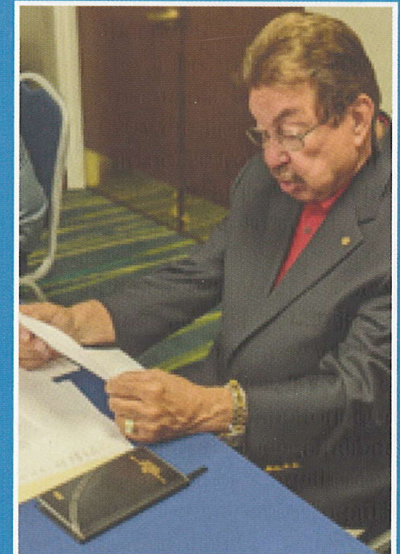
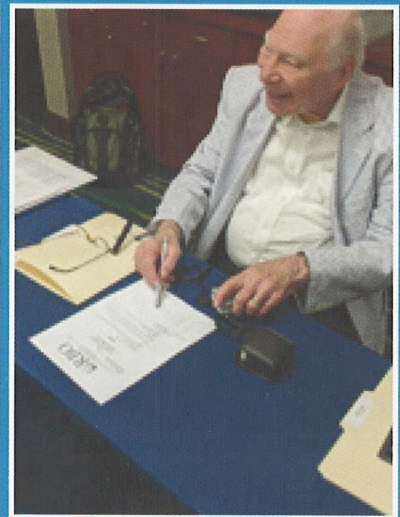
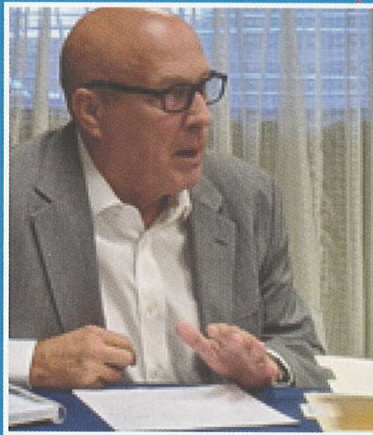




## RBO ANNUAL MEETING HELD IN AUGUST

COVER PHOTOS / Nicholas Petronko



### Secretary/Treasurer's 2020 Annual Report

**Y**ear ending December 31, 2020, was another positive year for the RBO. Even though the COVID-19 pandemic and the resulting government enforced business lock down the RBO was able to maintain its solid financial health throughout the year. New policies enacted in 2020 were slightly up from prior year to 20 from 16 but still a well below executive board goals. We achieved another record high assets at 15.7 million dollars. Throughout the year, I reviewed the portfolio with Thomas Paluszynski of Morgan Stanley. 2020 was a particularly active year due to investment environment and pandemic related issues. Several of our bond holdings were downgraded due to market conditions. As a result, the RBO was forced to be continually active in the market buying and selling bond issues. CPS Actuary reviewed the bond portfolio and determined approximately 18% of bonds were below investment grade. This is and improvement of the 31% lower graded bonds we held in 2016. This improvement is due to the close monitoring and selling of lower grade bonds. Looking for additional savings the RBO terminated our partnership with Comerica the custodian for our portfolio holdings. In May, the RBO moved all holding to First State Trust Company. Our current portfolio contains particularly good investment grade bonds returning roughly 5% on our investments.

I attended all the Executive Board meeting this year. I reviewed the internal audit results prepared by the RBO's independent certified public accounting firm Pappler Thompson and Associates. In March I reviewed the Annual Statement of the RBO submitted to the Commonwealth of Pennsylvania with Allan Ferrone, of CPS Actuaries. The overall conclusion of this report was the RBO had another good year.

#### *Here are some 2020 highlights:*

**Surplus:** Increased this year by \$67,000 due to gains from operations and gains from common stocks.

**RBO OFFICERS / GUEST, TOP L to R:**  
Heather M. Bradley, Corporate Secretary  
Stephen Wanko, Sec./Treasurer  
Thomas Paluszynski of Morgan Stanley  
John Wanko, President  
Daniel M. Carlock, Auditor

*Continued on page 4*

# The TRUTH

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John Uram, Editor

Published by  
**RBO**

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

**CORPORATE SECRETARY**  
Heather M. Bradley

**SUPREME COUNCIL**  
Walter Dudich, Chairman  
David Carlock  
Nicholas Petronko  
Stephen Wasilewski  
Alexander B. Russin

**AUDITORS**  
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Harrison Russin

**General Council**  
Alexander B. Russin

**RBO**  
*A Fraternal Benefit Society*  
301 Oxford Valley Road Suite 1602B  
Yardley, PA 19067-7721



Supreme Council members David Carlock (left) and Stephen Wasilewski at the RBO Annual Meeting in August

## Healthy Cooking Oils

**R**eplacing bad fats (saturated and trans) with healthier fats (monounsaturated and polyunsaturated) is good for your heart. One way you can do this is by choosing healthier nontropical vegetable oils for cooking and preparing food.

Use these oils instead of solid fats (including butter, shortening, lard and hard stick margarine) and tropical oils (including palm and coconut oil), which can have a lot of saturated fat.

Here's an alphabetical list of common cooking oils that contain more of the "better-for-you" fats and less saturated fat: Canola, Corn, Olive, Peanut, Safflower, Soybean, Sunflower

Blends or combinations of these oils, often sold under the name "vegetable oil," and cooking sprays made from these oils are also good choices. Some specialty oils, like avocado, grapeseed, rice bran and sesame, can be healthy choices but may cost a bit more or be harder to find.

In general, choose oils with less than 4 grams of saturated fat per tablespoon, and no partially hydrogenated oils or trans fats.

You may find that some oils have distinctive flavors, so try different types to discover which ones you like. Also, some oils are better for certain types of cooking than others, so you may want to have more than one type in your pantry.

Source — American Heart Association

### 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**

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Include old address

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Address \_\_\_\_\_

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

Zip \_\_\_\_\_ - \_\_\_\_\_ Lodge # \_\_\_\_\_



## President's Report

### Supreme Council Meeting

August 2021

- ◆ Continued to give donations to Church and Civic Organizations
- ◆ Assets have grown steadily since 2011 and now stand at an all-time high of \$15.7 million
- ◆ Surplus stands at \$3.4 Million
- ◆ Solvency ratio is 127%
- ◆ Gross Investment Income for 2020 was 5.5%
- ◆ During the year I attended:
  - a. All Executive Board Meetings
  - b. Two On-Line Workshops
- ◆ All reports needed by the society were timely and properly filled by our Corporate Secretary, Heather Bradley.
- ◆ Special thanks to Heather, Marge and Irena
- ◆ Thanks to the Executive Board for their support and the members of the Supreme Council.
- ◆ Coming Events: Audit- June 2022
- ◆ Convention:
  - a. Hilton Garden Inn Pittsburgh/Southpointe
  - b. Arrival: Sunday, August 21, 2022
  - c. Departing: Tuesday, August 23, 2022

### OUTLINE OF PRESIDENT'S REMARKS

## Diet and Disease Prevention

**T**he foods that fuel your body can make a difference in how your immune system performs. According to an article published in August 2019 in *Nutrients*, proper nutrition is necessary for all cells to function as they should — including immune cells. By eating well, the body is equipped to fight back against pathogens and avoid dangerous inflammation.

Inflammation normally helps the body fight infections and can become a problem if it's chronic, which means the immune system stays turned on, according to *Harvard Health Publishing*. Chronic inflammation is associated with many dangerous health conditions, including heart disease, cancer, diabetes, arthritis, and bowel diseases.

Foods that help fight inflammation include berries, red grapes, onions, and green leafy vegetables. On the other hand, foods that may contribute to inflammation include white bread and pasta, processed meat, and foods with added sugar, according to *Harvard Health Publishing*.

A balanced, nutrient-rich diet high in anti-inflammatory foods can help you steer clear of dangerous health conditions. According to the CDC, sticking to a healthy diet encourages proper growth and lowers your risk of chronic health conditions, such as obesity, heart disease, type 2 diabetes, and some cancers.

As for the role of nutrition in preventing COVID-19, an article published May 2020 in the *Pakistan Journal of Medical Sciences* noted that following a healthy diet puts the body in the best position to ward off illness, though there hasn't been research yet linking specific nutrients to reducing the risk of contracting the virus.

A poor diet can have the opposite effect, however. **Eating saturated fats, sugars, and refined carbohydrates can promote inflammation and impair immunity, which could increase the risk of having a severe case of COVID-19 if you get it,** according to a July 2020 article published in *Brain, Behavior, and Immunity*.

here & there

In 20 years  
you will  
be more  
disappointed  
by what you  
**didn't do** than  
by what  
you did.  
—MARK TWAIN

WATCH YOUR **THOUGHTS.**  
FOR THEY BECOME **WORDS.**  
WATCH YOUR **WORDS.**  
FOR THEY BECOME **ACTIONS.**  
WATCH YOUR **ACTIONS.**  
FOR THEY BECOME **HABITS.**  
WATCH YOUR **HABITS.**  
FOR THEY BECOME **CHARACTER.**  
WATCH YOUR **CHARACTER.**  
FOR IT BECOMES YOUR **DESTINY.**

My goal is  
not to be  
better than  
anyone else,  
but to be better  
than I used  
to be.  
—Wayne Dyer

**TWO THINGS  
DEFINE YOU:**  
1. YOUR PATIENCE  
WHEN YOU HAVE  
NOTHING.  
2. YOUR ATTITUDE  
WHEN YOU HAVE  
EVERYTHING.

# Secretary/Treasurer 2020 Annual Report

Continued from page 1

**Assets:** 2020 resulted in a new record high of 15.7 million dollars. This was due to positive cash flow from operations, premiums and investment income exceeded operating expenses and benefits paid out. Our percentage of assets are 90% bonds, 4% mortgages, 3% preferred stocks, 2% common stocks, and 1% real estate, (office).

**Solvency Ratio:** decreased by 1% to 127% (RBO has \$127 of assets for every \$100 of liabilities).

**Risk Based Capital (RBC) Ratio:** The PA Insurance Department has indicated that they will start looking into a society much more closely when the ratio drops below 300%, whereas most other states use 250% or 200% as the guideline. The RBO's ratio decreased slightly in 2020 to 975% due purchases of common stocks which increases the RBO's risk factors in the RBC formula and therefore results in a decrease in the RBC ratio.

**Results of operations:** This increased for the 9th year in a row, and of note this was the largest gain in that 9-year period, \$134,000 for this year. This gain was due to PPP Loan forgiveness and reduction of expenses. Both were the key factors in achieving the operational gains. The expenses for the year decreased to 433,000 from \$464,000 in 2019. The gain from operations in 2020 was \$134,000. Investment income increased slightly in 2020, mainly due from income received from the bond portfolio.

The portfolio is organized using a ladder maturity model, (2020 thru 2049) with a rate of return of 5.5%.

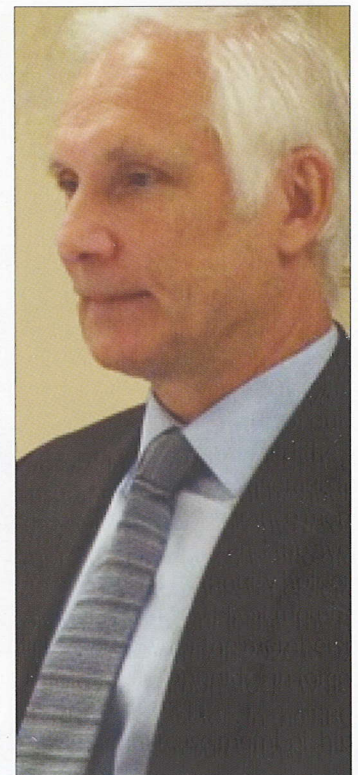
**Membership:** The RBO experienced declining membership for another year. Current policies are down to 3,169 from 3,205. The insurance in force increased this year due to new policies purchased have a higher face value than terminating policies. Our total insurance in force increased by \$74,000 to 17.9 million, with the average face amount increasing to \$5,700. The average age of our membership

**REPORT GIVEN  
AT THE  
ANNUAL MEETING  
ON AUGUST 14, 2021**

remained the same at 48.7, with average age of life insurance member is around 50 and the average age of annuity holders is 62. About 91% of members have paid up policies and 23% of the membership are 70 or older. There are 383 annuities in force.

**Focus items for 2021:**

- 1.) Find ways to increase membership and increase insurance sales
- 2.) Continue cost savings programs
- 3.) Continue to monitor bond portfolio and acquire high quality bonds
- 4.) Investigate common stocks with high dividend returns
- 5.) Investigate other investment products with good returns and minimal risk profile.
- 6.) Closely monitor cash flow positions to prepare for any potential annuity withdrawals, or death benefits.
- 7.) Prepare for the Pennsylvania Insurance Department

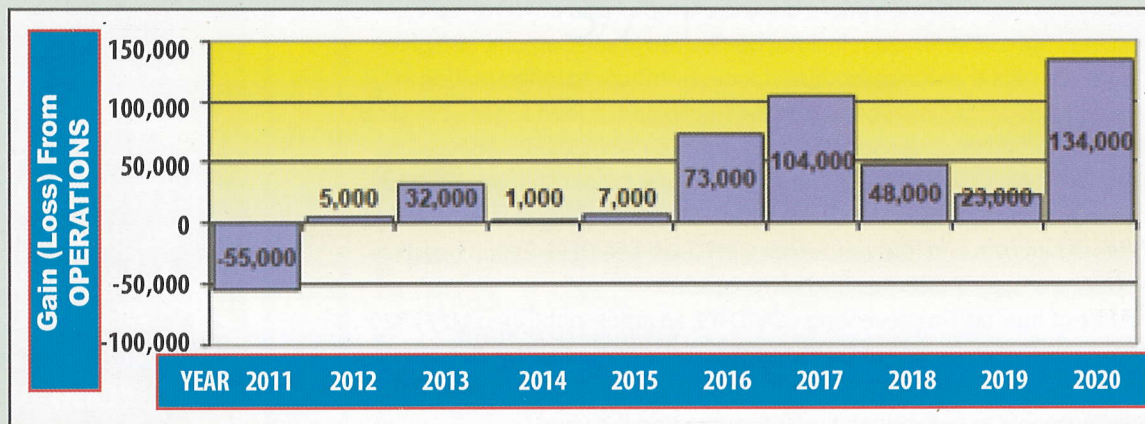


STEPHEN WANKO  
Secretary / Treasurer

ment kick off meeting and Audit. A special thank you to Heather Bradley and her office staff. All their hard work and dedication in managing the day-to-day operations of the Corporate Office has made 2020 another great year for the RBO.

Respectfully Submitted  
Stephen J. Wanko  
Secretary/Treasurer

This graph illustrates that the Society has had operational gains in 9 out of the last 10 years.



The gain from operations in 2020 was larger than the prior years due to (a) the PPP Loan forgiveness, and (b) a reduction in expenses. The Society also did not see an increase in death claims, **which is surprising considering the Covid-19 pandemic that we are all living through.** Expenses are a key item for achieving operational gains. This graph shows the trend in total expenses over the last 10 years. Expenses decreased in 2020. Traveling expenses and meeting costs were down \$20,000 as the pandemic eliminated the opportunity for in-person meetings. There was also a \$17,000 reduction in actuarial and accounting fees, which was primarily due to the fact that in 2019 there was a cost for developing new 2017 CSO plans that were required to be issued starting January 1, 2020; there was no such cost for 2020.

Source — CPS Actuaries

July 1, 2021

## Basil G. Russin, Vice-President's **REPORT**

**T**his past year has been like none other. The Covid pandemic prevented us from having in-person meetings except, finally, our May, 2021 meeting. All other meetings were held virtually through phone or zoom. Although these methods allowed us to conduct our necessary business, it prevented us from personal contact with each other, members, and potential members.

Despite the pandemic, the Pennsylvania Insurance Department began our audit. An initial zoom meeting was held and the auditors have begun. This is a very large expense on the RBO and I try, as much as possible, to keep tabs on the state's expenses and challenge them when possible. So far, we've seen that they are looking at our cybersecurity, something that they never did before.

Although our membership is not what we would like it to be, our financial condition continues to strengthen. Expenses are down since there have been no in person meetings or functions. A small grant from the government helped make our income look even better last year.

We finally had an in-person Executive Board meeting in Wilkes-Barre in May. This Supreme Council meeting, hopefully, is the start of returning to normal where we can meet in person and start promoting our organization and products.

Our convention is planned for August, 2022. We have a lot of planning to do as we have not been able to meet in person with the hotel personnel and start real convention planning. Our first meeting with the hotel is planned for October, where we can get a lot of the basics covered.

I would like to thank President John Wanko, acting Secretary/Treasurer Stephen Wanko, Heather Bradley and the office staff for the help and assistance in keeping the RBO running during this most difficult year. Special thanks to Heather Bradley for her diligence and perseverance in running our office.

Respectfully submitted,  
Basil G. Russin  
Vice-President



## Recipe **makeovers:** *tips for healthier dishes*

*Give your favorite dishes a healthy overhaul with these simple suggestions. Reduce the amount of fat, sugar and salt*

**Fat.** For baked goods, use half the butter, shortening or oil and replace the other half with unsweetened applesauce, mashed banana or prune puree. You can also use commercially prepared fruit-based fat substitutes found in the baking aisle of most grocery stores.

**Sugar.** Reduce the amount of sugar by one-third to one-half. Instead, add spices such as cinnamon, cloves, allspice and nutmeg, or flavorings such as vanilla extract or almond flavoring to boost sweetness.

**Salt.** For most main dishes, salads, soups and other foods, you can reduce the salt by half or even eliminate it. You can reduce salt by half in baked goods that don't require yeast too. For foods that require yeast, you may need to experiment: Some salt may be necessary for leavening to keep baked goods from being too dense or flat.

## 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.

Flexible Contributions. Your organization or church can contribute up to \$50,000 a year.

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.

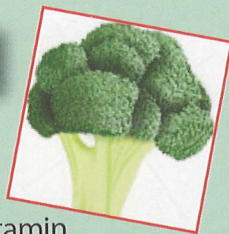
## **RBO**

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

# **1-215-563-2537**

## SUPER FOOD

# broccoli



It has lots of vitamin C, carotenoids, vitamin K, and folic acid. Steam it just enough so that it's still firm and add a sprinkle of red pepper flakes and a spritz of lemon juice.

### Nancy J Gresco, Lodge 93 made a donation to Ss 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*.

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
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- Other FREE Benefits

#### Our Fine Fraternal Products:

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

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



### WALMART SENIOR GREETER

*You just have to appreciate this one. Some young people forget that old people had a career before they retired...*

Charley, a new retiree/greeter at Walmart, just couldn't seem to get to work on time. Every day he was 5, 10, 15 minutes late. But he was a good worker, really tidy, clean-shaven, sharp-minded and a real credit to the company and obviously demonstrating their "Older Person Friendly" policies.

One day the boss called him into the office for a talk.

"Charley, I have to tell you--I like your work ethic. You do a bang-up job when you finally get here; but your being late so often is quite bothersome."

"Yes, I know boss, and I am working on it.

"Well good, you are a team player. That's what I like to hear.

"Yes sir. I understand your concern, and I will try harder.

Seeming puzzled, the manager went on to comment, "I know you're retired from the Navy. What did they say to you there if you showed up in the morning late so often?

The old man looked down at the floor, and then smiled. He chuckled quietly, then said with a grin, "They usually saluted and said, Good morning, Admiral, can I get your coffee, sir?"

### RBO on the internet

To reach the home office in Yardley, Pa.:

**heather@rbo.org**

Web page: [www.rbo.org](http://www.rbo.org)

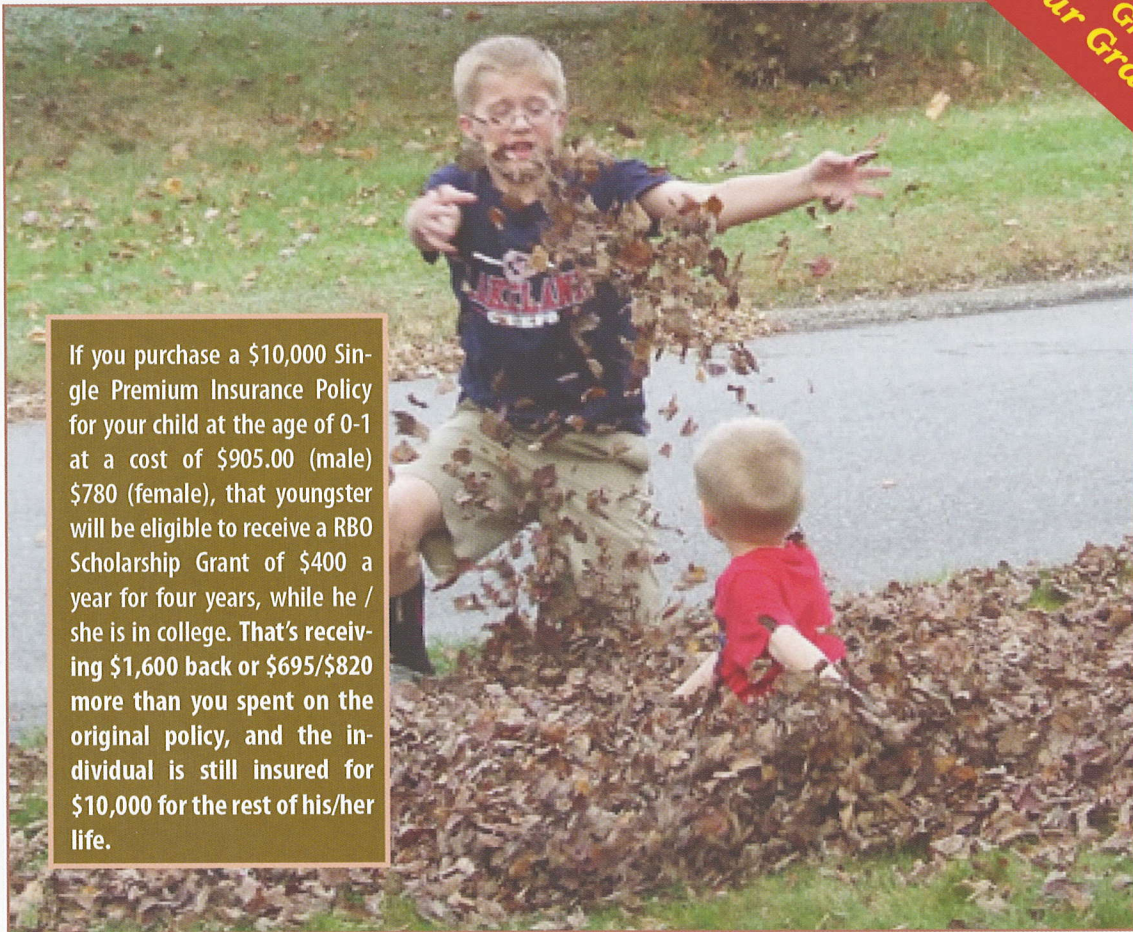
RBO forms are available on-line at: [www.rbo.org](http://www.rbo.org)

### Notice of Retraction.

In the last issue of *The Truth* a Research Letter, "Experimental Assessment of Carbon Dioxide Content in Inhaled Air With or Without Face Masks in Healthy Children: published online in *JAMA Pediatrics* on June 30, 2021, is hereby retracted.

# Single Premium Life plan

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



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

Age at Issue	\$10,000	\$25,000
0	\$905	\$2,255
10	\$1,245	\$3,105
20	\$1,695	\$4,230
40	\$3,065	\$7,655
60	\$5,375	\$13,430

## FEMALE

Age at Issue	\$10,000	\$25,000
0	\$780	\$1,935
10	\$1,070	\$2,660
20	\$1,480	\$3,685
40	\$2,750	\$6,860
60	\$4,830	\$12,060

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OCT 24 2021

We are looking for . . .

# LODGE SECRETARIES

Call Heather at 1-215-563-2537

**RECIPE**

## Sweet and Sour Cabbage

A recipe from Slovakia that compliments duck, goose, turkey or pork.

- 1 cup chopped onions
- 1 cup shortening
- 5 Tablespoons sugar
- 3 Tablespoons vinegar
- Broth, as needed
- 3 -pounds cabbage (15 cups), chopped
- 1 teaspoon caraway seed
- 1 teaspoon salt
- 1/3 cup flour

Saute onion in shortening until light brown. Add sugar and vinegar. Pour in a little broth. Add chopped cabbage, caraway seed, and salt. Saute until soft. Sprinkle with flour and mix in thoroughly. Stir until thickened, adding broth as necessary. Taste and add more sugar, vinegar, or salt to taste. Serves 10. Recipe reduces easily. Reheats well.

From —Hanya's Kitchen, The Orthodox Herald Recipe Collection

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Contact the RBO Today

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