



New Officers Elected at Convention



NICHOLAS PETRONKO
RBO Vice-President



EDIE EVANS
RBO Supreme Council



BASIL G. RUSSIN, ESQ.
RBO President

Basil G. Russin, Esq. was Vice President of the RBO since 2010 and before that he was RBO's General Council. Basil brings years of experience with the RBO to the President's office.

Nicholas Petronko has been a Supreme Council member since 2016. Nicholas has a Bachelor degree from Cook College, Rutgers University in Environmental Science and a minor in Education and a Master's degree in Educational Administration and Supervision.

Edie Evans is a new member of the Supreme Council. Edie lives in Olyphant, Pa. with her husband Tom and daughter Jayden and her Yorkie Marley, who is the boss of the house. She works for Pocono Mountain School District, where she has been a special education teacher for over 25 years. A member of All Saints Orthodox Church in Olyphant since birth. She sings in the church's choir and is also the church's treasurer.

Edie enjoys cooking, baking, decorating and spending time with her family and friends.

The TRUTH

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those of the authors and do not necessarily
represent the policy or beliefs of this publi-
cation or the RBO.

John Uram, Editor

Published by
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Atty. Basil Russin, Vice President
Stephen Wanko, Sec./Treasurer

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301 Oxford Valley Road Suite 1602B
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OBITUARY

Metropolitan HERMAN (Swaiko)

February 1, 1932 - September 6, 2022



On September 6, 2022, His Beatitude
Metropolitan Herman (Swaiko), retired
Primate of the Orthodox Church in
America, fell asleep in the Lord at the

age of 90. He had served as Metropoli-
tan of All America and Canada from
2002 until his retirement in 2008.

His Beatitude was born Joseph
Swaiko in Briarford, PA on February 1,
1932 and was baptized at St. Michael's
Russian Orthodox Church in Curtis-
ville, PA. As a youth and young adult,
he sang in the parish choir, taught
Sunday school and, eventually, served
as a member of the parish and dioc-
esan councils. After completing his
elementary and secondary education
with honors in the West Deer Town-
ship PA schools, he enrolled at Robert
Morris School of Business (later, Robert
Morris College and now, Robert Morris
University) in Pittsburgh, where he
received a certificate in secretarial sci-
ence. Subsequently, he served in the
Adjutant General Corps of the US Army
while stationed in Labrador.

After being discharged from the mili-
tary in 1959, at the urging of his parish
priest Father Gabriel Davidiuk, Joseph
Swaiko enrolled at Saint Tikhon's Semi-
nary, South Canaan, PA, from which he
graduated in 1963.

RBO Office Assistant

Part Time:

(Flexible Hours)

RBO is currently looking to hire a part-time employee to help our home office in Yardley, PA. He/She would be expected to provide support to the entire office. Duties will primarily include general clerical and receptionist tasks with possible expansion to general accounting & marketing as well. General computer skills needed.

For more information, please contact our office at
215-563-2537 or heather@rbo.org

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:

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100th Anniversary • Sts. Peter and Paul Church, Bayonne, NJ



Pictured above Top row: His Eminence, Archbishop Michael and His Beatitude, Metropolitan Tikhon. Front row: Margaret Kovak, Parish Secretary, Reader Philip Benda, Parish Trustee, Reader Stephen Wasilewski, Parish President, and Auditor on the RBO Supreme Council, Archpriest Sophrony Royer, Stephen Wanko, Church Treasurer and Secretary-Treasurer on the RBO Supreme Council, and Russel Wyskanycz, Parish Financial Secretary. (Absent from photo Andrea Wyskanycz, Parish Trustee).

On the weekend of October 22-23, 2022, His Beatitude, Metropolitan Tikhon and His Eminence, Archbishop Michael joined the clergy and faithful of Saint Peter and Paul Church, Bayonne, NJ for the celebration of the parish's 100th Anniversary.

The commemoration of this milestone event began on Saturday evening with both Hierarchs in attendance for Great Vespers. On Sunday morning, His Beatitude, Metropolitan Tikhon presided over the Hierarchical Divine Liturgy at the invitation of His Eminence Archbishop Michael. Concelebrants included Archpriest Sophrony Royer, Rector, Archpriest John Fencik and Priest Stephen Krivonak of neighboring St. Mary's Parish, Bayonne (ACROD), Protodeacon Peter Danilchik, Deacons Peter Ilchuk and Stefan Karlgut, Subdeacons Mark Federoff and Zachary Parisi assisted in the altar along with Readers Stephen Wasilewski and Philip Benda. At the conclusion of Hierarchical Divine Liturgy, Metropolitan Tikhon presented Father Sophrony and the parish with a Synodal Gramota in honor of the 100th Anniversary. Additionally, Archbishop Michael presented six parish council members with Gramotas in recognition of years in service to the parish family.

How to choose the right doctor

A primary care physician is your first line of defense in maintaining good health. Finding one you like and trust may take a little effort, though. Here's some advice from the *Healthline* website:

- **Check your network.** Staying within your health plan's network can save you money. Look through your plan's documents to locate primary care doctors in your community.
- **Talk to family members and friends.** Ask who they go to, and whether they like and trust them. You can also look to other health care workers you know—your pharmacist, physical therapist, eye doctor, and the like.
- **Consider the location.** Is it easy for you to visit the doctor's office? Ask about public transportation, parking, access, and other physical issues. If your doctor's office is inconvenient to get to, you won't go as often as you should.
- **Check availability.** How busy is the doctor? Will you be able to get an appointment when you need one? Is telemedicine an option? You should be able to see a doctor quickly when you need to.
- **Meet the staff.** You'll be interacting with nurses and assistants, not just the doctor. On your first visit, see if they're friendly and helpful so you'll be comfortable sharing your concerns with them.
- **Group vs. Individual practice.** In a group practice, you may not always get to see the doctor you choose. On the flip side, if the doctor is a solo practitioner, their availability may be limited.

here & there

A fit body,
a calm mind,
a house
full of love.
These things
cannot be
bought—
they must be
earned.
—Naval Ravikant

I never dreamed
about success;
I worked for it.
—Estée Lauder

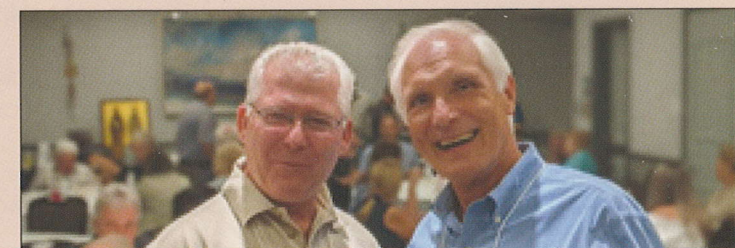
IF YOUR DREAMS
DON'T SCARE YOU,
THEY ARE TOO
SMALL.
—Richard Branson

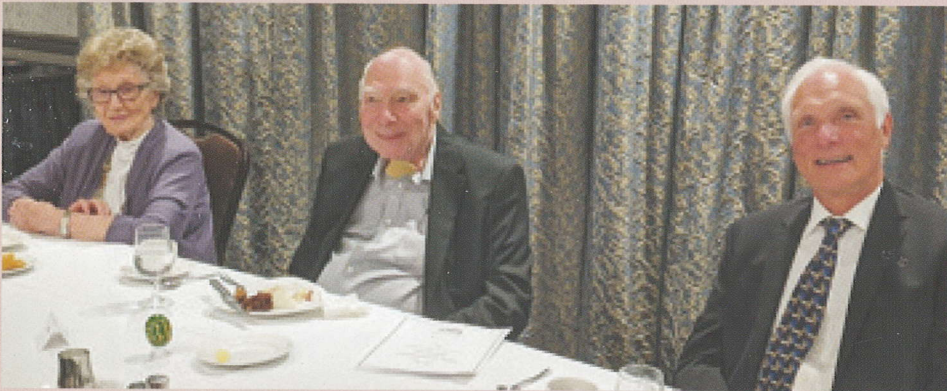
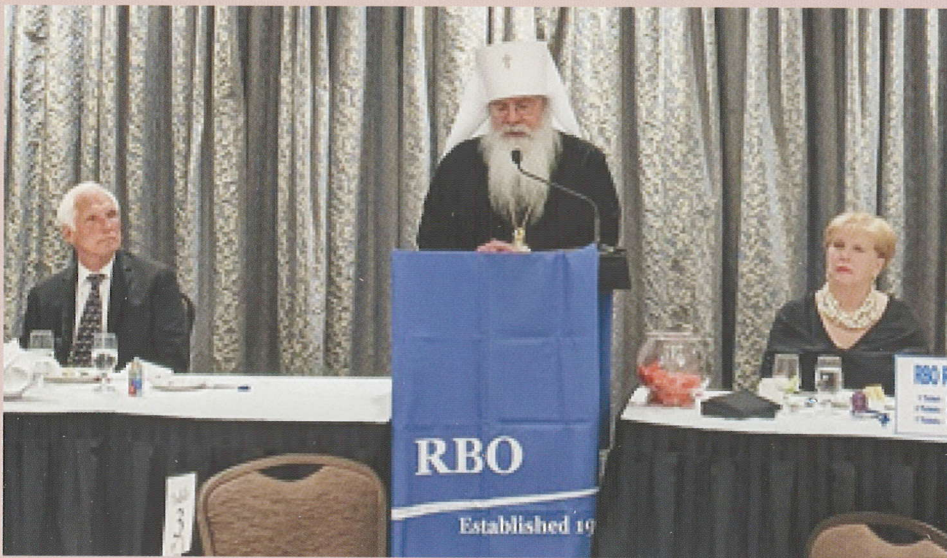
An essential
aspect of
creativity is not
being afraid
to fail.
—Edwin Land

Champions
keep
playing
until they
get
it right.
—Billie Jean King

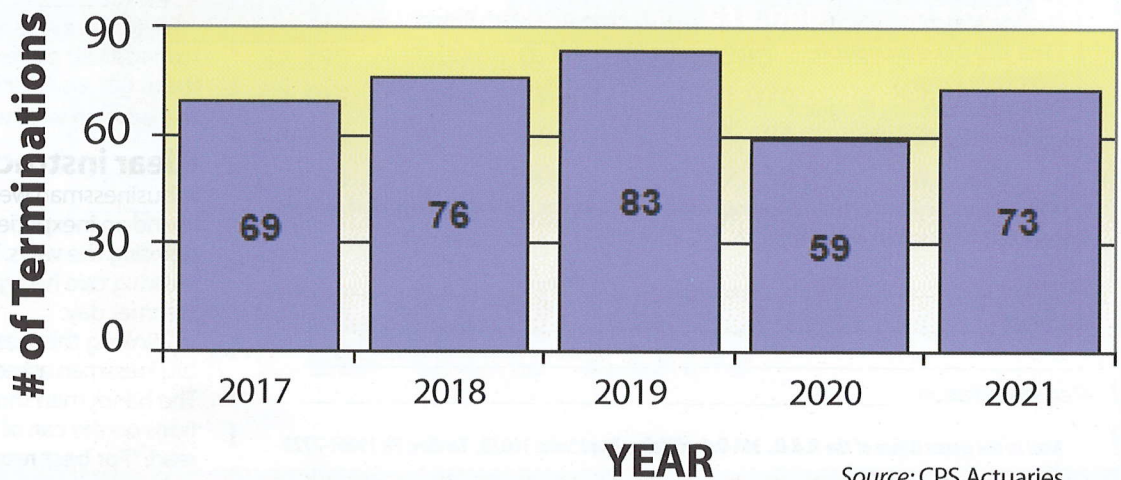
Failure is not the
opposite of success:
It's **part** of success.
—Arianna Huffington

Guests and RBO Friends
39th Convention
Canonsburg, Pa.





This graph shows the number of life insurance policies that terminated (net of reinstatements) each year due to deaths, surrenders, lapses, etc. In order to maintain membership at the current levels, the Society will need to sell more life and annuity policies to offset these terminations.



Source: CPS Actuaries

**A generous donation made to the
Ss. Cyril & Methodius Scholarship Fund
was made by the following:**

Kenneth Stafursky, Lodge 129; Thomas Evans, Lodge 41; Daniel M Carlock, Lodge 167; Daniel M Carlock in memory of Daniel P. Carlock; Eugene Zemlansky, Lodge L35; Louis A. Matyuf, Lodge 247; Raissa Psinka, Lodge 32; Michael E. Simko, Lodge 32; Margaret Pysarchyk, Lodge 123; Judith A. Paduchik, Lodge 204; Frank Pavuk, Lodge 29; Alison Russin, Lodge 102; Nadine Galasso, Lodge R005; Andrea Migdal-Lambo, Lodge 204; V. Rev. Emil Hutnyan, Lodge 204; Stephen Wasilewski, Lodge 100; Michael Galasso, Lodge 68; Tais Fedetz, Lodge R005; Kenneth Kramer, Lodge 204; Donald Lambo, Lodge 204; Kenneth Bianchini, Lodge 76; Elena Litvak, Lodge 25; Nicholas Petronko, Lodge 88; Irena Ferraro, Lodge 25; Stephen & Debra Wanko, Lodge 100; John & Helen Wanko, Lodge 100; Basil & Shelley Russin, Lodge 48; Carmine & Marianne Guagenti, Lodge 152; Sofia Pascuzo, Lodge 128; David & Donna Carlock, Lodge 167 PA; Fr. Gabriel Bilas, Lodge 14; Ronald Bane Jr., Lodge 182. Deborah M. Donlick, Lodge 216 and Mark & Angela Obuhanych, Lodge 102 PA made donation to all three Scholarship Funds.

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

Check here for RBO information on:

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The lighter side



Remember the right word

A man out in the country wanted to buy a horse. He finally found one owned by an elderly farmer. After some bargaining, they finally reached a deal, and the buyer eagerly climbed into the saddle.

"Now there's one thing you should know," the farmer said. "This horse only goes when you say, 'Thank God.' And it only stops when you say, 'Amen.' Remember that now."

"Sure, sure," the man said. "Thank God!" he commanded, and the horse walked out of the corral.

Later, the man wanted to find out how fast his new steed could run. So he said, "Thank God, thank God, thank God!" And the horse took off at a gallop.

Soon the rider noticed that the horse was headed toward the edge of a high cliff. In a panic, he realized that he couldn't remember the word to make it stop. "Whoa! Stop! Cease! Desist!" he shouted desperately. But the horse raced forward.

Just inches from the edge of the cliff, the man finally remembered the word he'd been racking his brain for. "Amen!" he shrieked, and the horse skidded to a stop, overlooking the steep drop into the ravine below.

The man took a breath of relief. "Thank God."

Question the assumption!

For the final exam in philosophy, the professor placed a chair on his desk and told the class: "Now, using everything you've learned over the course of this semester, prove that this chair does not exist."

After three hours, all the students turned their papers in, but only one of them got an A for the exam. It went to the woman who wrote: "What chair?"

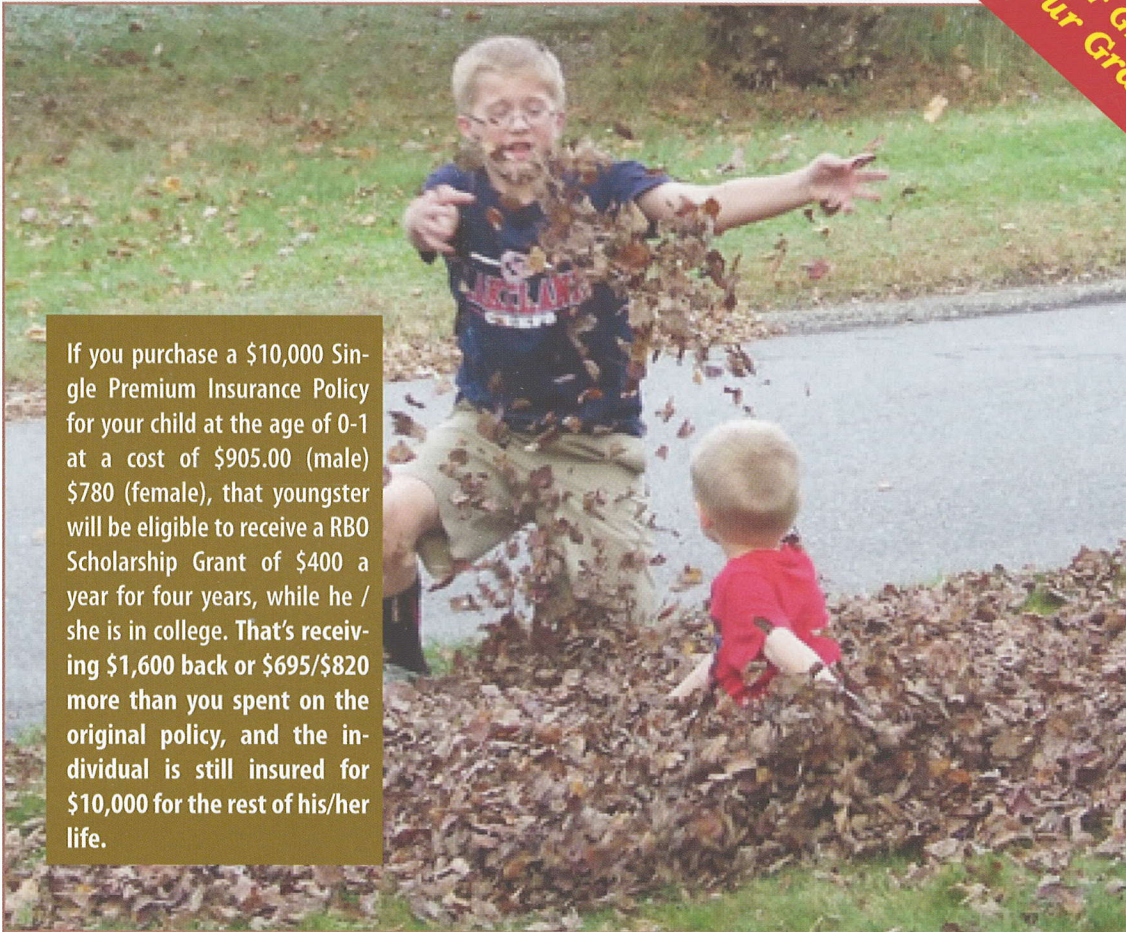
Clear instructions

A businessman went into the office and found an inexperienced handyman painting the walls. The handyman was wearing two heavy parkas on a hot summer day.

Thinking this was a little strange, the businessman asked what was going on. The handyman showed him the instructions on the can of paint. They read: "For best results, put on two coats."

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40	\$3,065	\$7,655	40	\$2,750	\$6,860
60	\$5,375	\$13,430	60	\$4,830	\$12,060

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SLAVIC POTATO SALAD

This is a lighter and healthier potato salad.

- 5 medium potatoes
- 2 small cucumbers, peeled and sliced thin
- 4 scallions, sliced (use all of the scallion)
- 10 radishes, sliced (optional)
- 1 pint sour cream or yogurt
- 2 pints (2 pounds) small curd cottage cheese
- 1/4 teaspoon each salt and pepper

Boil whole unpeeled potatoes until fork tender. Drain. When cool, peel and cut into 1/2-inch cubes. Place in a large bowl. Add the cucumbers and scallions.

Combine the sour cream, cottage cheese, salt, and pepper, add to vegetables. Put sliced radishes on top and mix in just before serving. Taste and adjust salt and pepper. Refrigerate.

Variations

- Add dill.
- Add finely chopped celery or carrots.
- Add a diced dill pickle.

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

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