



DEIB April 2022 Newsletter

The DEIB team is proud to share its April 2022 Newsletter! As always, we'd like to showcase the core values of our commitment to diversity, equity, inclusion and belonging. Newsletters are available on our website at: <https://www.sutro.bio.com/deib-newsletter/>

April 1: April Fools' Day

History: The earliest reference of a prank was with 14th century English poet Geoffrey Chaucer who told the story of a fox who plays a prank on a rooster, which took place on April 1st. Another possibility dates back to what were called “renewal festivals” during Roman times. During these festivities, normal life went out the window, for example, servants would “control” their masters, and children were allowed to “control” their parents.

How it is celebrated: In some parts of Europe, it is actually known as “April Fish Day,” since fish are plentiful in some French streams and rivers around April 1st. These fish are so easy to catch—hence: foolish fish! Attaching a paper fish to someone’s back or gifting chocolate fish are both still common practices in many European cities.





April 2nd Ramadan (start)

Ramadan is the ninth month of the Islamic calendar. It is considered a holy month that honors the time when Allah, via the angel Gabriel, revealed the first verses of the Qur'an, the holy book of Islam, to a caravan trader named Muhammad.

This year, Ramadan is expected to begin at sundown on Saturday, April 2, and end at sundown on Sunday, May 1. The final evening of Ramadan consists of a celebration called **Eid al-Fitr**, when the traditional month-long fast is ended with a feast.

April 2nd Autism Awareness Day

Did you know that CDC statistics revealed that autism spectrum disorder (ASD) is 4.3 times more prevalent in boys than it is in girls? This is because girls “often go undiagnosed because they don’t fit autism stereotypes and they mask symptoms better than boys do,” according to the Child Mind Institute. There is no better way to celebrate this day than by becoming aware of the characteristics of people with this condition and how all of us can do better to increase our own understanding and promote kindness.



April 6th National Walking Day

National Walking Day was established in 2007 by the American Heart Association, to promote a healthy lifestyle and get people moving.

Here are some ways in which walking is good for your health:

- It reduces stress and improves your sleep.
- It increases bone strength.
- It improves circulation.
- It helps with weight loss.

Here are some ways to help you start walking more regularly:

- Park further away than you would normally.
- Invite friends to join you for a stroll in the park.
- Skip the elevator and take the stairs.
- If you live close to the center of your town, leave the car at home and do your errands on foot.
- Encourage your family to start walking as well by taking a family stroll after dinner instead of sitting in front of the TV.



April 7th World Health Day

In the midst of a pandemic, a polluted planet, increasing diseases like cancer, asthma, heart disease, on World Health Day 2022, WHO will focus global attention on urgent actions needed to **keep humans and the planet healthy** and foster a movement to **create societies focused on well-being**.

WHO estimates that more than 13 million deaths around the world each year are due to avoidable environmental causes. This includes the climate crisis which is the single biggest health threat facing humanity. The climate crisis is also a health crisis.





April 10th National Siblings Day

Honors the relationships between sisters and brothers, both living and those who are no longer with us. National Siblings Day and the Siblings Day Foundation were both created in 1995 by Claudia Evert to honor the memory of her brother and sister, who passed away in separate accidents at an early age. The date is important to Evert, as it marks the birthday of her late sister, Lisette. Through Evert's efforts, 49 states in the US officially recognize National Siblings Day and globally, it is celebrated in many countries, including Australia, Brazil, India, Japan, Nigeria, Sweden, and the United Kingdom.

Siblings Day is an uplifting celebration honoring our brothers and sisters, who have shaped our development, memories, and values. Our siblings are often our oldest friends and earliest companions, the people who know us best and with whom we've shared all the joys and sorrows of life. The special ties shared by brothers and sisters help to strengthen not only our families, but also our communities and our country.

April 17th Easter

Easter is a Christian holiday that celebrates the belief in the resurrection of Jesus Christ. In the New Testament of the Bible, the event is said to have occurred three days after Jesus was crucified by the Romans and died in roughly 30 A.D. The holiday concludes the “Passion of Christ,” a series of events and holidays that begins with Lent—a 40-day period of fasting, prayer and sacrifice—and ends with Holy Week, which includes Holy Thursday (the celebration of Jesus’ Last Supper with his 12 Apostles, also known as “Maundy Thursday”), Good Friday (on which Jesus’ crucifixion is observed) and Easter Sunday. Although a holiday of high religious significance in the Christian faith, many traditions associated with Easter date back to pre-Christian, pagan times.



Worldwide New Year Celebration

🎆 April 13th Songkran (Lao/Tai New Year)

🎆 April 14th Bengali New Year

🎆 April 14th Cambodian New Year

🎆 April 14th Tamil New Year

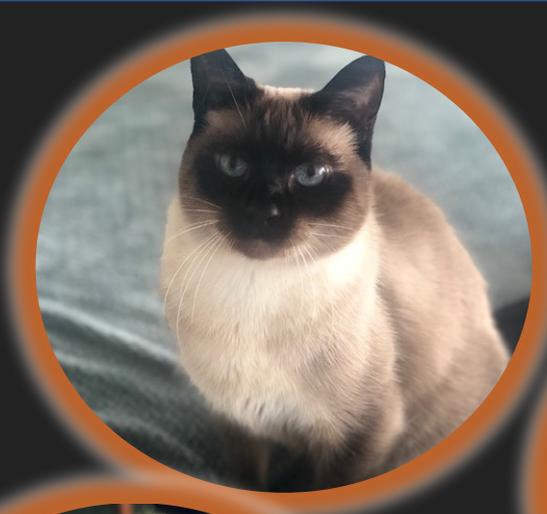


April 11th National Pet Day

National Pet Day was founded in 2006 by Pet & Family Lifestyle Expert, Animal Welfare Advocate Colleen Paige, to celebrate the joy pets bring to our lives and to create public awareness about the plight of many different kinds of animals awaiting a forever home in shelters and rescues all around the globe.

10 Ways to Celebrate National Pet Day!

1. Adopt a pet from your local shelter or pure breed rescue organization.
2. Volunteer at your local shelter and offer to care for the animals.
3. Donate blankets, food, and toys to a favorite animal welfare organization.
4. Have a National Pet Day party and celebrate all your pets!
5. Spend the day taking photos of your pets!
6. Assist an ill, elderly or a financially struggling neighbor or friend by purchasing pet food.
7. Buy your pet a fun new toy....or two...or five.
8. Hire a professional pet photographer for a fun photo shoot.
9. Hang out with your pet.
10. Show your pet all of the love the deserve!



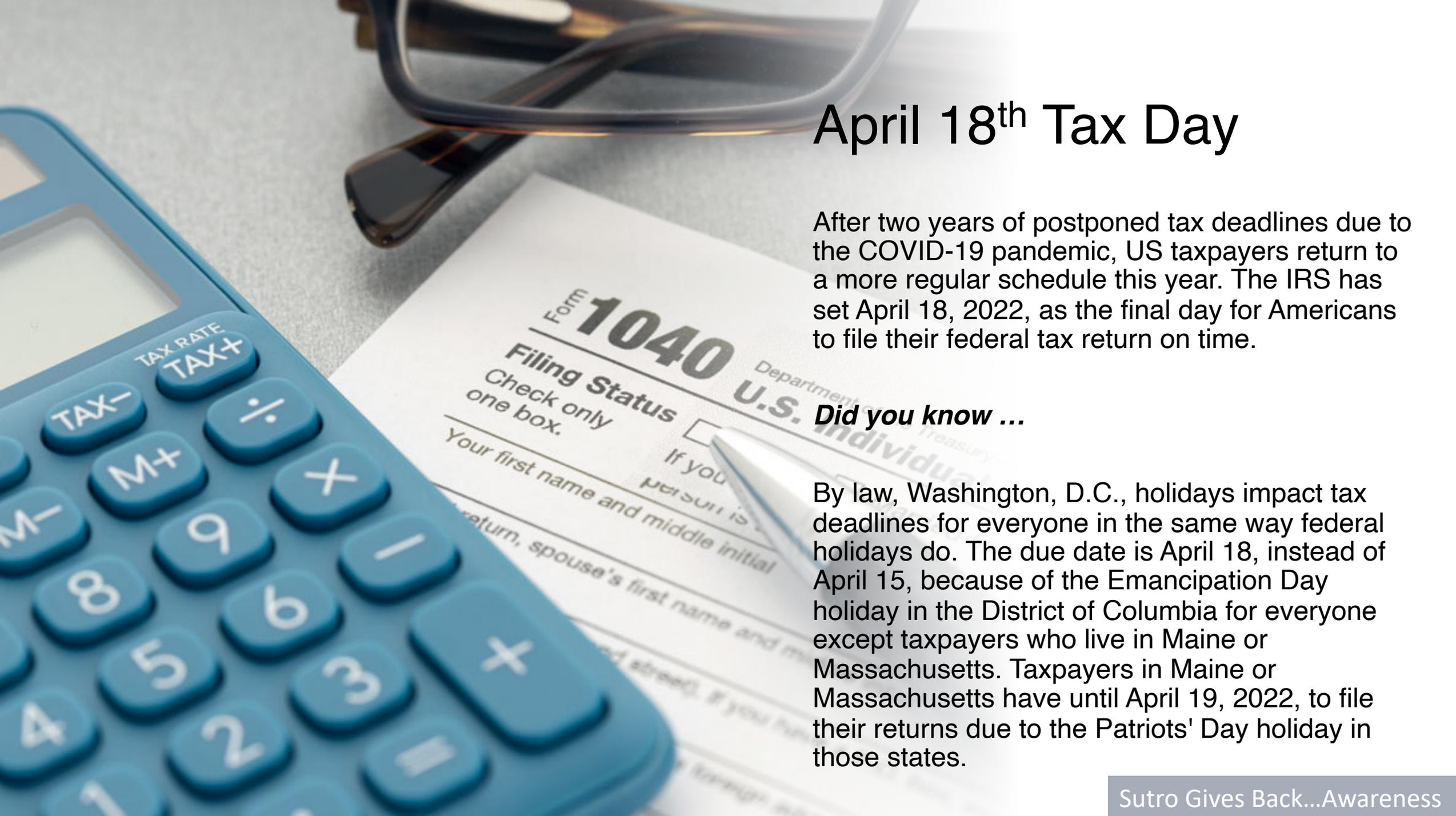
April 17th National Haiku Poetry Day

National Haiku Poetry Day was established in 2012 by the Haiku Foundation and seeks to celebrate Haiku poetry. Haiku is a form of poetry originating from 17th century Japan. It is traditionally a three-line poem with seventeen syllables broken down into a 5-7-5 structure. Haikus typically emphasize simplicity, intensity, and direct expression. This day aims to raise awareness about the joys of Haiku. It encourages poets of all levels to read, write, and share their poetry.

In the spirit of “Earth Day”, here is a Haiku poem written by Donna Brock:

The Rainbow

Curving up, then down
Meeting Blue Sky and Green Earth
Melding Sun and Rain.



April 18th Tax Day

After two years of postponed tax deadlines due to the COVID-19 pandemic, US taxpayers return to a more regular schedule this year. The IRS has set April 18, 2022, as the final day for Americans to file their federal tax return on time.

Did you know ...

By law, Washington, D.C., holidays impact tax deadlines for everyone in the same way federal holidays do. The due date is April 18, instead of April 15, because of the Emancipation Day holiday in the District of Columbia for everyone except taxpayers who live in Maine or Massachusetts. Taxpayers in Maine or Massachusetts have until April 19, 2022, to file their returns due to the Patriots' Day holiday in those states.

April 21st National High Five Day

In 2002, college students at the University of Virginia, Conor Lastowka (San Diego, CA), Sam Miotke (Corvallis, OR) and Wynn Walent (New York, NY) together created National High Five Day.

How Do We Celebrate High Five Day?

The high five is a hand gesture that occurs when two people simultaneously raise one hand each, about head-high, and push, slide, or slap the flat of their palm against the flat palm of the other person. The gesture is often preceded verbally by a phrase like “Gimme five!” or “High five!”





April 22nd Earth Day

Ever wonder how Earth Day began? The first Earth Day was held on April 22, 1970, when San Francisco activist John McConnell and Wisconsin Senator Gaylord Nelson separately asked Americans to join in a grassroots demonstration. Dealing with dangerously serious issues concerning toxic drinking water, air pollution, and the effects of pesticides, an impressive 20 million Americans—10% of the population—ventured outdoors and protested together.

3 Things You Can Do To Help The Planet



Plant a Tree



Recycle



Don't Litter

April 24th World Immunization Week

World Immunization Week, celebrated the last week of April, aims to highlight the collective action needed to promote the use of vaccines in protecting people of all ages against disease. Through its convening power, WHO (World Health Organization) works with countries across the globe to raise awareness about the value of vaccines, ensuring that governments obtain the necessary guidance and technical support to implement high quality immunization programs. The ultimate goal of World Immunization Week is for more people and their communities to be protected against vaccine-preventable diseases.

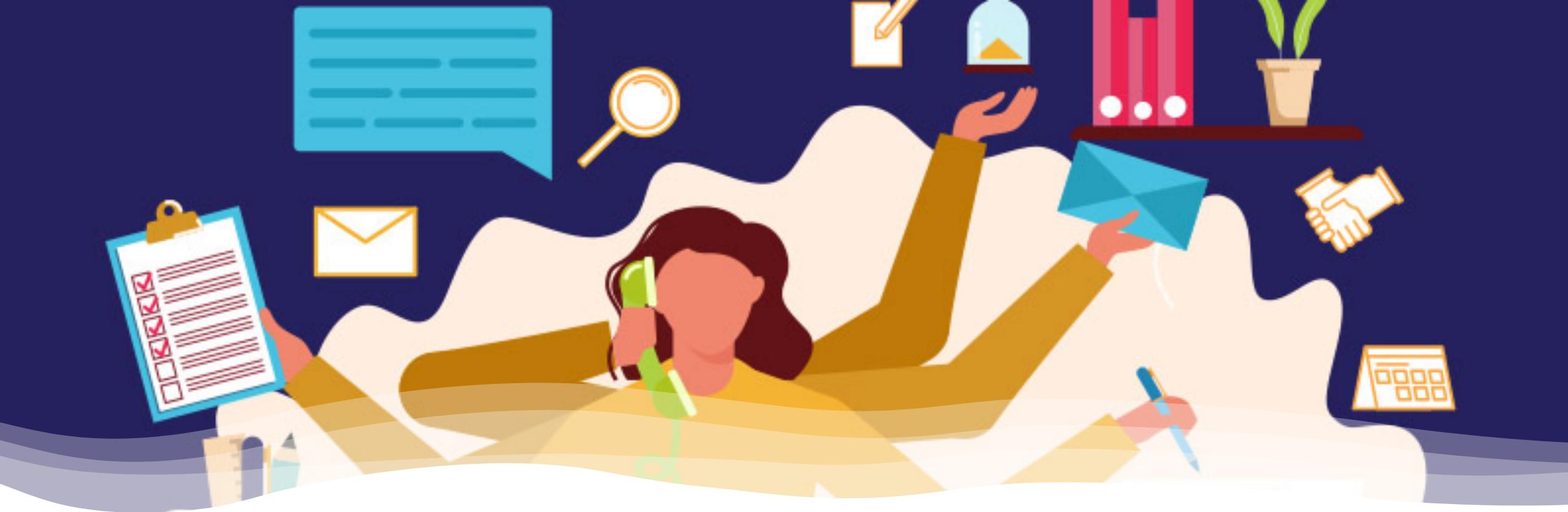


April 26th Lesbian Visibility Day

Lesbian Visibility Day (LVD) is a haven for lesbians to feel recognized, safe, and visible in a world that still discriminates against them through inequality, and in some countries with violence. It seeks to acknowledge and celebrate lesbians along with aiming to raise awareness about the stereotypes, judgments, and lack of representation that lesbians face. It hopes to encourage closet-lesbians to come out and be their authentic selves within a community that empowers them. LVD is not only a celebration for lesbians but trans, queer, different races, and nationalities coming together to be inspired by role models in various industries that are fighting for them.

Lesbian Visibility Day was established in 2008 as a way for lesbians to be empowered and celebrated. It is observed annually on April 26th.

Read about 3 inspirational women that paved the way for future LGBTQ generations here: [Inspirational Women You Should Know About in Honor of Lesbian Visibility Day](#)



April 27th Administrative Professionals Day

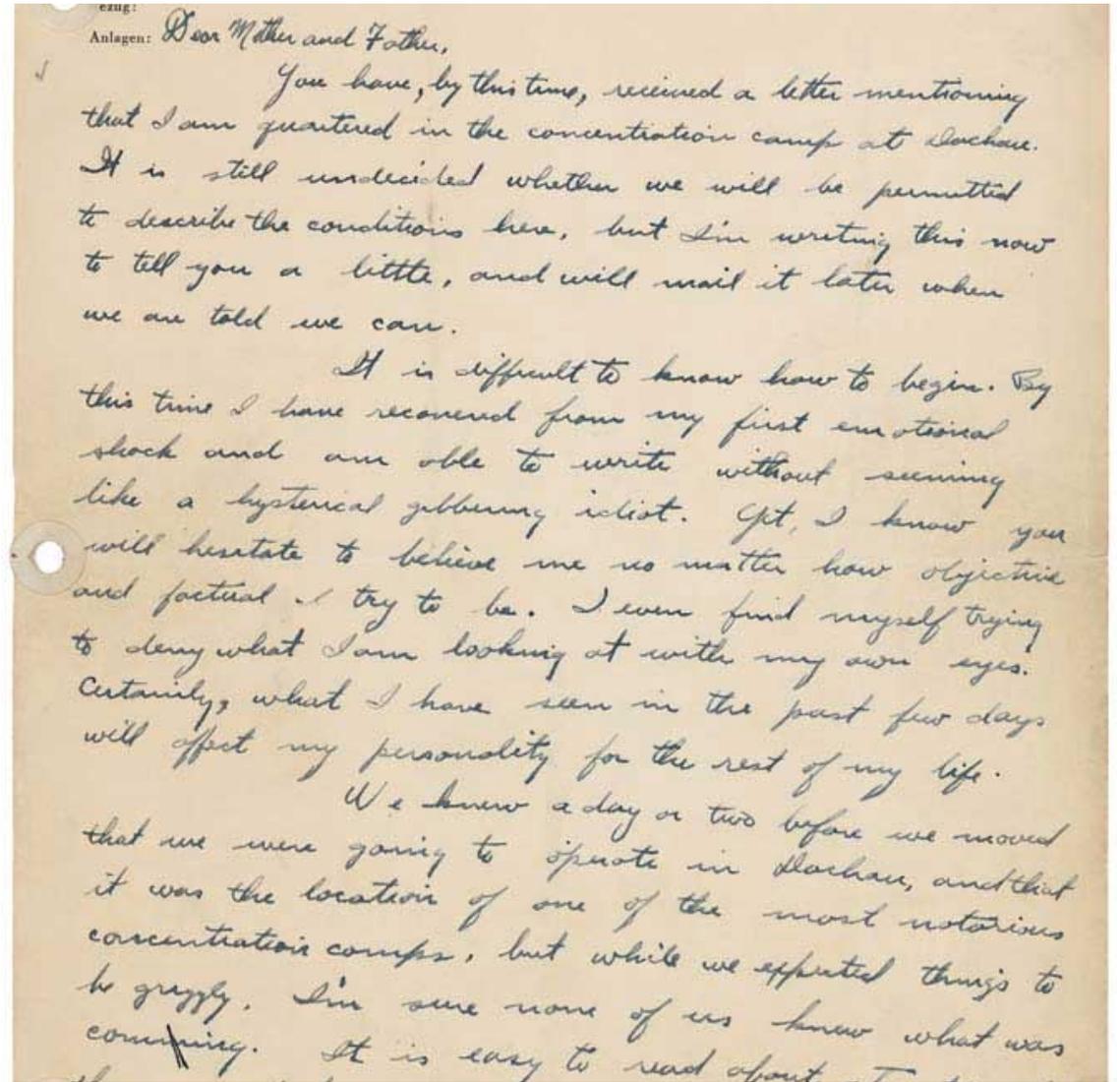
National Professional Secretaries Week and National Secretary's Day was created in 1952 through the work of Harry F. Klemfuss of Young and Rubicam. Klemfuss recognized the importance and value of the secretarial position, to a company or business and to management. His goal in creating this day, was to encourage more women to become secretaries. (Nowadays, that would be both women and men).

Congrats to Sutro's amazing Administrative Professionals: Nancy Taylor, Asa Elmore, Cheryl Tuck, Shiu Remedios, Kristen Behring, Marcia Silva and Karla Altamirano.

April 28th Holocaust Remembrance Day

During this solemn virtual ceremony, Holocaust survivors reflected on and honor the lives of Europe's Jews—who were targeted for annihilation—other victims of Nazi persecution, and individuals who chose to help.

[Never Forget: Remembering the Holocaust.](#) By the end of World War II, the Holocaust had claimed the lives of over 6 million Jewish people—nearly two out of every three in Europe. A letter describing the concentration camp at Dachau, Germany, from Harold Porter to his parents is presented in memory of all Jewish victims of the Holocaust and other victims of Nazism.



April 29th Arbor Day

Arbor Day is a day that encourages planting trees to help protect the Earth. It is considered a celebration of trees and their importance to providing shelter, stabilization for the ground, and beauty to the beholder. Arbor Day was established in 1872 and is observed on the last Friday in April. As recognition of the day grew, it was signed into law in each state during the 1920's.

Fun Facts:

A single tree can absorb as much as 48 pounds of carbon dioxide per year and can sequester 1 ton of carbon dioxide by the time it reaches 40 years old.



APRIL FUN FACTS

April 10, 1710:
The first law
regulating
copyright is issued
in Great Britain

April 28, 1932:
A vaccine for
yellow fever is
announced for
use in humans

April 12, 1955:
The polio vaccine,
developed by Dr.
Jonas Salk, is
declared safe and
effective

April 6, 1869:
Celluloid is
patented

April 15, 1923:
Insulin becomes
generally
available for use
by diabetics

April 14, 2003:
The Human Genome
Project is completed
with 99% of the
human genome
sequenced to an
accuracy of 99%

April Flower – Daisy

Depending on how you look at it, it's either a delight to the eye or an invasive weed. The larger varieties, with white, pink, and red flowers up to six centimeters across, are grown as biennial bedding plants. The plant has also been known as woundwort and bruisewort. As a birth flower for April, the daisy is associated with purity and innocence.

Medicinal Uses:

- In Roman times, army surgeons would take sacks of daisies into battle, extract the juice, and use this to soak bandages.
- People take wild daisy **tea for coughs, bronchitis, disorders of the liver and kidneys, and swelling (inflammation)**. They also use it as a drying agent (astringent) and as a "blood purifier." Some people take homeopathic wild daisy for preventing problems during childbirth, pain and soreness, and minor bleeding.





April Birthstone – Diamond

Natural diamonds are a rare and unique ultimate gift for a loved one. Thought to be one of the hardest substances on the globe, natural diamonds date back billions of years. Diamonds come in a wide range of colors such as black, blue, green, pink, red, purple, orange and yellow. The color is dependent upon the type of impurities that are present within the stone.

Healing Properties:

Thought to provide the wearer with better relationships and an increase in inner strength. Wearing diamonds is purported to bring other benefits such as balance, clarity, and abundance, as well as symbolic of eternal love.

During the Middle Ages, diamonds were thought to hold healing powers and to cure ailments stemming from the pituitary gland and brain. By heating the crystal and taking it to bed, it was thought to draw out the harmful toxins that were crippling the body.

Dr. Ellie Guardino



An American oncologist, worked tirelessly on Kadcyra, A drug to treat advanced breast cancer, to market. Since its approval by the FDA in 2013, about 770,000 people have seen their cancer go into remission after receiving Kadcyra and two other drugs Dr. Guardino worked on, Herceptin and Perjeta.

"Cancer is a pandemic, just as COVID is a pandemic, and if we view it that way, we can accelerate the research."

– Dr. Ellie Guardino

Dr. Emmett Chappelle



African American environmental scientist and biochemist, Chappelle joined NASA as a part of the Goddard Space Flight Center. His research was focused in the area of luminescence. Involved in a number of projects, including the Viking space craft. Chappelle used chemicals from fireflies as well as ATP to develop a method of detecting life on Mars.

"You start out with the fire fly which you have to obtain by the way. Either you catch it yourself or you pay the little kids to run around catching them for you." – Dr. Emmett Chappelle



Dr. Ernest Everett Just

An African American biologist and educator who pioneered many areas on the physiology of development, including fertilization, experimental parthenogenesis, hydration, cell division, dehydration in living cells and ultraviolet carcinogenic radiation effects on cells. Just authored two books and published at least seventy papers in the areas of cytology, fertilization and early embryonic development.

"A group is often slower to see the flame of truth than a single open-minded individual."

– Dr. Ernest Everett Just