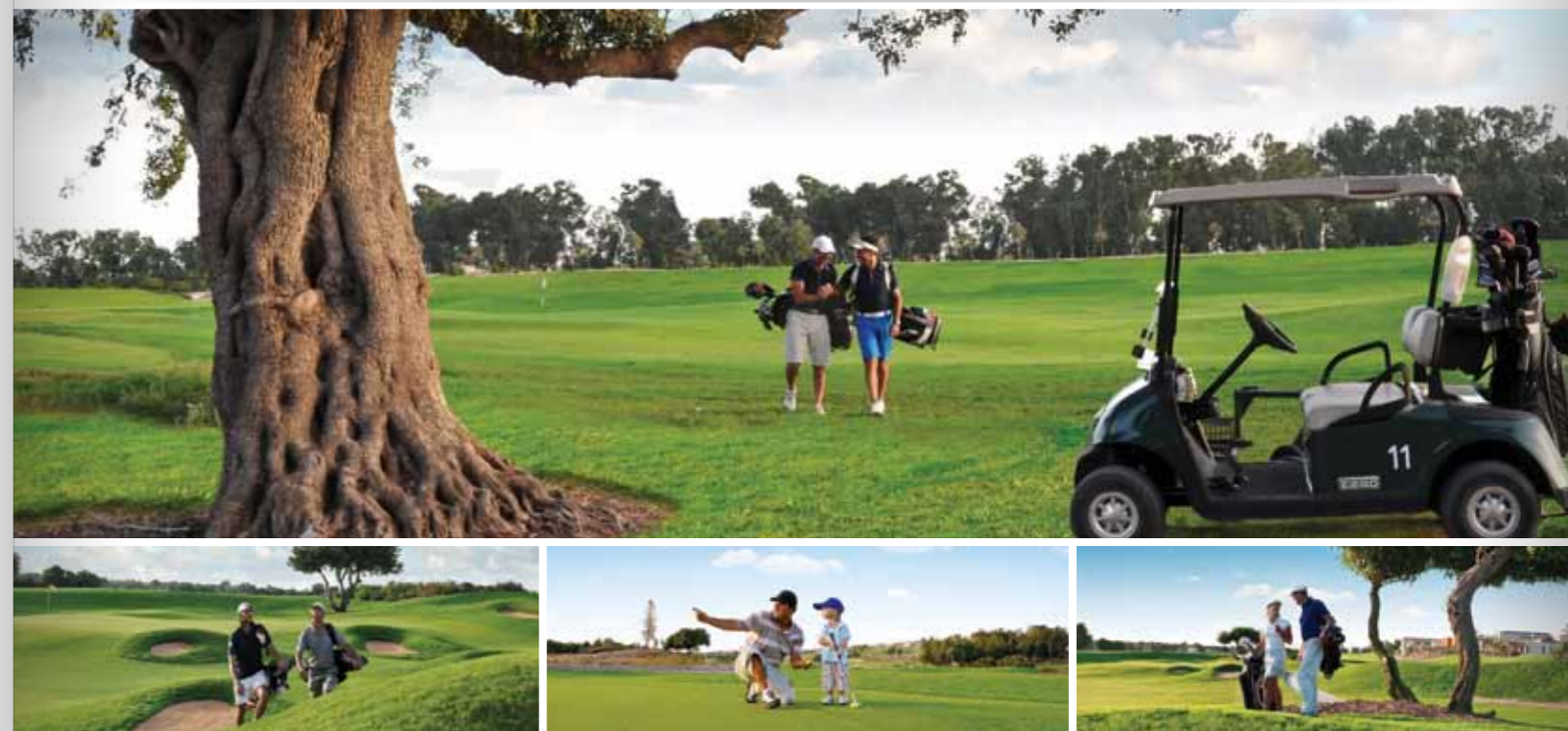


TIBERIAS WINNER MARATHON 2015 DATE & TIME: JANUARY 09, 2015 00:00 - 07:30

The 38th Tiberias Winner marathon will take place on January 9th, 2015 at 9am. The Marathon course follows the shoreline of the Sea of Galilee set against breathtaking rustic landscape, and winding through ancient historical landmarks in the Jordan Valley. It is an out and back course, from the main streets of Tiberias along the Sea of Galilee, crossing the Jordan River up to the turning point at Kibbutz Ein-Gev and back to Tiberias. Finishing line is at the Golden Tulip Club Hotel.

Location: around the Sea of Galilee

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* Valid only with diplomatic identification

* Subject to regulations

* Valid until November 1st 2014

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Caesarea Golf Club
A Pete Dye Signature Course



*We are pleased to present the 3rd edition
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