



DEIB August 2022 Newsletter

The DEIB team is proud to share its August 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/>

August Poem

It's almost the end of summer
And the first fall days are near

We continue to work hard at
Sutro
Our mission we hold so dear

Enjoy some time outside
In the sun or in the shade

The simple pleasures of life
Of which August days are
made!



August 1st World Lung Cancer Day

The mission for this day is simple – raise as much awareness of lung cancer as you can, while encouraging people to screen themselves for this disease. As for why this day is so important... according to the World Health Organization, lung cancer is so prevalent in the world that yearly, more people die from lung cancer than from colon, breast, and liver cancers combined.



A close-up photograph of three ice cream sandwiches stacked on a light-colored plate. Each sandwich consists of two golden-brown cookies filled with white ice cream and topped with dark chocolate chips. The text "August 2nd National Ice Cream Sandwich Day" is overlaid in white on the bottom left of the image.

August 2nd National Ice Cream Sandwich Day

It's a simple thing, really, but oh, what deliciousness! In our American version, take two rectangular or circular flat cookies made of chocolate or oatmeal and match them with your favorite flavor of ice cream. Then, make it into a neat little sandwich. There's nothing better than the taste of sugary sweet, ice-cold creaminess and sometimes, chocolate all together in one outrageously-good dessert!

Many countries around the world have their own version of the ice cream sandwich. In Vietnam, street vendors sell ice cream stuffed between two layers of bread. In Iran, pistachio or rose-flavored ice cream is sandwiched between two thin wafers. But no matter how you stuff it, National Ice Cream Sandwich Day is a must!



Potato Chip Cookie Ice Cream Sandwiches Recipe

Ingredients

- 1/2 cup salted butter melted and slightly cooled
- 6 tablespoons granulated white sugar
- 6 tablespoons light brown sugar
- 1 egg
- 1/2 teaspoon pure vanilla extract
- 1 cup all-purpose flour
- 1/2 teaspoon kosher salt
- 1/2 teaspoon baking soda
- 1 cup semi-sweet chocolate chips
- 1 cup crushed Kettle Brand Potato Chips I used the Sea Salt flavor, about 2 ounces
- 1/2 cup oatmeal
- 1/2 cup chopped pecans
- 3-4 pints ice cream
- Decorate with chocolate hard shell 1/2 cup chocolate chips melted with 2 tablespoons of coconut oil, sprinkles, mini chocolate chips, or nuts, and more crushed potato chips

Potato Chip Cookie Ice Cream Sandwiches Recipe



Instructions

- Preheat the oven to 350°F.
- Add the melted and slightly cooled butter, white, and brown sugars to a stand mixer affixed with the paddle attachment and mix on high until light and creamy, about 5 minutes. Add the egg and vanilla extract and beat for another minute. Add the flour, salt, and baking soda and pulse to mix until the flour is incorporated. Add the chocolate chips, 3/4 cup of the potato chips, oatmeal and the pecans and pulse to mix.
- Top a baking sheet with parchment paper and scoop 2-inch scoops of cookie batter onto the baking sheet and bake for 8-10 minutes or until the edges are lightly browned. The cookies will still be a bit soft in the middle but will set as they cool. Remove from the oven and use a knife to gently nudge and shape into round circles, allow to cool for 5 minutes on the cookie sheet then transfer to a baking rack. Repeat until the cookies are all baked. Once the cookies are cool, freeze for 2 hours or up to 3 days.
- To prepare the sandwiches, take the cookies and the ice cream from the freezer and match the cookies into like sizes. Use a serrated knife to cut 1 to 1 1/2 -inch slices of ice cream going straight through the paper cup, or, if your ice cream has pulled away from the sides of the cup, remove it from the cup and make the slices. Peel away the paper from the ice cream slices and sandwich between the cookies. Decorate if desired and freeze for 2 hours or up to 5 days.

A portrait of Barack Obama, looking slightly to the right, wearing a dark suit and a light blue shirt. The background is dark and out of focus.

August 4th

Barack Obama Day

Illinois celebrated the first state holiday for the former President's birthday, "Barack Obama Day," on August 4, 2018, to set apart and honor the 44th President of the United States of America who began his career serving the People of Illinois in both the Illinois State Senate and the United States Senate and dedicated his life to protecting the rights of Americans and building bridges across communities.

"Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. **We are the change** that we seek." ~ Barack Obama

August 7th National Sister Day

National Sister Day celebrates sisters, the special bond they share with their sisters, and their contributions to the family. It is your opportunity to show appreciation for that special family relationship. It is a day to love and acknowledge the joy that your sister brings to your life and make sure that she knows that you appreciate and cherish her.

National Sister Day is an unofficial holiday that is celebrated annually on August 7. It was celebrated for the first time on August 7, 2011.





August 8th International Cat Day

International Cat Day celebrates the domesticated feline. Cats have been known to reduce stress levels and lower risk of heart disease. According to the American Pet Products Association, about 42 million households own a cat. This day is typically celebrated by being affectionate to your cat, giving it treats, or by donating to local cat shelters.

International Cat Day was created in 2002 by the International Fund for Animal Welfare. It is observed annually on August 8th.

August 9th World Indigenous Day

The International Day of the World's Indigenous Peoples is observed on 9 August each year to raise awareness and protect the rights of the world's indigenous population. This event also recognizes the achievements and contributions that indigenous people make to improve world issues such as environmental protection. It was first pronounced by the United Nations General Assembly in December 1994, marking the day of the first meeting of the UN Working Group on Indigenous Populations of the Sub-Commission on the Promotion and Protection of Human Rights in 1982.





August 10th National S'mores Day

What is National S'mores Day?

- Where there's smoke, there's fire. And where there's a campfire, there are s'mores. On National S'mores Day, we celebrate the camper's dessert.
- S'mores traditionally take the form of a chocolate bar and fire-roasted marshmallow sandwiched between two graham crackers. One version involves microwaving the s'more for 10-15 seconds when no campfire is available. Really, any intense heat source will do as long as you don't burn your hand or pollute your marshmallow with fumes. (Kerosene lamps are not recommended.)
- The first s'mores recipe appears in *Tramping and Trailing with the Girl Scouts*, a handbook published for the Girl Scouts in 1927. The original name was "some mores," as you could probably have guessed, but the name changed to "s'mores" sometime before 1974.
- In a pinch you can make s'mores with a gas stove, the oven broiler, a candle, and many other ways. Nothing beats that bed of red-hot coals though. Take National S'mores Day to enjoy this classic campsite dessert.

Reese's S'Mores Recipe

INGREDIENTS

- 8 large marshmallows
- 16 graham cracker squares
- 8 peanut butter cups
- 1/4 chopped dark chocolate, melted
- 1/4 creamy peanut butter, melted

DIRECTIONS

- Roast marshmallows until golden. Place peanut butter cups on top of one square of graham cracker, drizzle chocolate and peanut butter and top with a roasted marshmallow and another square of graham cracker and serve.



A photograph of four children of diverse backgrounds (two girls and two boys) gathered around a small globe on a desk. They are all looking at the globe with interest and curiosity. The globe shows the continents of Africa and Europe. The children are smiling and appear to be in a classroom or library setting.

August 12th International Youth Day

Focuses on the difficulties that some young people are experiencing throughout the world. Half the children between the age of six and 13 lack basic reading and math skills and childhood poverty is still a prevalent problem globally. International Youth Day was created by the UN to help draw awareness to these issues as we strive to find solutions. It's a day for reflection but also a day for taking action so get involved.

It's an initiative that honors the traits of young people and that acknowledges the challenges that today's fledging youth face. To support the elimination of these issues it is important that the youth is able to reach the right resources for education, wellbeing, medicine and more.



August 13th

International Left-Handers Day

Wonder what it's like to see the world from a "left-handed" point of view? On International Lefthanders Day, August 13, you get to explore that world for a day. Did you know Presidents Ronald Reagan, Bill Clinton and Barack Obama were all left-handed? Rock out with Paul McCartney or Jimi Hendrix, the world's greatest left-handed guitarist. Stevie Ray Vaughan, born right-handed, learned to play a left-handed guitar like his hero, Hendrix. There's also Oprah Winfrey, Julia Roberts and Lady Gaga, left-handers all. In baseball, there were the legendary "southpaws," Babe Ruth and Sandy Koufax.

International Lefthanders Day 2021 will be observed on the 13th of August to celebrate the differences and distinctiveness of left-handed individuals.

This day was first celebrated by Dean R. Campbell, founder of the Lefthanders International, Inc in 1976.

So, if you're left-handed, grab your left-handed cup and make a toast to all left-handers, everywhere!

The background of the slide features the Indian National Flag, known as the Tiranga, waving against a clear blue sky. The flag consists of three horizontal stripes of equal width: saffron at the top, white in the middle, and green at the bottom. In the center of the white stripe is a navy blue wheel with 24 spokes, representing the Ashoka Chakra. The flag is shown in a dynamic, flowing motion, with the saffron and green stripes appearing to billow outwards.

August 15th India Independence Day

After years of struggle and deprivation, the Indian people threw off the shackles of British rule thanks to the determination of Mahatma Gandhi, Jawaharlal Nehru (the Prime Minister of India), the Indian National Congress and freedom fighters. On August 15th, 1947, the British Parliament transferred legislative sovereignty to the Constituent Assembly of India with the Indian Independence Act.

Indian Independence Day is the nation's most beloved holiday because the Indian people liberated themselves peacefully from the British without having massive armies or a national treasury. One of India's most famous leaders, Mahatma Gandhi stated, "An eye for an eye only ends up making the whole world blind."



August 15th Korea Independence Day

The National Liberation Day of Korea is a holiday celebrated annually on August 15th in both South and North Korea. It commemorates victory over Japan Day, when the United States and the Allied powers liberated Korea from 35 years of Japanese rule.

Korea Independence Day is also known as "Gwangbokjeol," which literally translates into "bringing back the light" in Korean. The combination of three letters, "Gwang," "Bok" and "Jeol" means "light," "return" and "festival day," referring to the restoration of national independence that was lost for 35 years under Japanese rule.

August 16th Roller Coaster Day

National Roller Coaster Day was created in order to celebrate these fun and thrilling rides!

It is believed that this day has been chosen to mark the very first patent for a roller coaster issued, in 1898, to Edwin Prescott, a roller coaster designer from Massachusetts.

Fun Facts!

- Originally, rollercoasters were made out of wood.
- The first rollercoaster was built in 1817.
- The tallest rollercoaster in the world is in New Jersey, 456 feet!
- The fastest rollercoaster in the world is in Abu Dhabi, 149 mph!
- The longest rollercoaster in the world is in Japan, 8,133 feet!
- Earlier rollercoasters were much slower, averaging 6 mph.
- Rollercoasters are required to be safety checked every day.



August 16th National Tell A Joke Day

Laughter is the best medicine if you have the right sickness. (It also boosts your immune system.) When you laugh, your brain releases endorphins, the "happy hormone."

Laughter is, in fact, contagious. The premotor cortical region of your brain prepares you to join in someone's laughter when you hear it.



Joke of the Day

Why did the student eat his homework? Because his teacher told him it was a piece of cake.



August 19th World Humanitarian Day

Sutro Gives Back...Awareness

On 19 August 2003, a bomb attack on the Canal Hotel in Baghdad, Iraq, killed 22 humanitarian aid workers, including the UN Special Representative of the Secretary-General for Iraq, Sergio Vieira de Mello. Five years later, the General Assembly adopted a resolution designating 19 August as World Humanitarian Day (WHD).

WHD is a campaign by the United Nations Office for the Coordination of Humanitarian Affairs (OCHA). The OCHA focuses on bringing together partners from across the humanitarian system to advocate for the survival, well-being and dignity of people affected by crises, and for the safety and security of aid workers.

August 23rd

International Day of Remembrance of the Slave Trade and its Abolition



The night of 22 to 23 August 1791, in Santo Domingo (today the Dominican Republic) saw the beginning of the uprising that would play a crucial role in the abolition of the transatlantic slave trade.

It is against this background that the International Day for the Remembrance of the Slave Trade and its Abolition is commemorated on 23 August each year. It was first celebrated in a number of countries, in particular in Haiti (23 August 1998) and Gorée Island in Senegal (23 August 1999).

August 26th Women's Equality Day



August 26th marks the date the Constitution was amended to include women's right to vote.

"Women's Equality Day reminds all Americans of their power as citizens to create their own unrelenting, brilliant, courageous, political campaign to ensure equal opportunity for all," says Molly Murphy MacGregor, the executive director and co-founder of Women's National History Museum.

The background of the entire slide is a repeating pattern of various dog-related icons. These include black and white paw prints, yellow and orange paw prints, black and white bones, yellow and orange hearts, and yellow and orange circles with a black outline. The icons are scattered across the white background.

August 26th

National Dog Day

National Dog Day seeks to raise awareness about the dogs in need of rescue. This day encourages appreciating dogs for all they do. This includes family dogs and working dogs such as service dogs, rescue dogs, and law enforcement dogs.

National Dog Day was established and promoted in 2005 by pet advocate Colleen Paige. It is observed annually on August 26th.



August 31st Trinidad & Tobago Independence History

Trinidad and Tobago celebrates its 52nd anniversary of Independence on 31 August 2014. Prior to Independence, the country was a British colony with the Queen of England as the Head of State. At midnight on 30 August 1962, the British flag (the Union Jack) was lowered, and the red, white and black Trinidad and Tobago flag was raised for the first time.

*Democracy means equality of
opportunity for all.*

August 31st International Overdose Awareness Day

Awareness Day aims to reduce the stigma associated with speaking out about drug addiction. This observance encourages addicts to bravely seek help and treatment. According to the Centers for Disease Control and Prevention: over 932,000 Americans have died from drug overdoses since 1999.

In 2001, this observance was originated by The Salvation Army's Sally J. Finn in St. Kilda, Melbourne (Australia). On this day, many share stories about their loss of a loved one to overdose on social media.



JULY FUN FACTS

Aug 12, 1851
Isaac Singer is
granted a patent
for his sewing
machine

Aug 9, 1892
Thomas Edison
receives a patent
for a two-way
telegraph

Aug 8, 1968
Jurō Wada
successfully
performs Japan's
first heart transplant

Aug 24, 1891
Thomas Edison
patents the motion
picture camera

Aug 13, 1913
Invention of
stainless steel by
Harry Brearley

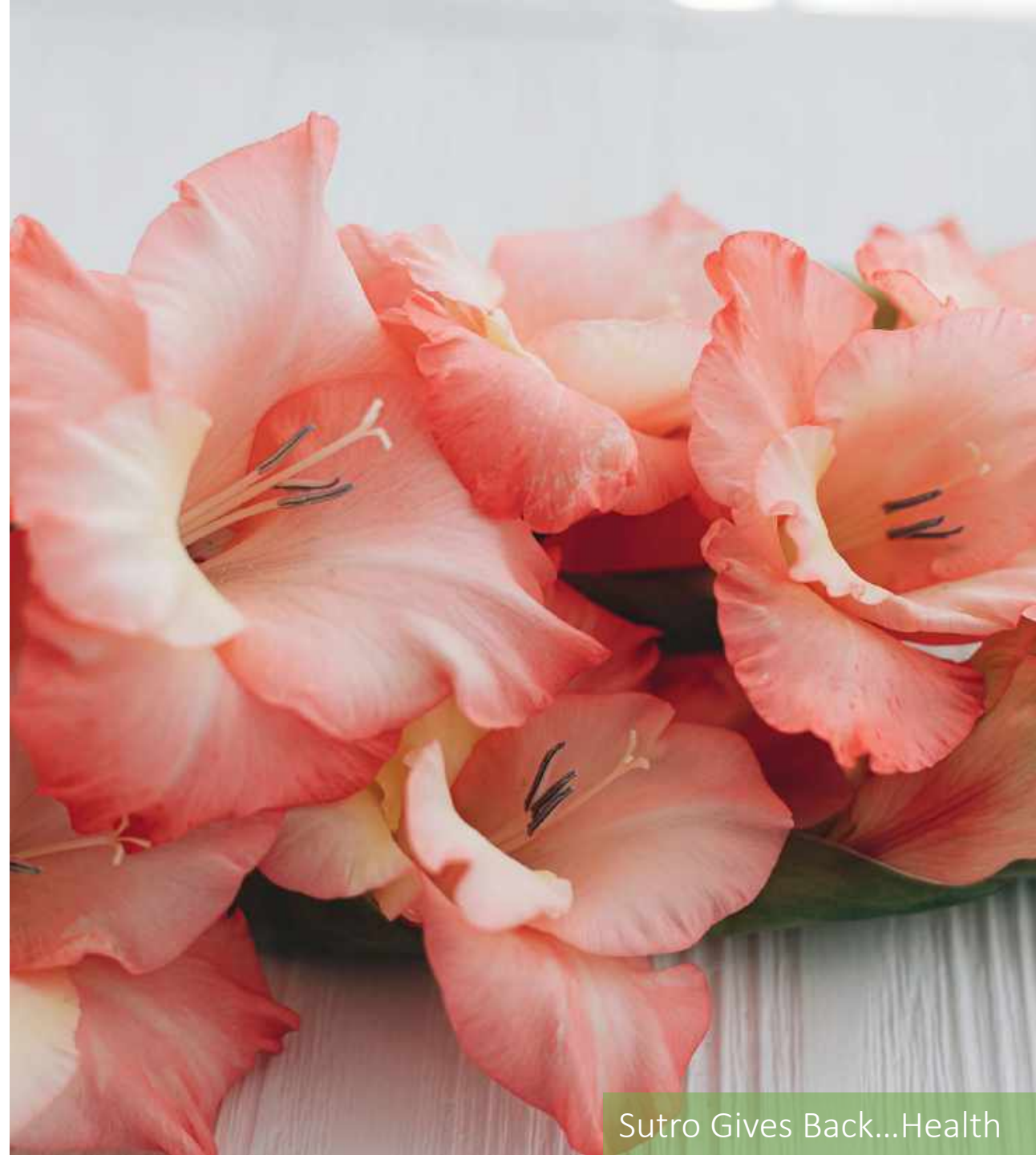
Aug 12, 1981
The IBM Personal
Computer is
released

August Flower Gladiolus

Gladiolus (from Latin, the diminutive of gladius, a sword) is a genus of perennial cormous flowering plants in the iris family (Iridaceae). It is sometimes called the 'sword lily' but is usually called by its generic name (plural gladioli).

Medicinal Use:

It was once rumored the gladiolus was often used in the treatment of a variety of sicknesses such as **diarrhea, constipation, and colds.**





August Birthstone Peridot

The Peridot is generally a light green color and is a unique birthstone because it is always a shade of green, no other color. The intensity of color depends on the amount of iron it contains. The more iron, the deeper green it will be and more valuable.

Peridot is considered both a day stone and a night stone, keeping its shining color even under artificial lighting. For this reason, it is sometimes called "Evening Emerald".

Myths:

Peridot, the bright green color of nature, is associated with harmony, good health, restful sleep, and peacefulness. Known as the stone of compassion, peridot calms anger by giving renewal to all things.

Dr. Jurō Wada



Dr. Wada was a pioneer in cardiothoracic surgery in Japan and was well-known among American and European surgeons by the nickname of “Jelly Wada”.

To list just a few of his achievements, he performed the first ascending aortic aneurysm repair in Japan in 1959; he performed the first funnel chest repair in 1960 and invented the sternal turnover technique for funnel chest; he performed the first total arch replacement in Japan in 1965; he made hyperbaric chamber for mine explosion casualties in 1966

On August 7, 1968 Dr. Wada also performed the first heart transplant in Japan—only the 30th such operation worldwide—and although the patient’s condition eventually deteriorated, the patient survived 83 days after operation.

Tiera Guinn



21-year-old scientist hasn't yet graduated from college, but Tiera Guinn's already doing literal rocket science. The MIT senior is helping build a rocket for NASA that could be one of the biggest and most powerful ever made, according to WBRC News. She's an aerospace major with a 5.0 GPA who also works as a Rocket Structural Design and Analysis Engineer for the Space Launch System that aerospace company Boeing is building for NASA.