

# The TRUTH

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A Publication of the

**RBO** *Our  
Second Century*

## Mother's Day



First celebrated in 1907, when Anna Jarvis held the first Mother's Day service of worship at Andrews Methodist Episcopal Church in Grafton, West Virginia.

In 1912, Anna Jarvis trademarked the phrase "Second Sunday in May, Mother's Day, Anna Jarvis, Founder" and created the Mother's Day International Association. She specifically noted that "Mother's" should "be a singular possessive, for each family to honor its own mother, not a plural possessive commemorating all mothers in the world."

## The TRUTH

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John Uram, Editor

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## Memorial Day: Take time to remember

*A few solemn thoughts to ponder and share this Memorial Day:*

• **Daniel Webster:** "Although no sculptured marble should rise to their memory, nor engraved stone bear record of their deeds, yet will their remembrance be as lasting as the land they honored."

• **W.J. Cameron:** "Perform, then, this one act of remembrance before this day passes: Remember there is an army of defense and advance that never dies and never surrenders, but is increasingly recruited from the eternal sources of the American spirit and from the generations of American youth."

• **Benjamin Harrison:** "I have never been able to think of the day as one of mourning; I have never quite been able to feel that half-masted flags were appropriate on Decoration Day. I have rather felt that the flag should be at the peak, because those whose dying we commemorate rejoiced in seeing it where their valor placed it. We honor them in a joyous, thankful, triumphant commemoration of what they did."

• **Robert G. Ingersoll:** "These heroes are dead. They died for liberty—they died for us. They are at rest. They sleep in the land they made free, under the flag they rendered stainless, under the solemn pines, the sad hemlocks, the tearful willows, and the embracing vines. They sleep beneath the shadows of the clouds, careless alike of sunshine or of storm, each in the windowless place of rest. Earth may run red with other wars—they are at peace. In the midst of battle, in the roar of conflict, they found the serenity of death. I have one sentiment for soldiers living and dead: cheers for the living; tears for the dead."

• **Pete Hegseth:** "Memorial Day isn't just about honoring veterans, it's honoring those who lost their lives. Veterans had the fortune of coming home. For us, that's a reminder of when we come home, we still have a responsibility to serve. It's a continuation of service that honors our country and those who fell defending it."

## X-rays on the battlefield, thanks to Madame Curie

**W**hen World War I broke out in 1914, Marie Curie had already won two Nobel Prizes, but she wanted to help the war effort in France.

She knew surgeons on the front lines were performing surgery without the ability to take X-rays in the field or the time to transport soldiers to one of the few hospitals in France with X-ray machines. So she invented the "petite Curie"—a van housing a portable X-ray machine.

Curie asked French military officials about funding for her invention, but they refused her. Then she approached the Union of Women of France, who agreed to help. She sought additional funding from wealthy women in Paris and built twenty petite Curies.

Those twenty machines went to the front lines and allowed tens of thousands of soldiers to receive X-rays.

Curie operated her own machine on the front line, along with women she had trained to operate others. Curie also oversaw the installation of 200 X-ray machines at field hospitals—semi-permanent hospitals near the front. Because of her efforts, more than one million soldiers were X-rayed during WWI, saving countless lives.



Medics at a French WWI field hospital locating a bullet with X-ray machine

Source—Library of Congress Prints and Photographs

here & there

## Conversation starters for Mother's Day

If you're trying to make conversation at Mother's Day dinner this year, try sprinkling some of these facts into the discussion:

- One of the earliest celebrations of mothers in recorded history comes from ancient Greece, when a spring festival was dedicated to Rhea, the mother of the gods.
- A Russian woman in the 18th century is said to have given birth to the most children. She was the wife of Feodor Vassilyev, and she produced a total of **69 children**, including 16 pairs of twins, seven sets of triplets, and four sets of quadruplets. Of those, 67 are said to have survived infancy.
- The first woman to give birth in the White House was Martha Randolph, daughter of President Thomas Jefferson, on Jan. 17, 1806.
- The first woman to give birth in an airplane was Mrs. T.W. Evans on Oct. 28, 1929, over Miami.
- In 340 B.C., **Aristotle** observed that dolphins gave birth to live young that were attached to their mothers by umbilical cords. For this reason, he considered dolphins and related creatures to be mammals. Biologists agreed with him—**24 centuries later**.
- Eileithyia was the Greek goddess of childbirth and the divine helper of women in labor (*in other words, the goddess of labor pain*).

## 5 Reasons to Eat More Color

*Colorful, delicious and nutritious foods keep our bodies and minds healthier, longer.*

### 1. Lots of the good

Fruits and vegetables provide many beneficial nutrients. Add fruits and vegetables to meals and snacks for a nutritional power boost.

### 2. Less of the bad

Fruits and vegetables are typically free of trans fat, saturated fat and sodium. Load up!

### 3. Won't weigh you down

Fruits and vegetables are low in calories. They fill you up thanks to the fiber and water they contain, which can help manage your weight.

### 4. Super flexible superfoods.

All forms of fruits and vegetables – fresh, frozen, canned, and dried – can be part of a healthy diet. They are among the most versatile, convenient and affordable foods you can eat. Choose those with little or no added salt or sugar.

### 5. A whole-body health boost.

A healthy eating plan full of fruits and vegetables can help lower your risk of many serious and chronic health conditions, including heart disease, obesity, high blood pressure, diabetes and and some types of cancer. They're also essential to your everyday health.

*Source—www.heart.org/healthyforgood*



**RBO on the internet - heather@rbo.org; Web page: www.rbo.org**  
**RBO forms are available on-line at: www.rbo.org**

## Confidence

In 1941, baseball great **Ted Williams** came into the last day of the season with 179 hits in 448 official at-bats.

His manager suggested that Williams sit out the doubleheader scheduled for the last day of the season to make sure his average stayed at .400. But Williams said, "If I'm going to be the batting champion, I'm going to win it like a champion." He played both games of the doubleheader and got six hits in eight times at bat, lifting his average six points on the last day of the season to .406.

**That took the courage of CONFIDENCE.**

**A LEADER MUST  
HAVE THE  
COURAGE  
TO ACT  
AGAINST AN  
EXPERT'S ADVICE.**

—James Callaghan

**You are never  
too old  
to set another  
goal or to  
dream a new  
dream.**

—C.S. Lewis

The finest gift you can give anyone is **encouragement**. Yet, almost no one gets the encouragement they need to grow to their full potential. If everyone received the encouragement they need to grow, the genius in most everyone would blossom and the world would produce abundance beyond the wildest dreams.

—Sidney Madwed

**Live so that when  
your children  
think of  
fairness and  
integrity,  
they think  
of you.**

—H. Jackson Brown

**Home  
is a place you  
grow up  
wanting to leave,  
and grow old  
wanting to  
get back to.**

—John Ed Pearce

## How Gen Z is buying homes

**G**eneration Z is starting to look at homes to buy, and they have their own way of doing it, according to the *AZ Big Media* website:

- **Buying online.** Sixty-seven percent would consider buying a home through an online service or app, compared to 39% of millennials.
- **Spending less.** The median price of an existing home is \$360,000+, but Gen Z says it's only willing to spend \$150–250,000.
- **Changing lifestyles.** The No. 1 reason Gen Z would choose to buy a home is a lifestyle change, with 46% citing a new job, a growing family, or a relocation.
- **Less money down.** Younger generations are putting less money down for a purchase, with 57% of Gen Z buyers willing to put down 3–5% on a home, while 53% of millennials are willing to put down less than 15%, along with 27% of millennials planning less than 10%.

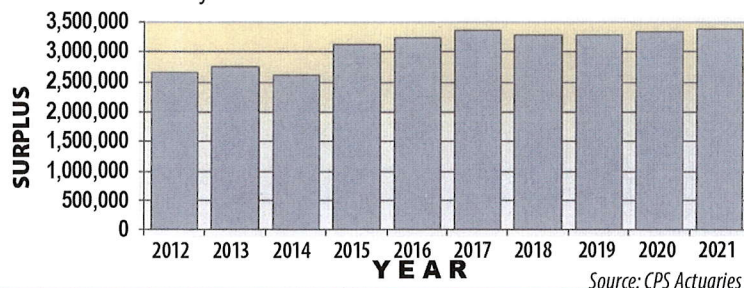
### Young people: **We're doomed**

It's easy to feel pessimistic about the state of the world these days. Case in point: A study published in the *Lancet Planetary Health* journal, reported on The Byte website, found that more than half of young people 16–25 basically feel that humanity is doomed because of climate change.

Researchers polled 10,000 people in North and South America, Europe, Asia, Africa, and Australia. Approximately 75% of respondents said that “the future is frightening,” and close to 40% said they're reluctant to have children as a result. Fifty-eight percent overall feel their governments have betrayed them when it comes to dealing with climate change, a number which went as high as 77% in Brazil, where destruction of the Amazon rainforest is a key environmental problem.

### RBO Surplus

Despite the challenges of operating during a pandemic surplus has increased recently and now stands at \$3.37 million. The following graph shows the trend in surplus over the last 10 years.



### 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

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## Don't follow this common health advice

**N**ot all traditional health-related advice is entirely accurate. As with everything you hear from relatives or read on the internet, you've got to scrutinize health claims closely before doing anything. The *Eat This* website advises being a little skeptical of these common health tips:

■ **Feed a cold, starve a fever.** Cutting down on food when you're running a fever isn't a good idea. Your body needs plenty of nutrients, fluids, and rest to fight off any infection.

■ **Eat a low-fat diet to lose weight.** Your body needs a certain amount of fat to feel satisfied, and your brain and other parts of your body that are mostly composed of fat need it to function. Cutting out fat entirely can lead to relying on “low-fat” substitutes that are often packed with sugar. Focus on lean protein and healthy, unsaturated fats found in **nuts, avocados and olive oil.**

■ **You don't need a colonoscopy before you're 50.** Waiting until you're 50 for a colonoscopy to check for colon cancer used to be common guidance, but rates appear to be rising in younger people for some reason. The *American Cancer Society* now suggests a **first screening at 45.**

■ **Drink eight glasses of water a day.** Staying hydrated is important, but there's no magic number for everyone. Drink when you feel thirsty, especially when you're physically active. The right amount will keep your urine looking **colorless or light yellow.**

■ **Don't eat after 8 p.m.** Overeating right before bed can cause acid reflux and difficulty sleeping, but your body doesn't automatically start transforming food into fat after a certain point in the evening. A **small snack that's high in protein** can actually help you sleep better.

## 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.

**September 30, 2023**

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.

## What do these terms mean?

Diversity, inclusion, equity—it's easy to get confused by what words like these actually mean. They're not interchangeable, even though they're often used together. *Forbes* offers these handy definitions so you can use each term accurately when discussing the issues:

- **Diversity.** Recognizing and supporting differences and encouraging representation.
- **Inclusion.** Acceptance, welcoming, and belonging.
- **Equality.** Providing equal resources to everyone, regardless of their identity.
- **Equity.** Equal access to opportunities and advancement.

## Protect yourself from online hacks

*Safety these days isn't just about not falling or avoiding car accidents. Staying safe online is paramount, especially when we're spending more and more time on the internet for our jobs as well as our relaxation. Good Housekeeping recommends these basics for avoiding fraud, viruses, and other online woes:*

- **Use a strong password.** You know not to use your birthdate, wedding anniversary, or mother's maiden name, right? Choose a password that has a mix of capital and lower-case letters, numbers, and symbols. Use different passwords for different sites.
- **Be careful on social media.** Don't share personal data there—your birthdate, maiden name, first childhood pet, or anything like that. Even photos could reveal personal details you'd rather keep private. Check your privacy settings regularly to ensure only trusted people are seeing your posts.
- **Be wary with emails.** Don't open emails from strangers. Be skeptical even with people you recognize sending you a link to a joke—they could have been compromised. Check the sender's address. Often seemingly legitimate people or corporations will have a suspicious return address after the @ symbol.
- **Download software only from safe sources.** Go to legitimate manufacturers for new software. Don't trust offers on websites you're unfamiliar with.
- **Handle credit cards carefully.** Use one credit solely for online purchases. This will make it easy to track down (and cancel) fraudulent charges if your card gets hacked. Set the card to a safe limit that you can afford to write off if necessary. Sign up for credit card protection with your card's issuer.

**RBO on the internet**  
To reach the home office in Yardley, Pa.:  
**heather@rbo.org**

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## SUPER FOOD



### Pass the **Garlic**, Please

In ancient times, garlic cloves were considered a surefire way to ward off vampires. Today, scientists are discovering more down-to-earth benefits from this pungent herb. Some studies indicate that eating garlic (or *allium sativum*, as it's known scientifically) can help lower cholesterol, prevent heart attacks and strokes, lower high blood pressure, ward off coughs and colds, protect you from cancer, and strengthen your immune system.

How much should you eat? One medium-sized clove a day—raw or cooked—should do it, according to garlic guru Dr. Benjamin Lau. And if you prefer the odorless route, you can buy garlic capsules at your local health food store.

## The *lighter* side



### Who knows where the time goes?

Time is a funny thing—it doesn't always behave the way you expect. **The Cracked** website offers some interesting observations on the sometimes wacky nature of time:

- Your head is aging faster than your feet. Time moves at a slightly different speed depending on how close an object is to a source of gravity. The difference is very small, but it's measurable.
- What did people do before alarm clocks? They hired 'knocker-uppers,' people who would come knock on their door to wake them up.
- Days and years were shorter long ago. Dinosaurs lived in a time when the earth rotated faster, so days lasted about 23 ½ hours, and a year was 372 days.
- One year was longer than the rest. The year 46 B.C. had 445 days, due to Julius Caesar's reform of the calendar.
- The oldest known calendar dates back to 8,000 B.C. It was a monument built by hunter-gatherers near Aberdeenshire in Scotland. It tracked months by the moon.
- France tried to change time. In 1973, France introduced decimal time, which divided days into 10 hours of 100 minutes per hour and 100 seconds per minute. It lasted 500 days.

**Mr. & Mrs. Paul Sokol (Lodge 102) & Nancy J. Gresko (Lodge 93) made donations to Cyril & Methodius Scholarship 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 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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### How I learned to mind my own business

A man was walking past a school one day when he heard voices shouting beyond a tall fence: "Thirteen ... thirteen ... thirteen ..."

Curious, he walked up to the fence. It was too high for him to see over, but he found a gap in the planks, so he bent over to peer inside.

Someone poked him in the face with a stick, and then everyone inside started shouting, "Fourteen, fourteen, fourteen ..."

### Motherhood

All love begins and ends there.

— Robert Browning

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*Recipe*

## Kielbasa and Cabbage



- 1/4lb. butter or margarine
- 3 onions, sliced
- 1/2 large head cabbage, shredded
- 1 - 2 Tbsp. brown sugar
- salt
- pepper
- 1 large can sauerkraut
- kielbasa

In skillet melt butter and saute onion until onions are limp and golden. Add cabbage, cover and cook, stirring frequently, for about 30 minutes. Add brown sugar, salt, pepper and sauerkraut.

Cover and cook slowly for 30 - 60 minutes. Add cooked sliced kielbasa and cook until hot.

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