

# The TRUTH

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2021



A Publication of the

**RBO** *Our  
Second Century*

## On the road again?



Photo: John Uram

*After being parked for more than a year . . .  
it would be a welcome sight,  
to see them . . . **on the road again***

# The TRUTH

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John Uram, Editor

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## OBITUARY

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L48	PA	Kozey, Julia	5/6/20	Wilkes-Barre	PA
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24	PA	Worobey, John	3/5/21	Union Twp.	NJ
204	OH	Beese, Jacob (George Bracey-Gibson)	1/9/21	Uniontown	OH
57	PA	Chesniak, Helen	11/14/20	Taylor	PA
24	PA	Schuster, Daria Basalyga	2/4/21	Scranton	PA
182	PA	Schuster (AKA Shustov), Demetri (AKA Dimitry)	7/18/12	Scranton	PA
168	NY	Strosky, Philip	5/4/21	Johnston City	NY
R60	NJ	Komenko, Olga	4/3/21	Hopewell Twp.	NJ
182	PA	George, Marie	4/17/21	Shenandoah	PA
126	PA	Mencewicz, Daniel (AKA Mincewicz/Miniewicz)	4/12/21	Pottsville	PA
187	PA	Karas, Helen	4/22/21	North Versailles	PA
74	PA	Krett, Gerald R. (AKA Jerald)	2/3/21	San Antonio	TX

*Memory Eternal*

"We drink too much,  
smoke too much,  
spend too recklessly,  
laugh too little,  
drive too fast,  
get too angry,  
stay up too late,  
get up too tired,  
read too little,  
watch TV too much.  
We have multiplied  
our possessions  
**but reduced our values.**  
We talk too much,  
love too seldom,  
**and hate too often.**  
We've learned how to make a  
**living but not a life.**  
We've added years to life,  
not life to years."  
—George Carlin 1937 - 2008

Russian Brotherhood Organization

**SUPREME COUNCIL MEETING**  
**Saturday, August 14, 2021 at 9:00 a.m.**  
Hampton by Hilton at Yardley, Pennsylvania

## ABORTION ATTITUDES BY RELIGIONS

Attitudes about whether abortion should be legal vary widely by religious affiliation. Around three-quarters of White evangelical Protestants (77%) say it should be illegal in all or most cases, while 21% say it should be legal in at least most instances. By comparison, a 63% majority of White Protestants who are not evangelical say abortion should be legal in all or most cases. Catholics' views are more narrowly split – 55% favor legal abortion in all or most cases, while 43% say it should be illegal in all or most cases. Religiously unaffiliated Americans overwhelmingly support legal abortion: 82% say it should be legal in all or most cases.  
—Pew Research Center

## MAILING LIST CHANGES

If your address is incorrect or if you know a member who is not receiving The Truth or if you want to remove someone from the mailing list please fill out this form and mail to:

**R.B.O., 301 Oxford Valley Road Suite 1602B, Yardley, PA 19067-7721**

**Phone: 1-215-563-2537 Web page: [www.rbo.org](http://www.rbo.org)**

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## EATING TIPS from the American Heart Association

As you make daily food choices, base your eating pattern on these recommendations:

- Eat a variety of fresh, frozen and canned vegetables and fruits without high-calorie sauces or added salt and sugars. Replace high-calorie foods with fruits and vegetables.
- Choose fiber-rich whole grains for most grain servings.
- Choose poultry and fish without skin and prepare them in healthy ways without added saturated and trans fat. If you choose to eat meat, look for the leanest cuts available and prepare them in healthy and delicious ways.
- Eat a variety of fish at least twice a week, especially fish containing omega-3 fatty acids (for example, salmon, trout and herring).
- Select fat-free (skim) and low-fat (1%) dairy products.
- Avoid foods containing partially hydrogenated vegetable oils to reduce trans fat in your diet.
- Limit saturated fat and trans fat and replace them with the better fats, monounsaturated and polyunsaturated. If you need to lower your blood cholesterol, reduce saturated fat to no more than 5 to 6 percent of total calories. For someone eating 2,000 calories a day, that's about 13 grams of saturated fat.
- Cut back on beverages and foods with added sugars.
- Choose foods with less sodium and prepare foods with little or no salt. To lower blood pressure, aim to eat no more than 2,300 milligrams of sodium per day. Reducing daily intake to 1,500 mg is desirable because it can lower blood pressure even further. If you can't meet these goals right now, even reducing sodium intake by 1,000 mg per day can benefit blood pressure.
- If you drink alcohol, drink in moderation. That means no more than one drink per day if you're a woman and no more than two drinks per day if you're a man.

Follow the American Heart Association recommendations when you eat out, and keep an eye on your portion sizes.



here & there

BE HAPPY WITH  
WHAT YOU HAVE  
WHILE WORKING FOR  
WHAT YOU WANT

Helen Keller

In the end,  
we only regret  
the *chances*  
we *didn't* take.

THE SAME BOILING WATER  
THAT SOFTENS THE POTATO  
HARDENS THE EGG.  
IT'S ABOUT WHAT  
YOU'RE MADE OF,  
NOT THE CIRCUMSTANCES.

GOOD  
is not  
ENOUGH  
if  
BETTER  
is  
POSSIBLE

### AMERICANS MOVING

Despite the 2020 pandemic, this year Americans are following similar moving trends as prior years. Millions of Americans are moving either to start a new job or to move home," NAVL said in its migration report.

The states with the most people leaving included New York, especially New York City, California, New Jersey, Maryland and Illinois.

Source—North American Van Lines (NAVL)

### LOST HER BILLIONAIRE STATUS



Harry Potter author J.K. Rowling is the first billionaire to fall off the Forbes Billionaire List because of **charitable giving**: "You have a *moral responsibility* when you've been given far more than you need. To do wise things with it and give intelligently."

ALWAYS  
STAND UP FOR WHAT IS  
RIGHT  
EVEN IF IT MEANS  
YOU ARE STANDING  
ALONE

# Railroad Tracks

*The U.S. Standard railroad gauge (distance between the rails) is 4 feet, 8.5 inches.*

That odd number gauge was used because that's the way they built them in England, and English engineers designed the U.S. railroads.

The first rail lines in England were built by the same people who built the pre-railroad roads, and that's the gauge they used.



The people who built the roads used the same jigs and tools that they had used for building wagons, which used that wheel spacing.

The wagons have that particular odd wheel spacing because if they tried to use any other spacing, the wagon wheels would break on some of the old, long distance roads in

England, because that's the spacing of the wheel ruts.

Those old rutted roads were built by Imperial Rome who built the first long distance roads in Europe (including England) for their legions. Those roads have been used ever since.



And the ruts in the roads?

Roman war chariots formed the initial ruts, which everyone else had to match for fear of destroying their wagon wheels.



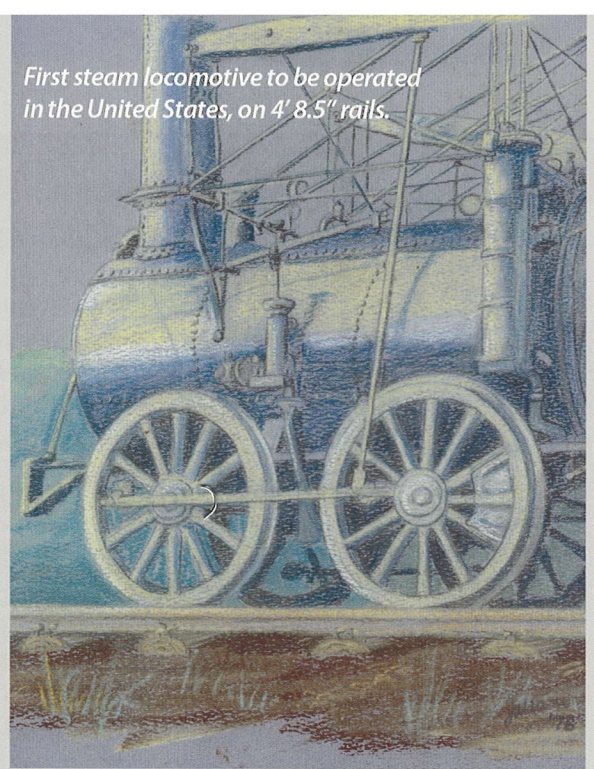
Since the chariots were made for Imperial Rome, they were all alike in the matter of wheel spacing.

Therefore, the United States standard railroad gauge of 4 feet, 8.5 inches is derived from the original specifications for an Imperial Roman war chariot.

In other words, bureaucracies live forever.

Imperial Roman army chariots and railroads of today were made just wide enough to accommodate the rear ends of two war horses. Think about that the next time you are crossing a railroad and you are looking at the tracks as they disappear in the distance. The distance between the rails is based on two horses rear-ends.

*First steam locomotive to be operated in the United States, on 4' 8.5" rails.*



Stourbridge Lion illustration / John Uram

The Stourbridge Lion was a railroad steam locomotive. It was the first to be operated in the United States, and one of the first locomotives to operate outside Britain. It takes its name from the lion's face painted on the front, and Stourbridge in England, where it was manufactured by the firm Foster, Rastrick and Company in 1829. The locomotive, obtained by the Delaware & Hudson Canal Company, was shipped to New York in May 1829, where it was tested raised on blocks. It was then taken to Honesdale, Pennsylvania for testing on the company's newly built track. The locomotive performed well in its first test in August 1829 but was found to be too heavy for the track and was never used for its intended purpose of hauling coal wagons.

The D&H built their own replica of the Stourbridge Lion in 1932 from plans that were made based on the parts remaining in existence. The Wayne County Historical Society Museum contains a full-scale replica of the Stourbridge Lion, and is home to many related photographs and artifacts. This museum is in a small brick building on Main Street, in Honesdale, Pennsylvania, which was once the D&H Canal's company office, and is where the Stourbridge Lion began its inaugural run.

Source—Wikipedia

## FRATERNAL BENEFIT

### Mihaly Russin Scholarship

This scholarship will consist of \$1,000/yr. award not to exceed 3 years to students continuing towards a degree after completing four years of satisfactory college education on a full time basis. A candidate must be working towards a Master Degree, 2nd B.S., degree, or continuing in a longer program (i.e. Medical Doctor, Pharmacist, etc.); Students must have an insurance certificate of \$10,000 or more with RBO; must be/remain active with the society and 2 letters of recommendation should be received (1 by parish priest and 1 by a community member); must be a Christian, active in his/her home parish; an individual who is of service to others and should exhibit the highest standards in character and faith, as well as believes in his/her self and have a noticeable level of determination to succeed.

**Forcing children to wear face masks leads to adverse health effects: new report published by an American Medical Association journal** *JAMA Pediatrics*, a top-rated monthly journal published by the AMA, found wearing face masks increases the amount of carbon dioxide in inhaled air to unhealthy levels.

In a study which measured carbon dioxide levels in 45 children ages 6-17 while wearing masks. The normal content of carbon dioxide in the air is 400 parts per million (ppm), with anything above 2000 ppm considered unacceptable by the German Federal Environmental Office.

The *JAMA* report measured averages of 13,120 to 13,910 ppm of carbon dioxide in the inhaled air of children wearing masks, which is over six times higher than the unsafe threshold. The study further pointed out this measurement was after only three minutes of wearing a mask. Children forced to wear masks at school find themselves wearing masks for hours, five days a week.

The *JAMA* report follows a larger German survey of over 25,000 children, which found 68 percent of them reportedly had problems while wearing facial coverings.

"Most of the complaints reported by children can be understood as consequences of elevated carbon dioxide levels in inhaled air," the *JAMA* study concluded. "This is because of the dead-space volume of the masks, which collects exhaled carbon dioxide quickly after a short time."

"This carbon dioxide mixes with fresh air and elevates the carbon dioxide content of inhaled air under the mask, and this was more pronounced in this study for younger children."

—JAMA

*Faith*

Is not believing that God can.  
It is knowing that God will!

## RBO on the internet

To reach the home office in Yardley, Pa.:

**heather@rbo.org**

Web page: **www.rbo.org**

RBO forms are available on-line at:  
**www.rbo.org**

# Trying to save MONEY?

**The RBO understands the difficulty and importance of saving money and maximizing your return when you are a non profit church or church organization.**

## Consider the RBO's Certificate of Deposit

A savings account. The RBO Certificate of Deposit is a high yield savings account.

An extremely competitive rate of interest. The Executive Committee reviews these rates, and is committed to keeping them as high as prudence will allow. Compare them to your bank's CD or Money Market Fund rates.

No-cost administration. There is never an annual fee, or any maintenance charge for administering your annuity account.

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Low minimum investment. The initial deposit may be as low as \$100 and accounts may be increased at any time with additional contributions of \$100 or more.

Complete an Application and Deposit Agreement. Qualifying is simple. Complete an Application and Deposit Agreement and you are finished. Simply contact our office.

## RBO

301 Oxford Valley Road, Suite 1602B  
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# 1-215-563-2537

## SUPER FOOD

### Watermelon



**W**atermelon is a heavyweight in the nutrient department. A standard serving (about 2 cups) has one-third of a day's vitamins A and C, a nice shot of potassium, and a healthy dose of lycopene for only 85 fat-free, salt-free calories. And when they're in season, watermelons are often locally grown, which means they may have a smaller carbon footprint than some other fruits.

*The RBO made a donation to the Cyril & Methodius Scholarship Fund in memory of Eileen Brzuchalski deceased mother of David Brzuchalski, RBO Auditor, and Deborah M. Donlick, Lodge 216 PA, made a donation to Alexis Russin Scholaship Fund.*

## SCHOLARSHIP FUND

*I wish to donate to the Ss. Cyril and Methodius Scholarship Fund to help young members of the R.B.O. receive a college education. Please acknowledge my con-tribution by publishing same in **The Truth**.*

Name \_\_\_\_\_ Amt. \$ \_\_\_\_\_

Address \_\_\_\_\_ Lodge # \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

*All checks should be made payable to the Russian Brotherhood Organization, Ss. Cyril and Methodius Scholarship Fund and mailed to the Home Office of the R.B.O., 301 Oxford Valley Road Suite 1602B, Yardley, PA 19067-7721*

### Check here for RBO information on:

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- Scholarship Program
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- Nursing Home Waivers
- Lodge Matching Grants
- The TRUTH Subscription
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*Would you be interested in having a speaker address your congregation on our immigrant heritage or other topics?*

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

Parish Affiliation \_\_\_\_\_

*Mail to the Home Office of the R.B.O., 301 Oxford Valley Road Suite 1602B, Yardley, PA 19067-7721*

## The lighter side

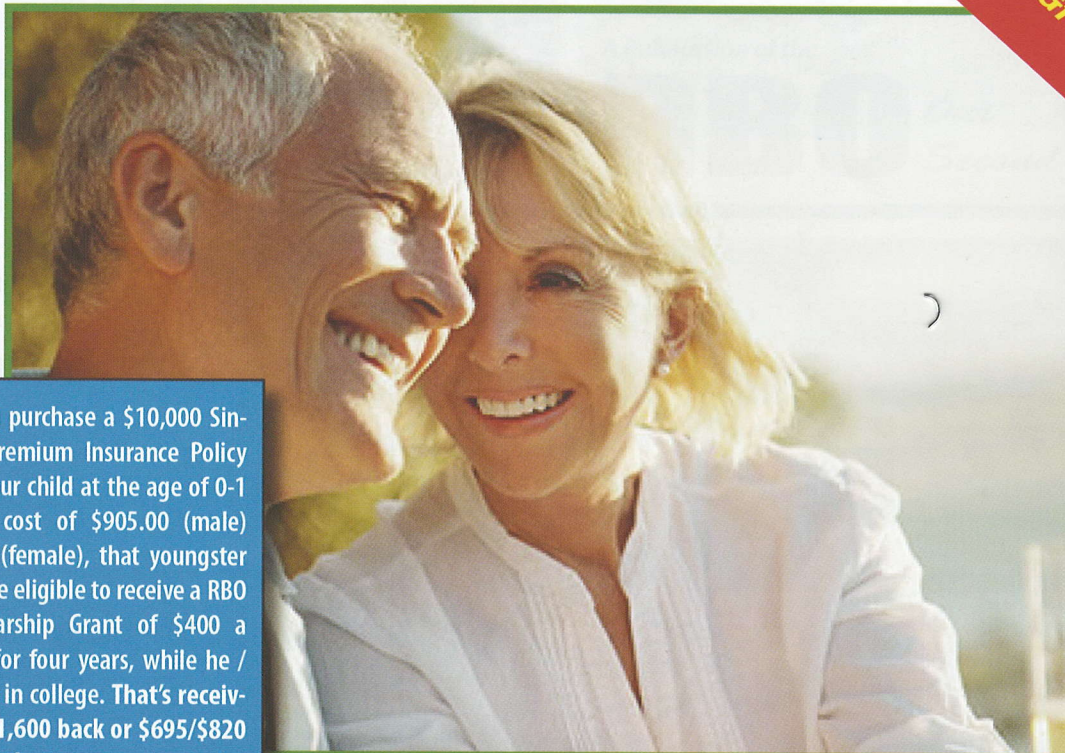


## PUNS

- \* Dad, are we pyromaniacs? Yes, we arson.
- \* What do you call a pig with laryngitis? Disgruntled.
- \* Why do bees stay in their hives during winter? **Swarm**.
- \* I lost my job as a stage designer. I left without making a scene.
- \* How much did the pirate pay to get his ears pierced? A buccaneer.
- \* I once worked at a cheap pizza shop to get by. **I kneaded the dough.**
- \* Why is 'dark' spelled with a k and not c? Because you can't see in the dark.
- \* Why is it unwise to share your secrets with a clock? Well, time will tell.
- \* When I told my contractor I didn't want carpeted steps, they gave me a blank stare.
- \* Bono and The Edge walk into a Dublin bar and the bartender says, "Oh no, **not U2 again.**"
- \* Prison is just one word to you, but for some people, **it's a whole sentence.**
- \* Scientists got together to study the effects of alcohol on a person's walk, and the result was **staggering.**
- \* I'm trying to organize a hide and seek tournament, but good players are really hard to find.
- \* I got over my addiction to chocolate, marshmallows, and nuts. I won't lie, it was a **rocky road.**
- \* What do you say to comfort a friend who's struggling with grammar? There, their, they're.
- \* What did the surgeon say to the patient who insisted on closing up their own incision? **Suture self.**
- \* I've started telling everyone about the benefits of eating dried grapes. It's all about raisin awareness.

**121 YEARS**  
**RBO**  
**INSURANCE**  
*Good for your Grandparents*  
*Great for your Grandchildren*

## Single Premium Life plan



If you purchase a \$10,000 Single Premium Insurance Policy for your child at the age of 0-1 at a cost of \$905.00 (male) \$780 (female), that youngster will be eligible to receive a RBO Scholarship Grant of \$400 a year for four years, while he / she is in college. That's receiving \$1,600 back or \$695/\$820 more than you spent on the original policy, and the individual is still insured for \$10,000 for the rest of his/her life.

For the **Single Premium Life plan**, with one single payment the face amount of insurance is guaranteed for life. The plan immediately becomes fully paid-up and no further premiums are paid. Cash values will accumulate for this plan.

MALE			FEMALE		
Age at Issue	\$10,000	\$25,000	Age at Issue	\$10,000	\$25,000
0	\$905	\$2,255	0	\$780	\$1,935
10	\$1,245	\$3,105	10	\$1,070	\$2,660
20	\$1,695	\$4,230	20	\$1,480	\$3,685
40	\$3,065	\$7,655	40	\$2,750	\$6,860
60	\$5,375	\$13,430	60	\$4,830	\$12,060

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Russian Brotherhood Organization Of America  
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We are looking for . . .

# LODGE SECRETARIES

Call Heather at 1-215-563-2537

## Barbecued

### Beef Patties with Mushrooms and Potatoes



- |                               |   |
|-------------------------------|---|
| 1 lb. lean ground beef        | 1 env. onion soup mix                   |
| 1/2 cup dry fine bread crumbs | 4 medium potatoes, sliced               |
| 1/2 cup water                 | browning sauce, optional                |
| 1/4 cup ketchup               | 1 - 4 oz. can sliced mushrooms, drained |
| 1 egg, slightly beaten        | chopped fresh parsley                   |

In a bowl, combine ground beef, bread crumbs, water, ketchup, egg and half of the onion soup mix. Shape into 4 patties. Grease shiny side of 4 18" squares of heavy-duty foil. Spread out one sliced potato in center of each. Sprinkle potatoes with remaining onion soup mix. Place patties on top of potatoes, if using browning sauce brush on now. Top with mushrooms. Fold each foil packet, make sure to double fold so they don't leak. Place packets on a baking sheet and bake at 400° for 35 minutes or cook on grill until cooked to your preference. Open packet and sprinkle with parsley.

From — *Recipes Bless the Heart and Home*  
SS. Peter & Paul Orthodox Church, Herkimer, NY

**TIME IS RUNNING OUT**

## September 30, 2021

Is the deadline if you graduated high school this year and you have been accepted at a college or other school for the Fall semester.

In order to be considered for a SS. Cyril and Methodius Scholarship, you should go to [rbo.org](http://rbo.org) and

- (1) click RBO Scholarship,
  - (2) click Application for Ss. Cyril & Methodius Scholarship Program . . .
- fill out the scholarship application and return it to the RBO.

**IT'S AS EASY AS THAT!**

Contact the RBO Today

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