

Our dedicated Volunteer

Bernard Shapiro has been a fantastic and reliable volunteer in our painting workshop for well over 11 years!

Monday mornings are a highlight for us all when he arrives spreading his warmth, genuine interest and care. Great fun is had by all in sharing his love of music and particularly Bob Dylan via our beloved Bluetooth speaker.

There are so many steps in the painting process to produce our products and Bernard's continuous support is such an asset to our teams production. Thank you Bernard, we appreciate you immensely!



Celebrating the life of Haley Sevitz with her Family

Alan and Pauline Sevitz share their late daughter Haley's birthday every year with us at Astra.

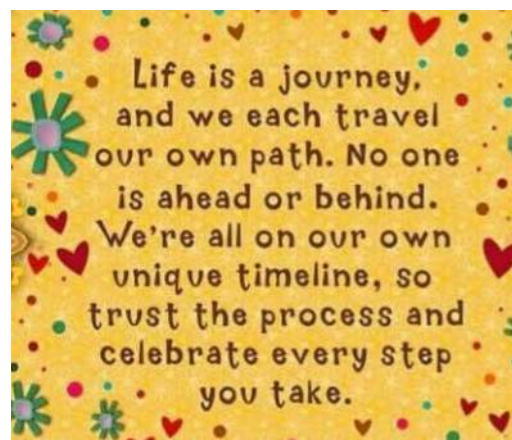
Sadly, Haley passed away in a tragic bus accident in Israel.



A Heartfelt Thank You

We want to thank all the volunteers for what you all do and for giving up your precious time for Astra. We would like to thank other volunteers that give of their time to other areas of Astra. A special mention to Stella Kope for all your support in the coffee shop and also in the computer room.

Thank you for all your selfless assistance and time. A lovely breakfast was held to thank all volunteers.



Newsletter of Astra Centre

Editor and Reporter:
Kim Jacobson



Restaurant Guru gives Coffee Time the thumbs up!



We would like to congratulate coffee time on their achievement on being recommended as a kosher restaurant by "Restaurant Guru" site in Cape Town.

Mazaltov Steven and your amazing team. Thanks for all your professional teamwork in producing such amazing spreads and tasty food. It puts us on the map!

Keep up the good work



Recommended



Poets Corner

Festival of Trees

Please observe Tu Bishvat (festival of the trees)
I Mark it on 13th February 2025 and we all like a forest of tall trees .

Plant my poem as lovely as a tree and Chag Sameach. Have a breeze in the trees. I look forward like a psychic to autumn rain and vivid blue violet flowers growing again in a Sea Point shower, and roses red and violets are bluish under a hush of trees

Be blessed by Hashem on Tu Bishvat as quiet as the Garden of Eden
David Kotlowitz
A zealous poet and Sea Pointer David Kotlowitz

Word Search

A R T G X H E W M N P X S Y E I Z
F Q A F E F S E N O A F C D T N M
T Z L A J U T O G I J P U A A U G
S Q E S B P A Q A T T E L D L E L
G V N X K I B V E A E Y P F P L A
N K T P Z N L B C E R Y T B M I S
I D H T J Z I I N R N L U V E T S
W D W Q P T S T T C A O R T X B
A T I N Y D H N T Y X Y E C O E L
R C H A L K M I A I R Z O O J T O
D C H S D K E L P Z N L D N L G W
G L H B P P N Y E E E G Q C G F I
L N I A E B T D S Y Z A S E W G N
E L I L R S H Q T Z N G L P C S G
O G I K B C L Z R K R W S T M H N
V T F K A C O A Y K J P V R M O G
T Q D X S M C A I Y V A O R A D I
B H S O A I V T L R N I Z D R H S
M A N U F A C T U R E N G E N E
T U A I X S R Z F L M T T V S S D
Y W T K Z A J F C L Q I A V L P K
H Z P W W E O G B E Y N J M S O U
D S A L X T N X L F Z G C J P A D

Ability	Desk	Painting
Art	Drawing	Pattern
Chalk	Establishment	Sculpture
Charcoal	Glass Blowing	Skill
Concept	Knitting	Talent
Crayon	Making	Tapestry
Creation	Manufacture	Template
Design	Materials	Textile

ON THE SPOT



Martin Kennet

What three words would you use to describe yourself?

Loving, energetic, hard working

What job did you do before you came to Astra?

I was in the printing trade for +- 40 years

What your favourite quality about yourself?

I am very open, honest and enjoy the good things in life

Do you have a middle name ?

My middle name is Philip

Would you like to change about yourself if anything?

Being young again

Do you have dreams for the future ?

To perhaps become a better person in certain ways .

What is something most people don't know about you?

Maybe there is a hidden talent that I don't know about.

What's your biggest fear in life?

Being robbed or attacked

What is your biggest strength?

Being an all rounder in the best possible way.

Are you more of an extrovert or an introvert?

Definitely an introvert because I joke most of the time but can be serious.



Happy Retirement Stanley

Stanley we wish you a retirement full of health, happiness and friendship .

Wow, 46 years of service! What an achievement. All your handiwork and positive contributions we will greatly miss you .

Thank you to Rosecourt House Manager Teresa, and also to Nolene for your love and care

Paul the Road Runner

When you next see those poor souls, sweating and running down the road, (or up it!) cast your thought to Paul Rawraway.

Actually you may very well spot him running amongst them. Paul has many medals to his name. With races like the "gun run" and other well known and well attended events under his belt, Paul has even competed in New York.

He completed the grand New York marathon a 42km run thought the city in a time of just 3 hrs 59 min 31 seconds ! Wow a huge achievement.

He told us that he has competed in 21 'Gun runs' 20 "Kloofnek classic half marathon", nine 30 km runs and two x 42 km marathons with the one race taking place in New York. He now loves to do his park runs every week.

When asked about his "time off" he says he runs. It helps him cope with every day life. he loves doing the park runs now coming 30th out of 167 participants and finished 2nd in his age group. Good one Paul we are impressed by your achievements keep it up.



Welcome to Astra

Stephen Guttman, Gia Kachtan
Batya Berk, Ty Micinilio

