

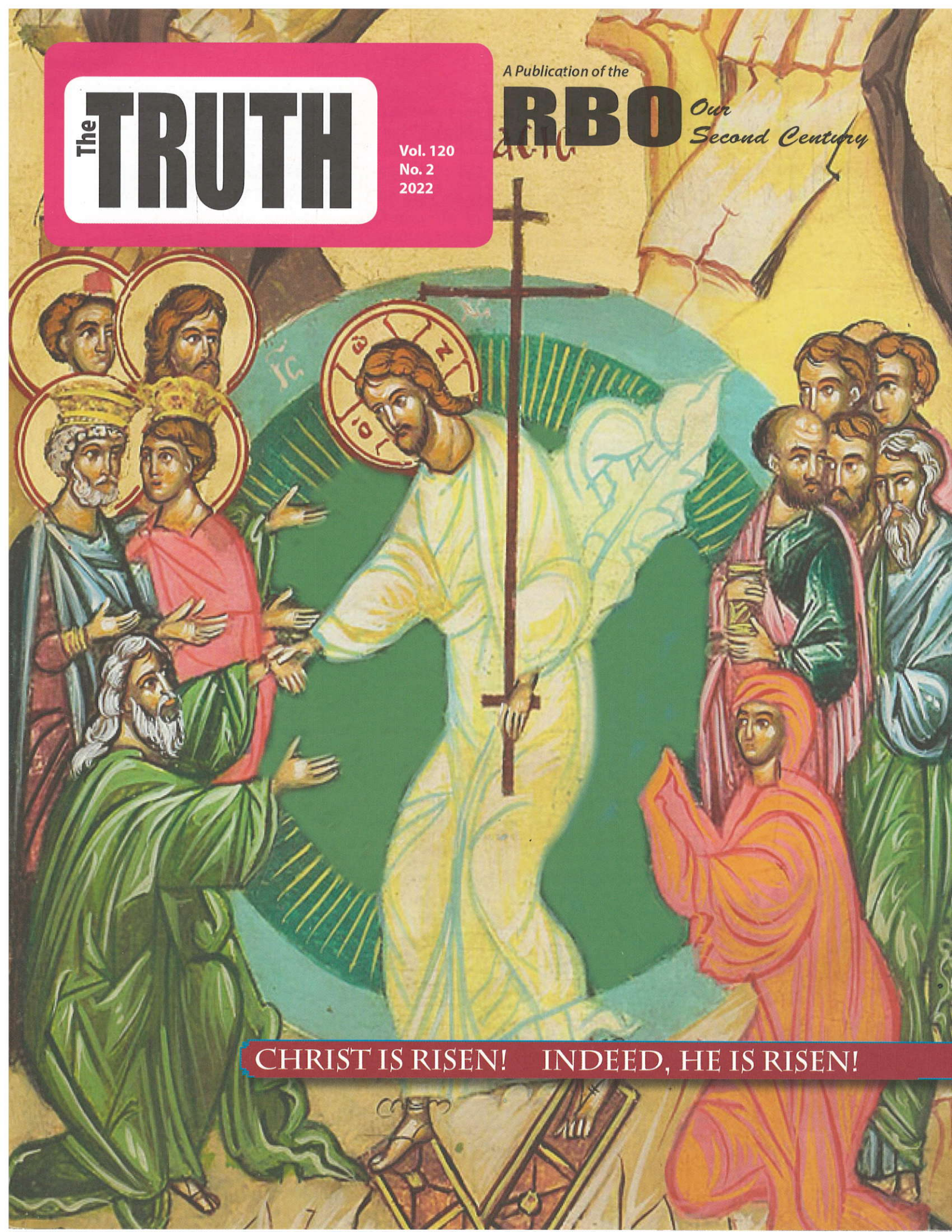
The TRUTH

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A Publication of the

RBO

*Our
Second Century*



CHRIST IS RISEN! INDEED, HE IS RISEN!

The TRUTH

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Christ is Risen!

Indeed, He is Risen!

We greet our brothers and sisters on this day of our mutual joy, on this holy and radiant day, this day of salvation of all mankind, this day when the Risen Lord descended into the nethermost parts of the earth and freed those who were fettered with eternal chains, this day when Death was slain and the Devil was overthrown! On this Day of Resurrection a divine Light has illumined the hearts of all the faithful because life again has begun to shine from the gloom of the tomb, bestowing on all earthly creatures forgiveness of sins and hope of future resurrection and life eternal, since "Christ rose from the dead, becoming the first-fruit of those who have fallen asleep." Rejoice and be glad, for "Christ is risen and life reigneth"!

Truly, He is Risen!

John Wanko, President and the Officers of the RBO

OBITUARIES

Ldg St	Member	DOD	City of Death
12	PA Sernak, Ronald	11/5/21	Forest City, PA
24	PA Naglak, Delores (Basalyga)	12/20/21	Clarks Summit, PA
L4	PA Dudick, Harry A	11/16/21	Solon, OH
55	PA Stiver, Jeffrey Squire	12/9/21	Ogden, UT
R1	NY Gerasimchik, Anita (Kostukeviich)	11/6/21	Brooklyn, NY
	PA Chapasko, Michael R.	12/7/21	Columbia, MD
	OH Woytovech, Anna Marie	12/15/21	Munroe Falls, OH
	NJ Rabtzow, Christine (Kost/Reinhardt)	12/17/21	Orlando, FL
	NY Bock, Stephen Harry	1/15/22	Maricopa, AZ
48	PA Russin, Rodion	2/1/21	Mediva, OH
	PA Yarosh, Reed Kim	2/14/20	Weirton, WV

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Start your **SPRING** in **GOOD HEALTH**

With spring coming, lots of us are planning a cleanup of our homes and offices. How about some spring cleaning for your health? Follow these tips from the *Everyday Health* website for cleaning up your health habits as the weather turns warmer:

- **Get back to fruits and vegetables.** Fresh fruits and veggies start coming into season during the springtime months. Visit your local farmer's market when it reopens and look for organic produce in your grocery store. Mushrooms, bell peppers, zucchini, berries and more will become more plentiful as the year goes on.
- **Stay hydrated.** As temperatures grow warmer you may be outside more, exercising, running errands, and doing chores. You can easily sweat away moisture from your body without realizing it, so make sure to drink plenty of water throughout the day to ward off the fatigue, headaches, and low energy that can result from dehydration.
- **Get moving.** Take advantage of the milder weather to get outside and get your blood pumping. Even light exercise can do your body good after a sedentary winter. Take a walk or do some gardening to improve your muscle and bone health.
- **Enjoy the sun—cautiously.** Sunshine boosts your skin's production of vitamin D, which is good for bone health and increases serotonin levels, which elevates your mood. Just remember to protect your skin from UV radiation by covering up and using sunscreen when you're outside. Safeguard your eyes with sunglasses and hats.
- **Watch for allergens.** Unfortunately, springtime is allergy season for many people. Aside from pollen outdoors, many allergens can be found indoors—dust, mold, and the like. A thorough spring cleaning of your house can eradicate many of them. Visit an allergist to discuss problems and seek treatment.
- **Get a spring checkup.** Schedule an exam with your doctor. An annual physical can alert you to potential problems before they grow out of control. Review your medications and overall health history to make sure you're on the right track for good health throughout the year.

Simple tips for slimming down

You don't have to starve or torture yourself to lose weight. Marie Claire offers this advice for getting in shape with less anguish:

- **Practice consistency.** Resist the urge to binge on your favorite junk food. Train yourself to moderate your eating consistently. It's healthier and you won't feel so deprived.
- **Enlist support.** A friend or a trainer can help you keep your motivation going for the long haul. They can offer encouragement, advice, and support, and provide a sense of accountability as you focus on healthy habits.
- **Set goals.** Be ambitious, but also be realistic. Set a target for how many pounds you want to lose by a specific date, and any other health goals you want to accomplish during the year. Post your list where you'll see it every day. Track progress to stay motivated.
- **Manage your shopping.** Plan your meals for the week, and do all your grocery shopping at once. This makes it less likely that you'll pick up snacks and food you don't really need when you run to the store for just one or two items.
- **Move around more.** You don't have to exercise until you're exhausted every day. Just look for opportunities for a little more physical activity. Get off the bus one stop early for some extra walking time, for example, or take a stroll at lunch. You'll develop habits that will help get your body into better shape.

Save the Dates: RBO 39th Supreme Convention

Monday, August 22nd, 2022 - Tuesday, August 23rd, 2022

Hilton Garden Inn- Pittsburgh/Southpointe
1000 Corporate Drive, Canonsburg, PA 15317

For more information, please call or email the home office at:
215-563-2537 / heather@rbo.org

here & there

It's not what you achieve, it's what you overcome. That's what defines your career.
—Carlton Fisk

The art of leadership is saying no, not yes. It is very easy to say yes.
—Tony Blair

We are what we **repeatedly** eat. Healthy eating is not an act, but a **habit**.
—Felicity Luekey

"Anyone who thinks sitting in church can make you a Christian must also think that sitting in a garage can make you a car."
—Garrison Keillor

"If you tell the truth, you don't have to remember anything."
—Mark Twain

Julian / Gregorian Easter Dates

Traditionally, the Eastern Orthodox and Byzantine Catholic churches use the Julian Calendar to calculate their feast days. Beginning in 1924 the Patriarchate of Constantinople made an adjustment to their liturgical year to bring the fixed cycle in conformity to the modern Gregorian Calendar. The Paschal cycle, however, continued to be calculated according to the Julian Calendar. This composite calendar is known as the Revised Julian Calendar. Constantinople's example was followed by the Church of Greece as well as a number of other autocephalous churches. Today, some churches continue to follow the Julian Calendar while others follow the Revised Julian Calendar.

Source: wikipedia.org/wiki/Byzantine_Rite#Calendar

Julian Calendar Easter Dates

2022 - Easter Sunday - April 24th
2023 - Easter Sunday - April 16th
2024 - Easter Sunday - May 5th

Gregorian Calendar Easter Dates

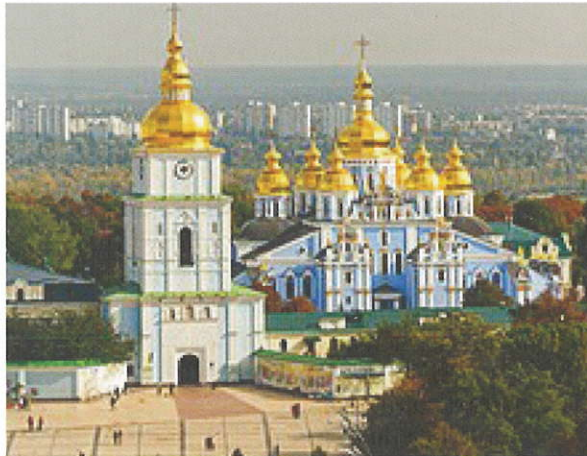
2022 - Easter Sunday - April 17th
2023 - Easter Sunday - April 9th
2024 - Easter Sunday - March 31st

Golden domes frequent sight ... for the wrong reasons

The golden domes seen frequently on TV are the domes of St. Michael's Monastery in Kyiv, Ukraine. Many of the news reports coming from the war in Ukraine has the journalist standing with the domes seen in the background.

The Church is familiar with many RBO members who have traveled to the Ukraine on religious tours.

St. Michael's Golden-Domed Monastery is a functioning monastery in Kyiv, the capital of Ukraine. The monastery is located on the right bank of the Dnieper River on the edge of a bluff northeast of the Saint Sophia Cathedral. The site is located in the historic administrative Uppertown and overlooks



the city's historical commercial and merchant quarter, the Podil neighbourhood.

Originally built in the Middle Ages by the Kievan Rus' ruler Sviatopolk II Izyaslavych, the monastery comprises the Cathedral itself, the Refectory of St. John the Divine, built in 1713, the Economic Gates, constructed in 1760 and the monastery's bell tower, which was added c.1716–1719. The exterior of the structure was rebuilt in the Ukrainian Baroque style in the 18th century while the interior remained in its original Byzantine style. **The original cathedral was demolished by the Soviet authorities in the 1930s, but was reconstructed and opened in 1999 following Ukrainian independence in 1991.**

Traditions of the egg, from equinox to Easter

Eggs were colored, blessed, exchanged, and eaten as part of the rites of spring long before Christian times. Even the earliest civilizations held springtime festivals to welcome the sun's rising from its long winter sleep. They thought of the sun's return from darkness as an annual miracle and regarded the egg as a natural wonder and a proof of the renewal of life.

As Christianity spread, the egg was adopted as a symbol of Christ's Resurrection.

In Slavic countries:

Baskets of food including eggs are traditionally taken to church to be blessed on Holy Saturday or before the Easter midnight Mass, then taken home for a part of Easter breakfast.

Central European countries:

Polish, Slavic, and Ukrainian people create intricate designs on the eggs. They draw lines with a wax pencil or stylus, dip the egg in color, and repeat the process many times to make true works of art. Every dot and line in the pattern has a meaning. Yugoslavian Easter eggs bear the initials XV for "**Christ is Risen,**" a traditional Easter greeting.

Russians:

During the reign of the tsars, the Russian royal family carried the custom of decorative eggs to great lengths, giving exquisitely detailed jeweled eggs made by goldsmith Carl Faberge from the 1880s until 1917.

Germans:

Eggs that go into Easter foods are not broken, but emptied out. The empty shells are painted and decorated with bits of lace, cloth or ribbon, then hung with ribbons on an evergreen or small leafless tree.



Convention Scholarship Drive
Anyone making a donation of \$10 or more to the Scholarship Fund will be eligible to be awarded a \$500 annuity at the convention.

Please make your payment to the home office.

Winner need not be a delegate or present at the convention.

Donations should be payable to RBO

Mail to: RBO 301 Oxford Valley Road Suite 1602B Yardley, PA 19067

Your most prized possession? **Probably your phone**

Name one thing you can't live without. If you answered, "my cellphone," you've got a lot in common with, well, everyone. A poll by *Asurion* found that Americans consider their cellphone to be their No. 1 possession, more important than their car or refrigerator. Staying in touch with loved ones you can't visit in seems to be the driving force.

We depend on your phone for more than phone calls, of course. Driving the urgency that has led to a 20% jump in the number of claims for broken phones in the past year, much of what's on our phones is often irreplaceable—82% of Americans have photos and/or video they can't stand the thought of losing, 60% cite their contact list, 52% have passwords and login credentials stored, 45% have documents and important notes, and, of course, 32% have their favorite music.



The challenges of working from home

The pandemic pushed many people out of the office to start working from home. It's been a tricky transition for some, but relatively smooth for most of us. The *Pew Research Center* looked at some of the challenges of working from home and how well employees have coped:

- **Technology.** Having the technology and equipment necessary to do their jobs was very or somewhat difficult to 13% of workers, but very/somewhat easy for 67%.
- **Deadlines.** Getting work completed on time was very/somewhat difficult for 19%, but very/somewhat easy for 80%.
- **Workspace.** Having enough room to work was at least somewhat of a challenge for 23% of workers, but relatively easy for 77%.
- **Interruptions.** Coping with interruptions was tricky for 32%, but not much of a problem for 68%.
- **Motivation.** Did you feel sufficiently motivated to get your work done? For 36%, that was something of a problem, but 64% had little or no difficulty.

City or somewhere else? **The pandemic changed minds**

The pandemic has fueled a change of attitude about where people want to live, according to the *Courthouse News Service* website. In research conducted by the Pew Research Center, 23% of participants said they preferred living in the city in 2018, a number that declined to 19% in 2021. The number of people who expressed a preference for living in the suburbs was 46% in 2021, a 4% increase from 2018.

Forty-three percent of city residents said they wanted to move in 2021, up from 37% in 2018. Forty percent of suburb dwellers, and 50% of rural residents, said they had no desire to move in 2021, a shift from 36% of suburbanites and 43% of those in rural areas in 2018. Only 8% of any Americans actually moved in 2020, the lowest number since the 1950s, according to U.S. Census Bureau data.

Religion in Ukraine

Religion in Ukraine is diverse, with a majority of the population adhering to Christianity. A 2018 survey conducted by the Razumkov Centre found that 71.7% of the population declared themselves believers. About 67.3% of the population declared adherence to one or another strand of Orthodox Christianity (28.7% of the Kyiv Patriarchate, 23.4% state simply 'Orthodox' with no declaration as to which Patriarchate they belong to, 12.8% of the Moscow Patriarchate, 0.3% Ukrainian Autocephalous Orthodox Church, and 1.9% other types of Orthodoxy), 7.7% Christian with no declared denominational affiliation, 9.4% Ukrainian Byzantine Rite Catholics, 2.2% Protestants and 0.8% Latin Rite Catholics, 2.5% Islam, Judaism was 0.4%; while a small percentage follow Hinduism, Buddhism and Paganism (Rodnover). A further 11.0% declared themselves non-religious or unaffiliated. According to the surveys conducted by Razumkov in the 2000s and early 2010s, such proportions have remained relatively constant throughout the last decade, while the proportion of believers overall has decreased from 76% in 2014 to 70% in 2016 and 72% in 2018.

Trying to save **MONEY?**

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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.

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SUPER FOOD

Olive oil

Olive oil is a good source of vitamin E, polyphenols, and monounsaturated fatty acids, all which help reduce the risk of heart disease.

How to include it: Use in place of butter or margarine in pasta or rice dishes. Drizzle over vegetables, use as a dressing, or when sautéing.



A generous donation made to the Ss. Cyril & Methodius Scholarship Fund was received from Nancy Gresko (Lodge 93)

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**.*

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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

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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 _____

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

The lighter side



The speeder

Late one night a man was speeding down the empty road. A cop pulled him over. "Are you aware of how fast you were going, sir?"

The man replied, "Yes, I am. I'm trying to escape a robbery I was involved in."

"Were you the one being robbed, sir?"

"Oh, no, I was the one who committed the robbery. I was escaping."

The cop was shocked. "So you're telling me you were speeding and you committed a robbery?"

"Oh, yes," replied the man calmly. "I have all the loot in the trunk."

The cop grew angry. "Sir, I'm afraid you have to come with me."

"Don't search my car!" the man cried. "I'm afraid that you'll find the gun in my glove compartment!"

"Wait here." The cop returned to his car and called for backup. Within minutes there were cars, cops, and helicopters all over. The man was dragged from his car, handcuffed, and put in the back of a police car.

A few minutes later another cop brought him out. "Sir, this officer tells us that you had committed a robbery, had the stolen loot in the trunk of your car, and had a gun in your glove compartment. However, we didn't find any of these things in your car."

The man shrugged. "Yeah, and I bet that liar said I was speeding, too."

Smart lawyer

A man went to his lawyer. "My neighbor owes me \$500 and he won't pay up. What should I do?"

"Do you have any proof he owes you the money?" asked the lawyer.

"Nope," replied the man.

"OK, then write him a letter asking him for the \$5,000 he owes you," said the lawyer.

"But it's only \$500," replied the man.

"Precisely. That's what he will reply and then you'll have your proof!"

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20	\$121.29	\$243.22	20	\$109.70	\$214.25
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Call Heather at 1-215-563-2537

Cheese Bread

Cheese bread is traditional with Carpathian people, and often served at Easter. This recipe is for a batter bread with the cheese grated in. It is good, easy to make, and goes well with ham.

1 cup milk, scalded	2 packages dry yeast
3 Tablespoons sugar	1 cup warm water
1 Tablespoon salt	1 cup Cheddar cheese, grated
1 Tablespoon margarine	4-1/2 cups flour

Stir sugar, salt, and margarine into the scalded milk. Cool to lukewarm. Meanwhile, in a large mixing bowl, dissolve the yeast in the warm water. When the mixture starts to bubble, add the milk mixture, grated cheese, and flour. Stir until well blended.

Cover and let rise in a warm place until doubled - about 45 minutes. Stir batter down. Beat vigorously for about 1 minute. Turn into 2 greased 9" x 5" x 3" pans. Let rise until double. Bake at 375 degrees for about 1 hour.

Source: Hanya's Kitchen, The Orthodox Herald Recipe Collection

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 Masters 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/herself and have a noticeable level of determination to succeed.

Contact the RBO Today

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