

The TRUTH

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RBO *Our
Second Century*

24th ALEXIS RUSSIN SCHOLARSHIP WINNERS



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57th STS. CYRIL and METHODIUS SCHOLARSHIP RECIPIENTS IN CENTERFOLD

The TRUTH

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HEALTH WATCH

Protect your **brain health** against COVID

Aside from its other dangers, COVID-19 poses a threat to brain health, especially in older people. **AARP** recommends these steps for keeping sharp as the pandemic ebbs and flows:

- ◆ **Get vaccinated.** The vaccine, whichever one you get, is the best way to protect yourself against neurological damage from the virus.
- ◆ **Stay physically active.** Sitting around all day, especially for people 45–75, can result in a thinning of your temporal lobe, where new memories are formed. Even if you're confined to your home, get up and move around often to keep your blood flowing.
- ◆ **Eat a healthy diet.** Make sure you're not relying too much on processed foods that are high in fat and/or sugar. They're easy to make, but not good for your body or brain. Make sure to eat lots of fruits and vegetables and low-fat dairy and poultry, along with whole grains.
- ◆ **Stay connected.** You need stimulation from other people to keep your brain active. Stay in touch with your family and friends, even if it's just on the phone or over Zoom. Join a book club or Dungeons & Dragons group. Personal contact helps ward off dementia.
- ◆ **Get enough sleep.** Sleep is important to brain health. Worry can cause insomnia, so learn to practice good sleeping habits. Meditation can help you relax and drift off for the seven or eight hours your brain and body need.
- ◆ **Pay attention to your mental health.** Don't ignore feelings of depression or anxiety that come with isolation. Talk to your doctor. Seek advice from a therapist if necessary.

How to care for a COVID patient at home

COVID-19 isn't going away quickly—at least, quickly enough—and that means that even if you don't fall victim to the coronavirus, you may find yourself taking care of a family member who has. The NDTV website offers these tips for keeping yourself and your loved ones healthy:

- **Recognize the symptoms.** Look for the most common symptoms of COVID-19: fever, dry cough, weakness, body ache, headache, loss of smell or taste, runny nose, or congestion. Get tested if you notice any in yourself or a family member.
- **Isolate the patient.** Put the person in a separate bedroom, preferably with its own bathroom. Keep interaction to a bare minimum; leave meals, dishes, clothing, and laundry outside the door to avoid spreading the disease through close physical proximity.
- **Get medical advice.** Don't try treating the disease on your own. Talk to your doctor for knowledgeable advice on how to keep your family member healthy during quarantine. The doctor can prescribe appropriate medications for treating symptoms.
- **Monitor the person's condition.** Keep track of your family member's temperature, oxygen saturation, pulse rate, blood pressure, and blood sugar if he or she is diabetic. Report any changes to your doctor.
- **Eat healthy meals and get plenty of rest.** Make sure the patient has plenty of healthy food to eat and gets sufficient sleep. Do the same for yourself to keep your strength up. Everyone should drink lots of water and do some regular exercise.
- **Follow safety protocols.** Everyone should wear masks and wash hands frequently. Don't share utensils or common household items. Wipe down surfaces with disinfectant often. Make sure air flow throughout your home is adequate.
- **Watch for problems.** If the person's health deteriorates, call your doctor to determine whether to take him or her to the hospital.

Don't let *arthritis* spoil your winter

The winter months can be hard on people with arthritis. Cold weather can exacerbate joint pain, making life uncomfortable when temperatures are low. The *Integrus Health* website offers this advice for enduring winter with arthritis:

- **Dress in layers.** Stay warm inside and outdoors. Wear gloves, and add layers to your knees, elbows, and other places where your body aches. Take layers off if you get too warm. Also, heated pools and hot tubs can provide pain relief.
- **Eat healthy.** Rich foods and sweets can cause a flare-up of rheumatoid arthritis. Limit your consumption of gravy, processed meat, desserts, and unhealthy snacks.
- **Minimize stress.** Stress can make you work (or play) harder than you should, overtaxing your muscles and leading to more pain. Try meditation, deep breathing, and yoga to stay in a calm frame of mind.
- **Exercise.** Physical activity helps with flexibility, strength, and energy, and helps ease arthritis pain. Aim for 150 minutes of moderate aerobic exercise a week, along with two strength training sessions.
- **Wear compression gloves.** These encourage blood flow in your joints, and help keep your hands warm.
- **Take vitamin D.** We naturally absorb vitamin D from the sun, but during winter months sunlight can be scarce. A drop in vitamin D can cause more pain in people with rheumatoid arthritis or other inflammatory kinds of arthritis, and can also increase sensitivity to pain.
- **Get plenty of sleep.** Lack of sufficient sleep has been linked to depression, fatigue, and additional pain in people suffering from rheumatoid arthritis. Adequate rest can help you deal better with the pain.
- **Talk to your doctor.** If you're in more pain than usual during winter, consult with your physician. Let your family know about it too. They can help you cope with the symptoms, relieving the risk of depression and heightened anxiety.

Big moneymakers of past eras

We're all fascinated by how much money other people make. Here's a look at how much some historical figures made, and what it would be worth today (from the *Cracked* website):

- **Edgar Allan Poe.** The writer of scary stories earned \$624 in 1835, which would be equivalent to \$18,000 today.
- **Babe Ruth.** His pay for the 1919 baseball season was \$10,000, worth about \$150,000 now.
- **Jackie Robinson.** This ballplayer's 1947 season pay was \$5,000; that's \$58,000 today.
- **Jane Austen.** The 19th-century British writer was paid 300 pounds for her novel *Mansfield Park*, which comes to \$60,000 now.
- **Judy Garland.** The Wizard of Oz actress earned \$500 a week in 1939, worth about \$9,300 a week today. (Her male co-stars made \$2,500–3,000 weekly, and the dog who played Toto made \$125 a week).
- **Ludwig von Beethoven.** The German composer's three patrons in Vienna gave him 4,000 florins in 1809, worth \$530,000 these days.
- **Charles Dickens.** Another 19th-century author, Dickens received 400 pounds for *The Pickwick Papers* in 1836, or about \$238,000 now.
- **Marilyn Monroe.** The actress was paid \$18,000 for her role in *Gentlemen Prefer Blondes* in 1953, the equivalent of \$175,600 today.
- **Albert Einstein.** His salary at Princeton in 1933 was \$10,000, which translates to \$178,000 now. (He requested a lower salary, but university officials wanted him to be the highest-paid scholar there.)
- **George Washington.** The first president's salary was \$25,000 in 1789, or about \$4.5 million today.

here & there

The difference between ordinary and extraordinary is that little extra.

—Jimmy Johnson

Without science, everything is a miracle.

—Lawrence M. Krauss

It doesn't matter how many times you fail. You only have to be **right once** and then everyone can tell you that you are an **overnight success**.

—Mark Cuban

Followers think and talk about their problems. Leaders think and talk about the solutions.

—Brian Tracy

Families are the compass that guides us. They are the inspiration to reach great heights and our comfort when we occasionally falter.

—Brad Henry

Never work just for money or for power. They won't help save your soul or help you sleep at night.

—Marian Wright Edelman

2021
2022

**STS. CYRIL
AND
METHODIUS
SCHOLARSHIP
RECIPIENTS**

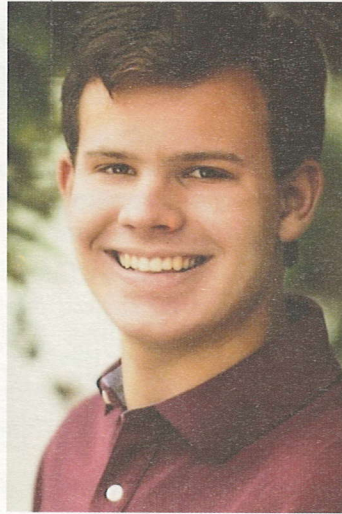
*Always concentrate on
how far you have come,
rather than how far you
have left to go. The
difference in how easy it
seems will amaze you.*

—Heidi Johnson

**755 Sts. Cyril
and Methodius
Scholarships
since 1965**



Katrina Beaver
Dickson City, PA
University of Scranton
Accounting



Justin Doran
Dallas, PA
Boston University, MI
Political Science



Sean Christopher Hanley
Shavertown, PA
University of Scranton, PA
Biochemistry



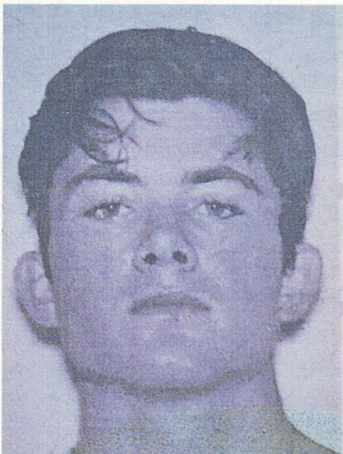
Ryan William LeBoon
Downingtown, PA
Penn State University
Engineering



James Russell Mundy
Leechburg, PA
Triangle Tech School, PA
Construction Technology



Alexis Victoria Sackariassen
Sea Girt, NJ
American University, DC
Political Science/Law



Damon Jack Schewe
Vidalia, GA
Central Georgia Tech
Welding



Isabelle Sophie Willison
Slippery Rock, PA
Penn State University, Architecture

PHOTO
NOT AVAILABLE

Patrick Donahue
Vestal, NY
Monro Community College, NY
Computer Science

To our scholars . . .

One TV journalist's tips for success

Award-winning journalist and TV anchor **Martha MacCallum** has enjoyed an enviable career, from performing in the theater to reporting on politics. In *Fortune* magazine she shares what she did to achieve her success:

- **Keep your eyes open.** You don't have to follow a single straight path from college to retirement. Look for jobs and activities that excite you as you're starting out. Don't be afraid to try new things while you're young—or at any age.
- **Work hard.** Whatever you do, give it your best. Your first jobs may not feel very important or fulfilling, but if you show you're willing to work to get the job done, people will notice. You'll build a reputation for dependability that employers will like, which will lead to them giving you opportunities for success.
- **Learn from smart people.** Look for experts and mentors who can help you learn the ropes of your profession, whatever it is. Be ready to listen to their advice and feedback. You only gain so much from formal education; lots of times your real learning starts after you graduate.
- **Protect your work/life balance.** Don't let working hard and pursuing a career get in the way of having a rich and fulfilling personal life. Make time for the important things—friends, family, relationships, hobbies, volunteer work, etc. They'll help you stay sane.
- **Stick to your values.** Make sure you know what you believe in and what lines you won't cross. You'll be tempted from time to time to cut corners ethically, but if you have a firm vision of who you are, you'll be able to turn away and stay true to yourself.

Never work just for money or for power. They won't help save your soul or help you sleep at night. —Marian Wright Edelman

We all know people whose success we'd like to emulate. What do they do? The answer is in their personal habits. The *Ladders* website explains the daily routine of **highly successful people**:

- **Exercise.** Staying healthy through good exercise improves your energy, stamina, and brain activity. It reduces stress and offers challenges which can boost your self-confidence.
- **Eat breakfast.** It may be tempting to skip breakfast if you're busy, but you need sustenance to get through your morning. A mix of protein, carbs, and some fruits or vegetables will give you energy and help you prepare to tackle your day.
- **Reflect.** Take some time every day to meditate or just think about what you're doing, without making plans or worrying about the future. Clear your mind and let your thoughts go wherever they want to. You'll feel refreshed and more creative overall.
- **Focus.** Plan your time so you can work productively without distractions or needless interruptions. **When you're working, work.** Don't waste time on the internet or your phone. Breaks are important, but the key to getting things done is to concentrate on the task at hand.
- **Connect.** Make an effort to get to know people in your area—not just your immediate co-students, but people in different departments, and not just peers in your own field but knowledgeable people in other fields. You'll increase your knowledge and also have a reliable network of acquaintances to draw on when you have questions or need assistance. *(By the same token, always be ready to offer assistance to people in your network.)*
- **Stay up to date.** Don't bury your head in the sand. Keep up on what's happening in your field and the world at large. Follow reliable news sources so you don't fall for scams or hoaxes. Talk to people about current events. The more you know about what's going on, the better equipped you are to respond to it.

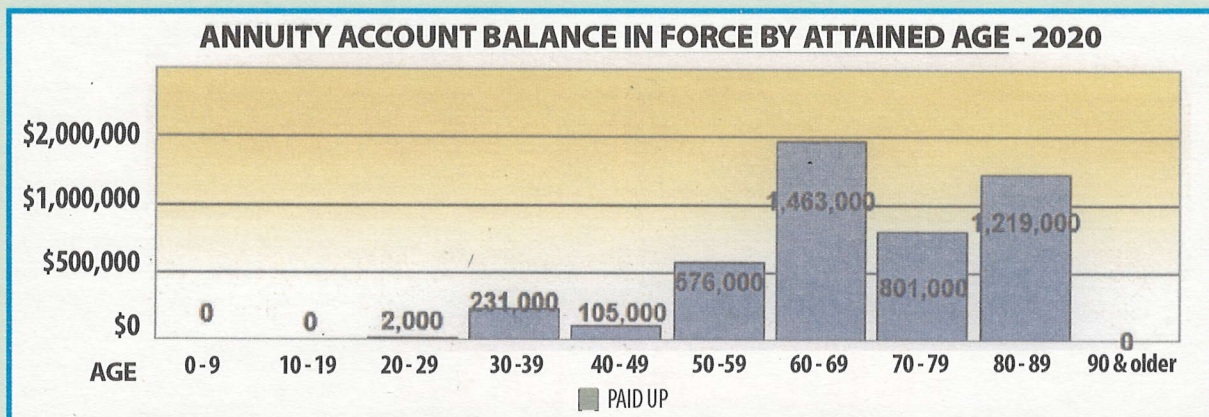
Some facts about the life insurance of RBO membership:

■ The average age of the membership is 48.7 years old (which was the same as last year). The average age weighted by face amount is 35.2 (which means that younger members have larger face amounts).

■ About 23% of the members are age 70 and older, which is the same as last year. This means that about 1 out of 4 members are age 70 or older.

■ About 91% of the members have paid-up policies.

While the average age of the life insurance membership is around 50 years old, the average age of the annuity business is around 62 (as compared with 69 last year). There were a number of policies that were surrendered by older members in 2020 and that decreased the average age considerably. The graph shows the number of annuity policies in force by account balance by attained age. About 31% of the policies are on the lives of members that are age 70 or older.



One of the concerns for the Society is the need for cash if the annuity policies start to terminate. While 30% of the policies are age 70 or older, about 46% of the account balances are on these older members. This is why the Society will need to begin preparing to meet the expected increase in future cash-requirement demands.

Source — CPS Actuaries

SUPER FOOD

Cruciferous vegetables

These include Brussels sprouts, cabbage, cauliflower, collard greens, kale, kohlrabi, mustard greens, radishes, and turnips. They are an excellent source of fiber, vitamins, and phytochemicals including indoles, thiocyanates, and nitriles, which may prevent against some types of cancer.

How to include them: Steam or stir-fry, adding healthy oils and herbs and seasonings for flavor. Try adding a frozen cruciferous vegetable medley to soups, casseroles, and pasta dishes.

A generous donation made to the Ss. Cyril & Methodius

Scholarship Fund were made by the following members: Deborah M Donlick (Lodge 216); Elena Shurdom (Lodge 24); Lorraine Lyzak (Lodge 25). Also donations were made to the Scholarship Fund in memory of **Margorie Ovack** by: Mr. & Mrs. John Wanko; Mr. & Mrs. Stephen J. Wanko; Mr. & Mrs. Daniel Carlock (Lodge 167); Kenneth Bianchini (Lodges 76, 100 & 157); Nancy J. Gresko (Lodge 93); Mr. & Mrs. Martin Vronick (Lodge 204), and Fr. George Konyev (Lodge 178)

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 contribution 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:

Our FREE Fraternal Benefits:

- Scholarship Program
- Newborn Insurance
- Child Cancer Benefit
- Nursing Home Waivers
- Lodge Matching Grants
- The TRUTH Subscription
- Heritage Project
- College Book Buy Program
- Other FREE Benefits

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

Our Fine Fraternal Products:

- Single Premium Life
- 3-Pay Life
- Whole Life
- 20-Pay Life
- Accidental Death Riders
- Annuities

The lighter side



THINGS HAPPY PEOPLE KNOW

1. To live fully, you've got to be growing.
2. Resisting the facts of the present moment is futile, accept what is.
3. It's critical to make peace with the past, let it go.
4. Life is filled with immense possibilities all the time.
5. For everyone life can be mundane at times, deal with it gracefully.
6. We are SO much more than mind and body, embrace your spirit/soul.
7. Gratitude is powerful, and the most rapid way into peace and happiness.
8. Mistakes are OK, not least because they make you wiser and stronger.
9. Other people's negativity and BS has nothing to do with you, detach.
10. Fear is to be felt, but not obeyed.
11. You don't need to buy into negative thoughts you have, let them come and go.
12. You can choose the best possible perspective in any given situation.,
13. Taking care of your body is key - mind, body, mind and emotions are all connected.
14. Self-worth is not linked to what you do or what you own.
15. Everyone is the same, no one is more or less worthy or valuable.

Entrance requirement

A Sunday School teacher was testing the children in her class to see if they understood the concept of getting to heaven. She asked them, "If I sold my house and my car, had a big garage sale, and gave all my money to the church, would that get me into heaven?"

"No!" the children answered.

"If I cleaned the church every day, mowed the yard, and kept everything neat and tidy, would that get me into heaven?"

Again, the answer was, "No!"

"Well, then, if I was kind to animals and gave candy to all the children, and loved my husband, would that get me into heaven?" she asked.

Again, they all answered, "No!"

Bursting with pride, she asked, "Then how can I get into heaven?"

A five-year-old boy shouted out, "You have to be dead!"

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.

122 YEARS
INSURANCE
RBO
Good for your Grandparents
Great for your Grandchildren

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

1-215-563-2537

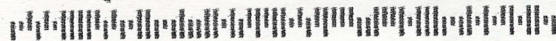
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We are looking for... **LODGE SECRETARIES**

Call Heather at 1-215-563-2537

RECIPE

Fresh Mushrooms in Sour Cream

- 2 lbs. Fresh mushrooms
- 3 medium-sized onions
- 1/4 Lb. butter
- 1 cup sour cream
- 1 tbsp. Chopped parsley,
Dill or water cress

Wash mushrooms and cut into small pieces. Fry onions (sliced) and mushrooms in the butter until half-done and then place them in a sauce pan; add salt and pepper; cover and cook under a low flame allowing it to cook in its own juice. When fully cooked, pour sour cream over it and allow to cook for just a few minutes longer. Sprinkle the greens over the top and serve hot.

**SS. Cyril & Methodius
Scholarship Award**

This award is given to students pursuing an undergraduate degree. A recipient of this award receives **\$400 each year** automatically renewable for three years.

To Qualify: You must have a life insurance policy of \$10,000 or more and be a member for at least two years.

To Apply: Send a Ss. Cyril & Methodius Scholarship application; College acceptance letter; picture. After 1st year a renewal notice is needed.