



The Award Winning  
**Cherry Drop**

A Publication of Cherry Hill Brith Sholom Lodge #966 | Gabriel Lerman, Editor | [gslerman1974@gmail.com](mailto:gslerman1974@gmail.com)

**Our Next Meeting**

Hear ye! Hear ye!

The next meeting will take place on: **June 6.** Optional Dinner at 7pm (\$5 cover) with meeting at 7:45

Remember to let Alan Finkel know BEFORE HAND: at 609-313-5897 or [202juniper@gmail.com](mailto:202juniper@gmail.com)

**Have an idea???**

Glad you asked. Well, the Cherry Drop is our publication. It has won numerous Pulitzer Prize awards for its in-depth reporting of everything CHBS. If you have a story idea, please share it with Gabe ([gslerman1974@gmail.com](mailto:gslerman1974@gmail.com)). And remember, you must put "cherry drop" in the subject or it will get lost. **Hard Deadline is the 27th of the month.**

We need advertisers. If you know someone who would like to put an ad in the Cherry Drop, let Gabe know.

**From our President, Scott Bennett**

Written by Julie Gold, a local woman born in Havertown PA.

Sung by Bette Midler.

Won 1991 grammy award for Record of the Year.

From a distance, the world looks blue and green  
 And the snow-capped mountains white  
 From a distance, the ocean meets the stream  
 And the eagle takes to flight

From a distance, there is harmony  
 And it echoes through the land  
 It's the voice of hope  
 It's the voice of peace  
 It's the voice of every man

From a distance, we all have enough  
 And no one is in need  
 And there are no guns, no bombs, and no disease  
 No hungry mouths to feed

From a distance, we are instruments  
 Marching in a common band  
 Playing songs of hope  
 Playing songs of peace  
 They're the songs of every man

God is watching us  
 God is watching us  
 God is watching us  
 From a distance

# FROM THE SCHOLARSHIP FRONT

The Jay Malis Memorial Scholarship Award Ceremony will take place before the general meeting on June 6, 2023.

This year I am proud to announce we have six outstanding individuals. Daniella Abrams, Michelle Lerman, Dana Jefferson, Eli Rudman, Lyla Finkel and Allison Sokolic.

Each one of the named individuals have demonstrated the outstanding qualities of Cherry Hill Brith Shalom. I am proud of each one of them.

Any members who will be attending the Ceremony, please wear your Cherry Hill Brith Shalom shirts. The shirts support the Scholarship fund and make it possible for the lodge to grant the scholarships. Anyone interested in purchasing a shirt, please contact me at 215-776-2501 or email at [jerry\\_abrams@yahoo.com](mailto:jerry_abrams@yahoo.com). The collar polo shirts costs \$35 for sizes large and XL, \$37 for XXL and \$39 for XXXL.

Thank you,  
Jerry Abrams, Scholarship Chairman  
Vice President, Cherry Hill Brith Shalom



|                          |                |
|--------------------------|----------------|
| <b>Christian Bamaca</b>  | <b>6/4/84</b>  |
| <b>Eric Newman</b>       | <b>6/5/63</b>  |
| <b>Victor Rubinson</b>   | <b>6/13/65</b> |
| <b>Benjamin Levin</b>    | <b>6/18/70</b> |
| <b>David Korningruen</b> | <b>7/5/54</b>  |
| <b>Fredric Brotz</b>     | <b>7/7/50</b>  |
| <b>Michael Lefkoe</b>    | <b>7/23/45</b> |
| <b>David Dickstein</b>   | <b>7/23/52</b> |
| <b>Alan Vladimir</b>     | <b>7/27/63</b> |
| <b>Robert Thomson</b>    | <b>7/29/62</b> |
| <b>Gabriel Lerman</b>    | <b>8/3/74</b>  |
| <b>Ken Maccarth</b>      | <b>8/19/76</b> |
| <b>Carl Hyder</b>        | <b>8/22/60</b> |
| <b>Bruce Sperling</b>    | <b>8/22/68</b> |
| <b>Lee Widman</b>        | <b>8/28/61</b> |



Brothers,

CHBS 966 Bike team is getting ready to get back in action. Join me on this ride for a great cause and get some exercise as a bonus.

The registration fee per person \$75. Registration goes up January 31 so sign up today! To sign up follow the following steps.

Join the **Cherry Hill Brith Sholom 966 Bike Team**

## For the ACS Bike-a-thon

**Sunday, June 11, 2023 Approx 6:30AM**  
**Cherry Hill East to Atlantic City, NJ**

**Sign up and Join our team**

<http://main.acsevents.org/goto/chbs966>

**Captain Lee Widman**



**Adult** - You are 18-years or older and commit to fundraising a minimum of \$200 by June 10, 2023 to be eligible to ride on June 11, 2023. Your registration fee does not count toward the fundraising requirement. **Current Registration Fee \$75.**

**Youth** - You are between 13 and 18-years old and commit to fundraising a minimum of \$50 by June 10, 2023 to be eligible to ride on June 11, 2023. **Youth Registration has no fee.**

### REGISTRATION FEE SCHEDULE

\$50 from July 1, 2022 – October 31, 2022

\$75 from November 1, 2022 – January 31, 2023

\$100 from February 1, 2023 – May 30, 2023

\$125 from May 1, 2023 – June 10, 2023





# Health Drop

June is PTSD awareness month. I find it very apropos considering that June 6 is D-Day. Granted many of us, if not practically all of us, were not around and did not participate in that auspicious day. Though, we more than likely know or have known people who did. However, you do not need to be involved in such a violent or life threatening experience to have post traumatic stress disorder. I was not in the military, was not involved in a shoot out, never had my life in danger but I was in New York City during the September 11th attacks. During that time, I was an EMT and I was mobilized and sent down to Chelsea Piers to be there for the rescue effort. As we approached the staging area, we passed about 1-2 miles filled with ambulances. While waiting for our next set of instructions, all of the EMTs there were waiting and waiting and waiting. There was plenty of personnel there and plenty of equipment, what we were missing were the patients. That is because that evening there were no survivors. The feeling that we were useless was something that even today is hard for me to shake. I cannot watch and movies, documentaries, or photographs. Luckily for me, that is all that I have to deal with. There are other people who deal with more.

The effects of PTSD can be devastating. According to the US Veteran’s Affairs, there are 12 million Americans living with PTSD and the biggest issue is that people who are affected, do not go for the help that they need. We have heard the term, but do we really know what it is? According to the American Psychiatric Association “People with PTSD have intense, disturbing thoughts and feelings related to their experience that last long after the traumatic event has ended. They may relive the event through flashbacks or nightmares; they may feel sadness, fear or anger; and they may feel detached or estranged from other people. People with PTSD may avoid situations or people that remind them of the traumatic event, and they may have strong negative reactions to something as ordinary as a loud noise or an accidental touch.” In addition, these patients also develop Acute Stress Disorder, Adjustment Disorder, Disinhibited Social Engagement Disorder, and Reactive Attachment Disorder. It is not only those who were exposed to the horrors of war at risk for PTSD, in fact any traumatic event predisposes you to it. Among those include neglected children, survivors of assault, survivors of a traumatic event where other people have died (survivor’s guilt), and those that survived a critical illness.

Treatment focuses on symptoms with the use of modalities such as cognitive behavioral therapy, Medication, Yoga, Meditation, Acupuncture, and animal assisted therapy. But the earlier the person gets these treatments, the better. We must also remember that families of these patients require support as well both emotional and psychological.

For More information, click the links below

[For Veterans](#)

[PTSD Foundation of America](#)





**Beach Party**  
CHBS Returns to the Jersey shore  
**JULY 15<sup>TH</sup>, 2023**  
**At Vassar Square**  
**4800 Boardwalk Ventnor, NJ**

**\$25 pp if RSVP by 7-1-23**  
**After \$30 pp until 7-8-23**  
**Cost includes: Dinner & Dessert**  
**Use of beach, showers & bathroom**  
**(Pool Access Is Not Allowed)**

**Arrive as early as 11 am - Activities begin 1pm**  
**Hoagie party starts at 5pm in the**  
**Vassar Square Party Room**

**Enjoy the sun set on the**  
**rooftop deck and hang until 10pm**  
**(Lunch on your own)**

**RSVP: Allen Block 609-707-0117**  
**[ablocksblock@gmail.com](mailto:ablocksblock@gmail.com)**



**Cherry Hill Brith Sholom**  
**8th Annual**  
**Pool Party**



*Saturday, August 5th*

Rain date Sunday, August 6th



**WE'RE CELEBRATING SUMMER!**

**\$10 per person Early Bird price all inclusive!**

We are going to enjoy a relaxing afternoon by the pool and then watch  
a comedy movie on a big screen!

Bring beach chairs for the movie, towel and sunscreen.

**CHBS will provide Burgers, Hot Dogs, Veggie Burgers and Chicken  
Sides, Dessert as well as Water. BYOod(other drinks;))**

Set up/chill out starts at 1pm, the fun at 3pm, dinner at 6 pm  
and the movie around 8:30pm.

Any questions/comments email Kim Konefsky

[kim.konefsky@gmail.com](mailto:kim.konefsky@gmail.com) or call 609-929-6950

RSVP by 8/1 for Early Bird Price. \$13 per person after  
Your check is your reservation!

Send check made out to **Cherry Hill Brith Sholom Lodge #966**  
c/o Konefsky 1614 Prince Dr -Cherry Hill 08003



# Sign up for important updates from CHBS.

Get information for CHBS right on your phone—not on handouts.

Pick a way to receive messages for CHBS:

**A** If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

[rmd.at/jsokoli](https://rmd.at/jsokoli)

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.

**B** If you don't have a smartphone, get text notifications.

Text the message @jsokoli to the number 81010.

If you're having trouble with 81010, try texting @jsokoli to (484) 241-4261.

\* Standard text message rates apply.

Don't have a mobile phone? Go to [rmd.at/jsokoli](https://rmd.at/jsokoli) on a desktop computer to sign up for email notifications.

**Platt**  
Memorial Chapels, Inc.

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We have come to the end of another cherry drop. I hope that you have enjoyed this issue even though it is a little more sparse in its content.

That being said, The Cherry Drop is going to be on Summer Vacation. That's right, the whole newsletter is on vacation. But send Gabe all your news that happened throughout the summer and it will be published in our "Return to Fall" issue in September. We can have an issue where you send us your vacation pics and we can post them to allow everyone to have :)"keepin' up with the Schwartz's" envy.

Gabe's email: [gslerman1974@gmail.com](mailto:gslerman1974@gmail.com)

Remember to let Alan know if you are coming to the dinner before the meeting and drink plenty of WATER. Alcohol is a fluid but will dehydrate you and then you will get a massive headache we call a hangover and while it was doable when we were 18, 20, 25, etc. Not anymore.