

The **TRUTH**

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A Publication of the

RBO

*Our
Second Century*



ORGANIZED 1900

CERTIFICATE No. _____

CHARTERED IN 1903

BRANCH No. _____

RUSSIAN BROTHERHOOD ORGANIZATION

OF THE UNITED STATES OF AMERICA
JUVENILE DIVISION

CERTIFICATE OF MEMBERSHIP

AMOUNT INS \$ _____

1903

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*From stone lithographic printing to
digital printing today...*

125 YEARS

RBO Anniversary

The TRUTH

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Cover

From the stone age to digital

The cover photo is of a 3" thick limestone used to print membership certificates of the RBO back in 1903. Lithography is still used today, but aluminum or plastic has replaced stone as the plate material for transferring the inked image to paper.

The RBO was organized in the mining town of Mahanoy City, PA on July 1, 1900. Forty eight years later John Walson Sr. hooked a length of wire to the top of a mountain near Mahanoy City and linked it to some television sets, creating what is considered the **first cable television system in the country.** Both of these events took place in this small community.

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

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

Boost your immune system with these ingredients

The COVID-19 pandemic has spotlighted the importance of having a healthy immune system. The Times Now News website reminds us that these foods can help everyone fight off infections more easily:

- **Vitamin A.** Known as beta carotene, this boosts the health of the intestines and respiratory system, protects eyes from night blindness and age-related decline, lowers the risk of certain types of cancer, and improves bone health. It's found in carrots, sweet potatoes, spinach, broccoli, and red bell peppers.
- **Vitamin C.** This helps stimulate the formation of antibodies. The body doesn't produce or store it, making daily consumption essential to health. Fortunately, vitamin C is found in many foods, like fruits including lemons, oranges, grapefruits, tangerines, and strawberries, as well as vegetables like bell peppers, spinach, kale, and broccoli.
- **Vitamin E.** An antioxidant, this nutrient helps the body fight off infection by neutralizing free radicals. It also helps your body's cells regenerate. It's found in vegetable oils, nuts, seeds, and avocados.
- **Protein.** Protein contains amino acids essential for the function of T-cells, which protect the body against pathogens. A diet with lots of protein can boost your metabolism and also reduce your appetite, aiding in losing weight. Look for meats, poultry, seafood, eggs, beans, nuts and seeds.
- **Zinc.** Zinc deficiency has been linked to immune dysfunction. Zinc assists the body in making proteins and DNA, and also contributes to wound healing, as well as supporting childhood growth and development. Foods rich in zinc include beans, seeds, nuts, meat, poultry, and seafood.

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

Address Change New Member Remove from list
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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.

Keep driving safely with these auto tips

Taking care of your car keeps you and your family safe. The Robotics & Automation website shares these tips for good car maintenance:

- **Maintain your tire pressure.** Keeping your tires properly inflated can lengthen their life and save you money on gas. Pressure can vary with mileage and temperature, so check it every time you fill up your tank.
- **Service your vehicle regularly.** Take your car into the dealer or a reliable mechanic on a regular schedule—and especially if you run into problems or the “check engine” light starts flashing. Professionals will know what issues to look for, what parts are recommended, and how to tune up your car efficiently.
- **Check your oil.** Oil is essential to your vehicle's performance, keeping all the parts running smoothly. Make sure your motor has been off for five minutes or so, to allow the oil to settle. Top it off if it's low, and check with your mechanic to make sure you don't have a leak.
- **Test all lights.** Make sure your headlights and taillights are working so you can see on the road—and so others can see you. Clean them off so dust and dirt don't impede your visibility. Get burned-out bulbs replaced immediately.

Exercise and sleep—any time is good

If you're not getting enough sleep, your work will suffer the next day. If it becomes an ongoing problem, you could find yourself out of the running for promotions and opportunities that will go instead to more energetic (and well-rested) colleagues.

One solution: Work out a little every day. The National Sleep Foundation recently reported on a study which found that people who exercise for as little as 10 minutes per day tend to sleep better and wake up feeling more rested than those who don't exercise at all. The belief that working out before bedtime is harmful to good sleep wasn't borne out by another study, this one from the University of South Carolina. Researchers found that young males in good physical condition reported no sleep problems after riding stationary bikes for up to three hours before going to bed. Exercise—at any time of the day or night—appears to be vital to getting the rest you need.

here & there

Wellness is associated with happiness. When you're happy, you're feeling good in your mind and body.

—Stella Maxwell

Take care of your mind,
your body will thank you.
Take care of your body,
your mind will thank you.

—Debbie Hampton

Nurturing yourself is not
selfish—it's essential to your
survival and your well-being.

—Renee Peterson Trudeau

It is not in numbers,
but in unity, that our
great strength lies.

—Thomas Paine

All the money you
made will never buy
back your soul.

—Bob Dylan

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

—C.S. Lewis

Eldercare issues: Are nursing homes giving the care they should?

When parents or elderly relatives reach the point of not being able to care for themselves, a nursing home is sometimes the only option.

But that's not always the end of your worries.

If you're stressed out over whether a loved one is receiving the attention and care he or she needs, you won't be able to concentrate on your job, your family, or your own health. Even the most understanding manager may be forced to address the increased absenteeism and loss of productivity that eldercare issues can raise.

Don't worry needlessly. Pay attention to these signs that a nursing care facility isn't doing its job:

- **Physical or emotional changes.** Does your relative seem depressed? Is he or she less able to participate in ordinary activities than before? Don't jump to conclusions—the aging process takes its toll—but question any sudden change in behavior or ability.
- **Problems with staff.** High turnover at a facility may be an indication of poor management. In

addition, it means staff members may not be as fully trained and experienced as you'd like. You also want to be able to get straight answers from the people taking care of your relative. If employees seem evasive or dismissive of your concerns, start paying closer attention.

- **Cleanliness concerns.** Strong bodily odors are a sign that staff members may not be taking adequate care of residents' needs. A heavy smell of disinfectant to mask such odors can indicate the same problem. Pay attention to how clean and tidy the facility seems when you visit, and how managers respond when you point out concerns.
- **Unhappy residents.** Do other residents of the nursing center seem cheerful and energetic, or listless and unhappy? Ask about activities for the people there. Talk to current patients when you visit, not just your relative. Spend some time hanging out to observe everyone's mood, hygiene, and interactions with staff.

Reduce your waiting time in the doctor's office

Regular visits to the doctor and dentist are important to maintaining good health, but long waiting times in the office can make your appointment an exercise in frustration. A study found that **the average patient waits 24 minutes to see a doctor**, and obviously many of us wait longer even when we arrive at the scheduled appointment time. You don't have to put yourself completely at the mercy of a busy doctor's schedule. Here are some tips for getting in and out of the office more quickly:

- **Choose the best day.** If you don't need to see the doctor immediately, avoid the busiest days—usually Tuesday and Thursday. Mondays tend to be the best days for short waiting times.
- **Talk to the receptionist.** Your doctor's staff can help you choose the best time for your appointment. Be friendly and ask for their advice on cutting down the waiting period.
- **Call ahead of time.** Before leaving for your appointment, call the office to check on the doctor's schedule. If he or she is running late, adjust your arrival time accordingly (or reschedule).
- **Don't make unnecessary visits.** Sometimes the staff or your pharmacist can answer simple health-related questions, eliminating the need for an office visit. Start with them before making an appointment.
- **Talk to your doctor.** Let your physician know you're dissatisfied (politely, of course). He or she may be able to speak to the office staff about delays, or offer advice on cutting down your waiting periods.

Sleeping problems afflict many

A good night's sleep can be hard to find these days, according to a survey by Gallup and mattress retailer Casper. Only about one-third of some 3,000 Americans in the survey said they're getting regular high-quality sleep, with a third of all survey respondents reporting that their sleep the previous night was fair to poor.

Stress is a major factor, according to 96%. The American Psychological Association attributes that to worries about inflation, global uncertainty, and the war in Ukraine.

There's good news: Thirty minutes of daily exercise can improve your chances of getting a good night's sleep by 30%, and 75% of "excellent" sleepers credit a regular bedtime routine with helping them get the rest they need.

Health Benefits

All food and beverage choices matter. Focus on variety, amount, and nutrition.

Eating foods such as fruits that are lower in calories per cup, instead of other higher calorie foods, may help lower overall calorie intake.

Eating a diet rich in fruits and vegetables as part of an overall healthy diet may reduce the risk for heart disease, including heart attack and stroke.

Eating a diet rich in fruits and vegetables as part of an overall healthy diet may protect against certain types of cancers.

Adding fruit can help increase the amount of fiber and potassium we eat. These are important nutrients that many people do not get enough of.

RBO's 20 Year Payment Life Plan

For the 20 Year Payment Life plan, premiums are payable for a period of 20 years only. The plan becomes fully paid-up at the end of 20 years and the face amount of insurance continues in force for the life of the member. Cash values will accumulate for this plan.

How to help a person with a seizure

Seizures are caused by a sudden surge of electrical activity in the brain, resulting in convulsions, muscle spasms, and sometimes loss of consciousness. They're scary for both the person having the seizure and others nearby. The Medical News Today website shares these tips for helping someone suffering a seizure:

- **Help the person lie down on the floor on their left side.** Place a pillow or a piece of soft clothing under their head and neck.
- **Loosen collars, neckties, scarves, or anything else around their neck that might constrict their breathing.**
- **Remove any loose objects** from within reach of their arms and legs.
- **Keep other people away.** Don't let bystanders crowd the victim during the seizure.
- **Talk to the person with a calm, reassuring tone** throughout the seizure, letting them know someone is near and they're OK.
- **Time the seizure.** Most seizures are very brief, but they can seem longer when they're happening. Count or use your phone or a clock to keep track of how long the seizure lasts so you can report it accurately later.
- **Pay attention to any physical symptoms** that happen during the seizure, such as vomiting. Be ready to report what the person was doing when the seizure struck.
- **Keep their airway clear.** Don't force anything into the person's mouth to help them breathe. Take out any gum, food, or retainers that could fall into their throat and block their airway.
- **Call 911 if this is the person's first seizure**, if it lasts longer than 3–5 minutes, or if the person doesn't regain consciousness after the seizure is over. Also if the person injures themselves during the seizure, has multiple seizures, or is showing trouble breathing.

RIDGES ON COIN' EDGES

Back in the 18th century, criminals would file the sides of gold and silver coins and sell the metal shavings. To stop them, the U.S. Mint added **ridges to coins' edges** to make it impossible for people to shave coins without it being perceptible.



Trying to save MONEY?

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Got a cut? Get a Band-Aid

The adhesive bandage is commonplace in medicine cabinets and first-aid kits around the world. It was invented in 1921 by Earle Dickson, an employee of **Johnson & Johnson**. Dickson was concerned for his wife Josephine, who suffered frequent cuts and burns in the kitchen. They originally tried to wrap Josephine's wounds in gauze and adhesive tape, but the dressing usually fell off in a short time. Dickson tried placing some gauze in the center of a piece of tape, and covering the whole thing with crinoline to keep it sterile. The invention worked so well for his wife that Dickson took some time to work to show to his colleagues. The company owner, James Johnson, caught wind of the idea, asked for a demonstration, and ultimately decided the company should manufacture them. Dickson went on to have a successful career at Johnson & Johnson, becoming vice president before his retirement in 1957.

Scholarship Donations

Deborah Donlick, Lodge 216, has made donations to all three RBO 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**.*

Name _____ Amt. \$ _____

Address _____ Lodge # _____

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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:

Our FREE Fraternal Benefits:

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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 _____

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



A different sort of chemical reaction

A freshman at Eagle Rock Junior High won first prize at the Greater Idaho Falls Science Fair. In his project he urged people to sign a petition demanding strict control or total elimination of the chemical "dihydrogen monoxide."

And for plenty of good reasons, because:

1. It can cause excessive sweating and vomiting.
 2. It's a major component in acid rain.
 3. It can cause severe burns in its gaseous state.
 4. Accidental inhalation can kill you.
 5. It contributes to erosion.
 6. It decreases effectiveness of automobile brakes.
 7. It has been found in tumors of terminal cancer patients.
- He asked 50 people if they supported a ban of the chemical. Forty-three said yes, six were undecided, and only one knew the chemical was water. The title of his prize-winning project was, "How Gullible Are We?" He was attempting to show how conditioned we have become to alarmists practicing junk science.

Alphabet soup

Here's some interesting anagrams that once the letters are rearranged, say more than we'd ever expect:

Dormitory = Dirty Room

Slot Machines = Cash lost in 'em

Snooze Alarms = Alas! No more Z's

Buttons on women's shirts

Even though most people are right-handed, the buttons on women's shirts tend to be placed on the left. The reason for this interesting feature is that back in the day, women who could afford buttons had the help of chambermaids to get dressed. The buttons on women's shirts were initially placed on the left side so chambermaids could fasten them up.

Family Incentive Plan

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

**** Take advantage today of 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 by mail or email.

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

If something happens to me or my spouse suddenly, do we have enough insurance coverage to take care of:

- Funeral arrangements?
- Financial assistance with final medical expenses?
- Money to Adjust to the loss of a loved one and taking care of their duties at home and work?

For Example: Income adjustments for bills & education, maintenance help or needing additional childcare for.

Consider insurance for a loved one:

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

RBO

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JUN 28 2025

We are looking for...

LODGE SECRETARIES

Call Heather at 1-215-563-2537

Recipe

BLUEBERRY CORNBREAD, SWEET AND GOOD

This bread freezes well.

| | |
|------------------------|----------------------|
| 1 stick butter | 1 1/2 cups flour |
| cup granulated sugar | 2 tsp. Baking powder |
| 2 eggs | 1/2 tsp. salt |
| 1 cup yellow corn meal | 1 1/2 cu |
| 1 1/2 cup blueberries | |

In an electric mixer cream butter with sugar. Add eggs and corn meal. Sift, onto a sheet of waxed paper, the flour, baking powder, and salt. Add one-third of the flour mixture to corn meal mixture, then 1/2 cup of milk. Beat. Repeat twice until you have used 1 1/2 cups of milk. Right here, if you want blueberry cornbread, stir in 1/2 cup blueberries dredged with flour. Don't, if you want plain cornbread. Turn into a greased 8-inch square pan. Bake in a moderate, 350° oven for 40 minutes or until a toothpick comes out dry. Serve steaming hot. Yields 6 servings.

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| Introductory 1st Yr. Rate: | 3% |
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