

The **TRUTH**

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2025



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RBO *Our
Second Century*

**CHRIST IS RISEN!
INDEED, HE IS RISEN!**



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Recipients of the 2024 - 2025 27th Annual Alexis Russin Scholarship . . . page 3

The TRUTH

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John Uram, Editor

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RBO
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301 Oxford Valley Road Suite 1602B
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Christ is Risen!

On this glorious day of the Resurrection of our Lord and Saviour Jesus Christ, it is our great pleasure to greet all members of the R.B.O., their families and friends with the Church's universal greeting:

Christ is risen!

May the joy of the Resurrection enter into your homes and may the Risen Lord grant you and yours the peace that is from above, good health and all earthly blessings.

Our hopes on this great day are that all peoples will embrace in a brotherly way and forgive one another for the sake of the Resurrection. May it come to pass that all will understand that the holy and all-saving Pascha is a victory of life over death, light over darkness, love over hate, justice over injustice, forgiveness over vengeance, purity of heart over hypocrisy. So let us all rejoice and with the Church sing the triumphant hymn for—

It is the day of Resurrection!

Let us be illumined, O ye people!

Pascha, the Pascha of the Lord!

From death unto life, and from earth to heaven.

Has Christ our God led us;

Singing the song of victory.

Truly, He is Risen!

Atty. Basil Russin, President
And the Officers and Staff of the RBO

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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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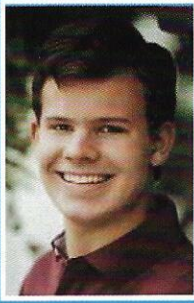
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Recipients of the 2024 - 2025 27th Annual Alexis Russin Scholarship



Isabelle Willison
Lodge 25



Justin Doran
Lodge 24

Alexis Russin Scholarship Award:

This \$600 award is given on a competitive basis for a maximum of two times to students pursuing a 4 yr. BA/BS degree or once to those pursuing a two year associate degree.

To Qualify: Must be a recipient to the Ss. Cyril and Methodius Scholarship award with 30 + College credits or the equivalent of sophomore status.

To Apply: Complete the Alexis Russin Scholarship application and essay; send a copy of transcript and picture.

RBO on the internet - heather@rbo.org; Web page: www.rbo.org

RBO forms are available on-line at: www.rbo.org

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.

My own prescription

For health is less paperwork and more running barefoot through the grass.

—Leslie Grimutter

here & there

It is health that is real wealth and not pieces of gold and silver.
—Mahatma Gandhi

“Leadership is the art of getting someone else to do something you want done because he wants to do it.”
—Dwight D. Eisenhower

Once you stop thinking you don't have money, and start thinking of ways to access it, your world will change.
—Kathy Fettke

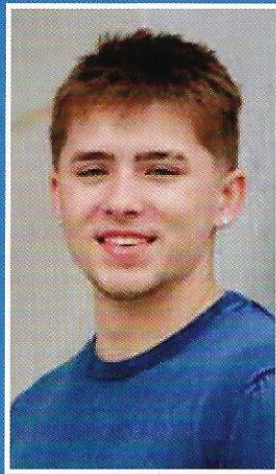
We must find time to stop and thank the people who make a difference in our lives.
—John F. Kennedy

You can have unbelievable intelligence, you can have connections, you can have opportunities fall out of the sky. But in the end, hard work is the true, enduring characteristic of successful people.
—Marsha Evans

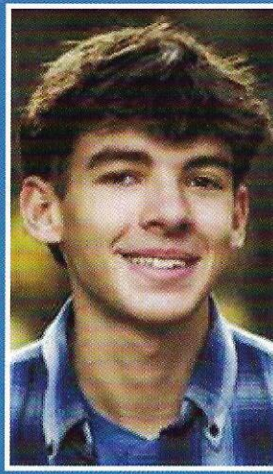
If you find it in your heart to care for somebody else, you will have succeeded.
—Maya Angelou

If there is a 50-50 chance that something can go wrong, then nine times out of ten it will.
—Paul Harvey

2024 - 2025 Sts. Cyril and Methodius Scholarship



Andrew Cvercko
Lodge 198 OH, Ashland Univ.
Major: undecided



Jackson Barr
Lodge 48 PA, Susquehanna Univ.
Double Major: Finance & Music



Victoria Day
Lodge 168 NY
University of South Carolina,
Major: Psycholog



Olivia Drozd
Lodge 222 PA
University of Vermont
Major: Communication &
Food System



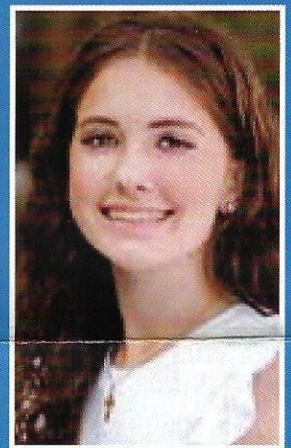
Arun Gopinath
Lodge 222 PA
Elizabethtown College
Major: Biology/ Pre-Med



Bryce Kirkland
Lodge 222 PA,
Central Piedmont
Community College
Major: Occupational Therapy



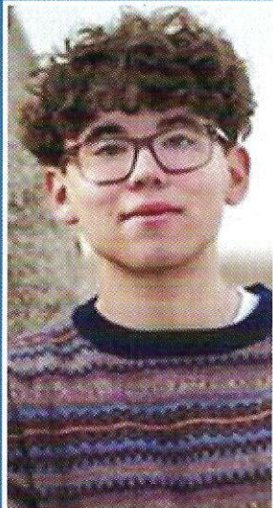
Pheodora Kasmer
Lodge R60 NJ
Bucknell University
Major: Chemical Engineering



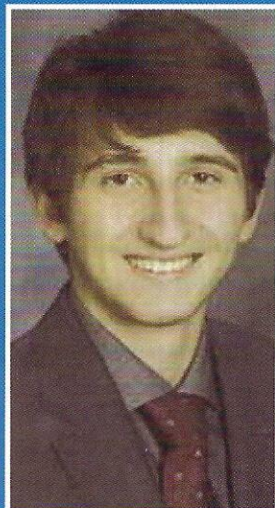
Julia Mediate
Lodge 32 PA
Youngstown State University
Major: Nursing



Andrew Steffaro
Lodge 25 PA
Moravian University
Brookdale CC
Major: Business Management



Max Stevens
Lodge 48 PA
University of Miami
Major: Marine Biology and
Ecology



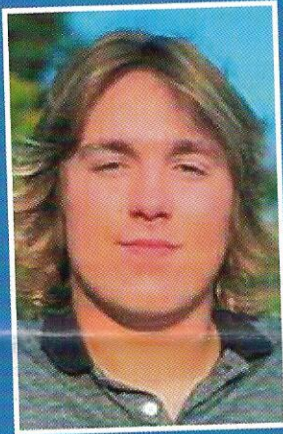
Frank Visnikar
Lodge 13 PA
Penn State @ University Park
Major: Architectural Engineering



Cassandra Zart
Lodge 222 PA
Penn State @ University Park
Major: Health & Human
Development



Sarah Goetter
Lodge 2 PA, Cornell University
Major: Human Ecology/ Biology



Zachary Obuhanych
Lodge 102 PA
University of Buffalo
Major: Biomedical Sciences

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.

Take advantage today of The Family Incentive Plan

February 15th, 2025, through June 30th, 2025
the RBO is pleased to extend to you the
The Family Incentive Plan

Whether you are considering life insurance to protect against sudden death; preparing for burial expenses; providing additional protection in anticipation of college or new home expenses; the birth of a new baby or any other situation that a life change brings RBO wants you to take this opportunity to not only re-evaluate your own insurance coverage but consider your family as well.

In an effort to help promote family and fraternalism RBO is offering an extra \$50 cash incentive in addition to regular commissions for new policies issued to family members for a limited time. This program is being made possible through our **THREE YEAR PAYMENT PLAN OR OUR SINGLE PREMIUM PAYMENT PLAN.**

Letters explaining this program will be sent shortly to all RBO members.

Below are some questions you may ask yourself regarding your insurance needs?

1. If something happens to me or my spouse suddenly, do we have enough insurance coverage to take care of:
 - a. Funeral arrangements?
 - b. Financial assistance with final medical expenses?
 - c. Money to Adjust to the loss of a loved one and taking care of their duties at home & work?

For Example: Income adjustments for bills and education, maintenance help or needing additional child care for.

Consider insurance for a loved one:

1. So they do not have to worry about final arrangements or an unexpected illness
2. Provide coverage so they may take advantage of the benefits of the RBO including scholarships
3. To promote fraternalism and heritage by continuing the tradition of the RBO to the next generation.

RBO

301 Oxford Valley Road Suite 1602B
Yardley, PA 18940

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heather@rbo.org

Juice and soda could add to cancer risk

Do you rely on a glass of fruit juice to get started in the morning and/or a few cans of sugared soda to get through the afternoon? Bad news—

Juice and soda

CNN reports that just a third of a can of soda (110 ml) can lead to an 18% increase of cancer risk, and a 22% increase in breast cancer risk. Sugar, even in a glass of natural fruit juice, can contribute to weight gain and obesity, both risk factors for cancer. Research also suggests that some additives, such as 4-methylimidazole, used in drinks that have caramel coloring, could also play a role in cancer formation. Bottom line? **Be careful what you drink.**



The lighter side



Facts that fascinate

This trivia can help you win bets at the bar, or maybe \$1 million dollars if you're ever on a game show:

- ◆ Cats have over a hundred vocal sounds, while dogs only have about 10.
- ◆ Our eyes are always the same size from birth, but our nose and ears never stop growing.
- ◆ The Boston University Bridge is the only place in the world where a boat can sail under a train driving under a car driving under an airplane.
- ◆ Barbie's measurements, if she were life size: 39–23–33.
- ◆ February 1865 is the only month in recorded history not to have a full moon.
- ◆ Many hamsters blink only one eye at a time.
- ◆ The Pentagon has twice as many bathrooms as necessary. When it was built in the 1940s, the state of Virginia, where it's located, still had segregation laws requiring separate toilet facilities for blacks and whites.
- ◆ No word in the English language rhymes with month.
- ◆ Isaac Asimov is the only author to have a book in every Dewey-decimal category.
- ◆ Cat urine glows under a black light.
- ◆ The first Ford cars had Dodge engines.
- ◆ Leonardo Da Vinci invented scissors.
- ◆ In the last 4,000 years, no new animals have been domesticated.
- ◆ Babies are born without kneecaps. They don't appear until the child reaches 2–6 years of age.
- ◆ The highest point in Pennsylvania is lower than the lowest point in Colorado.
- ◆ Nutmeg is extremely poisonous if injected intravenously.
- ◆ The most common name in the world is Mohammed.
- ◆ The first toilet ever seen on television was on Leave it To Beaver.
- ◆ Frank Lloyd Wright's son invented Lincoln Logs.
- ◆ Only one person in two billion will live to be 116 or older.
- ◆ The name Wendy was made up for the book Peter Pan.

Thank You —

**The following has donated to Mihaly Rusin Scholarship Fund:
Fr. Kseniuk, Lodge 100 NJ**

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

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

To ensure good health: Eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life.

—William Londen

In defense of slacks

Author Rebecca Hains tells this women's rights story on Facebook: Helen Hulick was called to court as a burglary witness in November 1938. The 29-year-old, an innovative educator who worked with deaf children, arrived in her usual attire of a top and slacks.

But seeing slacks on a woman so greatly offended Judge Arthur S. Guerin that he would not allow Hulick to testify. Instead, he rescheduled her testimony and ordered her to wear a dress at her next appearance.

She refused. When she appeared in slacks once more, the judge chastised her for both attire and what he perceived as problems with her demeanor, and threatened to cite her with contempt of court.

The Los Angeles Times quoted her response: "Listen, I've worn slacks since I was 15. I don't own a dress—except a formal. If he wants me to appear in a formal gown that's okay with me. I'll come back in slacks and if he puts me in jail, I hope it will help to free women forever of anti-slackism."

Hulick returned to court wearing slacks. She also brought her attorney, William Katz, who came armed with citations supporting her argument that she had the right to appear in the attire of her choice.

Judge Guerin held her in contempt of court nevertheless, sentencing her to five days in jail. As Hulick's story gained attention, hundreds of supporters sent letters of protest. Finally, the appellate division court overturned Judge Guerin's contempt citation.

Hulick continued to do amazing work. In 1985, Lafayette College awarded her an honorary Doctor of Humanities degree "for her work as teacher, scientist, and pioneer in the field of auditory therapy." In 1988, the Alexander Graham Bell Association for the Deaf awarded her the organization's highest tribute, Honors of the Association.

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.

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
0	\$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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Recipe

Lenten Stuffed Peppers

- 6 medium green peppers
- 2 large onions, chopped fine
- 1/4 cup chopped dill
- 1/2 cup chopped parsley
- 1/4 tsp. pepper
- 1 1/2 cups rice
- 1/2 cup chopped celery
- 1/2 cup plus 1 Tbsp. vegetable oil



- 1 1/2 tsp. salt
- 3 Tbsp. tomato sauce

Saute onion, celery and seasonings in 1/2 cup oil until soft and transparent. Add rice, which has been washed and rinsed well. Stir lightly until slightly brown; add 1/2 cup water. Cover, lower heat, and cook until liquid is absorbed. (Rice will be partially cooked.) Cut top off pepper and remove seeds. Rinse in cold water. Fill with rice mixture and replace with top slice. Place in baking pan with 1 cup water, 1 Tbsp. oil and 3 Tbsp. tomato sauce. Bake at 375° for about 1 hour, basting occasionally.

The recipient of 2024-2025
19th Annual
Mihaly-Russin Scholarship



Peter A. Hamann (AKA Dn. Paislos)
St Tikhon's Orthodox Seminary
Master of Divinity
Lodge 14

Mihaly Russin Scholarship Award

This competitive scholarship awards \$1,000 per year, not to exceed three years is offered to students continuing toward a degree after completing four years of satisfactory college education on a full time basis.

For example: Students working towards Masters', 2nd BA/BS or continuing in longer program (ie. Doc.)

Contact the RBO Today

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