



Sutro DEIB September 2022 Newsletter

The Sutro DEIB team is proud to share its September 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/deib-newsletter/>



September Poem

We welcome September and all that autumn brings,

Back to school, shorter days, memories of summer and spring.

We're making great strides and our mission remains clear,

Taking care of our patients all throughout the year!

Celebrate the final sunny summer days as we look ahead to fall,

The holidays will be here before we blink and good times to be had by all!

September 3rd International Bacon Day

International Bacon Day is an unofficial holiday celebrated on the first Saturday in September each year. Bacon is pork meat that is cured with salt, followed by drying or smoking it. The taste is unlike anything else and a staple in American food.

Joseph's recent foray into cooking with bacon was to create a birthday dinner for his wife.

Bacon Wrapped Filet Mignon Smoked on their Traeger 620 Smoker Recipe:

- 1 Teaspoon Kosher salt
- 1 Teaspoon freshly ground black pepper
- 2 Clove garlic, minced
- 3 Tablespoon unsalted butter, softened
- 3 (6 oz) filet mignon steaks
- 3 Strips bacon



September 5th Labor Day



An annual celebration of workers and their achievements, originated during one of American labor history's most dismal chapters. On September 5, 1882, 10,000 workers took unpaid time off to march from City Hall to Union Square in New York City, holding the first Labor Day parade in U.S. history. The idea of a “workingmen’s holiday,” celebrated on the first Monday in September, caught on in other industrial centers across the country, and many states passed legislation recognizing it. Congress would not legalize the holiday until 12 years later

Did you know?

At the height of the Industrial Revolution in the United States, the average American worked 12-hour days and seven-day weeks in order to eke out a basic living. Despite restrictions in some states, children as young as 5 or 6 toiled in mills, factories and mines across the country, earning a fraction of their adult counterparts’ wages.

September 5th International Day of Charity

The International Day of Charity was declared by the United Nations General Assembly in 2012. The prime purpose is to raise awareness and provide a common platform for charity related activities all over the world for individuals, charitable, philanthropic and volunteer organizations for their own purposes on the local, national, regional and international level.

Sept 5th was chosen in order to commemorate the anniversary of the passing away of Mother Teresa of Calcutta, who received the Nobel Peace Prize in 1979 "for work undertaken in the struggle to overcome poverty and distress, which also constitute a threat to peace."



September 5th National Cheese Pizza Day

"Hold the toppings!" Cheese is all you need when celebrating this delicious holiday. As for the origins of this favorite meal, Ancient Greece played a key role. The Greeks covered their bread with oils, herbs and cheese and in Byzantine Greek, the word was spelled *πιτα*, or pita, meaning pie. Thus, pizza pie!

So, whether your pizza pie is homemade or ordered in, make it cheese only or add a variety of cheeses to your pie to celebrate National Cheese Pizza Day. Smokey gouda, brie, or a little gorgonzola might liven it up. If you like a little cheddar, mild or sharp shredded across the top will do. The cheese holds the spotlight on this special occasion!





September 7th Brazil Independence Day

The Independence Day of Brazil (Portuguese: Dia da Independência, Portuguese, commonly called Sete de Setembro, 'Seventh of September'), is a national holiday observed in Brazil on 7 September of every year. The date celebrates Brazil's Declaration of Independence from the United Kingdom of Portugal, Brazil and the Algarves on 7 September 1822.

September 10th Suicide Prevention Day

Worldwide commitment and action to prevent suicides and an opportunity to raise the consciousness of suicide.

Did you know that suicide is the tenth leading cause of death in the United States? It affects all age groups equally.

The theme for 2022 is 'Creating Hope Through Action.'
- working together to help prevent suicides can be achieved through active counseling and support.

Every 40 seconds someone takes their own life according to the World Health Organization (WHO). Suicide is the leading cause of death for people aged 15 to 29 and for every suicide that results in death, there are as many as 40 attempted suicides.





September 11th Patriot Day

On September 11, Patriot Day gives all of us time to reflect on the devastating terror attacks that took nearly 3,000 lives. We commemorate those who we lost and give thanks to the brave first responders who put their lives on the line. Take a moment today to consider what we stand for as a nation and how we can work together to make the world a better place for all.

September 15th – October 15th National Hispanic Month

We celebrate Hispanic Heritage Month (September 15 to October 15) to recognize the achievements and contributions of Hispanic American champions who have inspired others to achieve success. The observation began in 1968 as Hispanic Heritage Week under President Lyndon Johnson and was expanded by President Ronald Reagan in 1988 to cover a 30-day period. It was enacted into law on August 17, 1988. The theme for 2022 is "Unidos: Inclusivity for a Stronger Nation".





September 17th Selichot

High Holiday Selichot, held in the wee hours of the morning. Drawing from a plethora of biblical verses and rabbinic teachings, they are a soul-stirring introduction to the Days of Awe.

The actual Selichot are a collage of Torah verses and poetically written Hebrew works in which we ask for forgiveness on a personal and communal level.



September 17th Batman Day



Created to celebrate the exploits and popularity of the caped crusader. Batman has been one of the most iconic characters in comic books for 80 years. The fan base for Batman ranks in the tens of millions who buy the comics, watch the shows and purchase the merchandise.

Batman Day is observed to help those who want to have their love for Batman known around the world. This special event in which children of all ages can gather and celebrate the caped crusader and his sidekick, Robin.

A still life arrangement of Oktoberfest-themed items on a dark wooden surface. At the top, a blue and white checkered cloth is draped. Below it, from left to right, are a grey felt hat with a blue cord and a white daisy, a white ceramic beer mug with a blue checkered pattern, two golden-brown pretzels, a small white daisy, a set of silverware (spoon, knife, fork) tied with a blue string, a heart-shaped cookie with 'Imag' written on it and a daisy, another small white daisy, and a small bouquet of green herbs tied with a blue string. The word 'Oktoberfest' is written in a large, white, stylized Gothic font across the middle of the image.

Oktoberfest

September 17th Oktoberfest (start)

Wies'n, now host the largest beer festival in the world: Oktoberfest! What was a simple wedding celebration has transformed into a 17 or 18-day festival in which **7 million people** from around the world participate in, consuming more than 6 million liters of Bavarian beer. That's 1 million gallons of beer! Oktoberfest officially begins on the second to last Saturday in September at noon when the mayor of Munich taps the first barrel at the Schottenhamel Tent, crying "O'zapft is" (It's open). The festival concludes the first Sunday of October following German reunification day on October 5.



September 18th Chile Independence Day

On September 18th 1810, Chile broke from Spanish rule, declaring their independence. The Spanish had ruled Chile since the middle of the 16th Century. The movement to independence had been driven by other South American countries revolting against colonial rule, the French and Spanish warring in Europe and the appointment of an unpopular Governor in 1808.

September 18th AIDS and Aging Awareness Day

It is a day of observance that brings light to the challenges that the aging population faces in regards to HIV/AIDS. This day is used to highlight topics such as prevention, testing and treatment of those who are aging with HIV/AIDS.

By 2020, more than 70 percent of Americans with HIV are expected to be 50 and older. Thanks to better treatments, people with HIV are living longer. LGBT people and people of color are disproportionately impacted by HIV/AIDS.

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People are newly infected with HIV every minute around the world

38.4M

The number of people living with HIV worldwide

9.7M

The number of people not accessing life-saving HIV treatment






The United Nations Global Solidarity Movement For Gender Equality, HeForShe is an invitation for men and people of all genders to stand in solidarity with women to create a bold, visible and united force for gender equality. The men of HeForShe aren't on the sidelines. They're working with women and with each other to build businesses, raise families, and give back to their communities.

September 20, 2022 HeForShe Day

Partial speech by UN Women Goodwill Ambassador Emma Watson at a special event for the HeForShe campaign, United Nations Headquarters, New York, 20 September 2014

"If we stop defining each other by what we are not and start defining ourselves by what we are—we can all be freer and this is what HeForShe is about. It's about freedom. I want men to take up this mantle. So their daughters, sisters and mothers can be free from prejudice but also so that their sons have permission to be vulnerable and human too—reclaim those parts of themselves they abandoned and in doing so be a more true and complete version of themselves. You might be thinking who is this Harry Potter girl? And what is she doing up on stage at the UN. It's a good question and trust me, I have been asking myself the same thing. I don't know if I am qualified to be here. All I know is that I care about this problem. And I want to make it better. And having seen what I've seen—and given the chance—I feel it is my duty to say something. English Statesman Edmund Burke said: "All that is needed for the forces of evil to triumph is for enough good men and women to do nothing." In my nervousness for this speech and in my moments of doubt I've told myself firmly—if not me, who, if not now, when. If you have similar doubts when opportunities are presented to you, I hope those words might be helpful. Because the reality is that if we do nothing it will take 75 years, or for me to be nearly a hundred before women can expect to be paid the same as men for the same work. 15.5 million girls will be married in the next 16 years as children. And at current rates it won't be until 2086 before all rural African girls will be able to receive a secondary education. If you believe in equality, you might be one of those inadvertent feminists I spoke of earlier. And for this I applaud you. We are struggling for a uniting word, but the good news is we have a uniting movement. It is called HeForShe. I am inviting you to step forward, to be seen to speak up, to be the "he" for "she". And to ask yourself if not me, who? If not now, when? Thank you."

September 20th National Pepperoni Pizza Day



Pepperoni and pizza, a deliciously mouth-watering, gooey combo right out of pizza heaven! It's something to consider on National Pepperoni Pizza Day, which is tossed up every September 20. Pizza might be most heavily associated with Italy, but the pepperoni pizza is purely American. Served on more than a third of American pizza orders, it's safe to say that pepperoni is the U.S.'s favorite topping, and that's a reason to celebrate.



Deep-Dish Pepperoni & Sausage Pizza Recipe

Ingredients

- 1 package (1/4 ounce) active dry yeast
- 2/3 cup warm water (110° to 115°)
- 1-3/4 to 2 cups all-purpose flour
- 1/4 cup vegetable oil
- 1 teaspoon each dried oregano, basil and marjoram
- 1/2 teaspoon garlic salt
- 1/2 teaspoon onion salt
- 4 cups shredded part-skim mozzarella cheese, divided
- 2 medium green peppers, chopped
- 1 large onion, chopped
- 1/2 teaspoon each dried oregano, basil and marjoram
- 1 tablespoon olive oil
- 1 cup grated Parmesan cheese
- 1 pound bulk pork sausage, cooked and drained
- 1 can (28 ounces) diced tomatoes, well drained
- 2 ounces sliced pepperoni



Deep-Dish Pepperoni & Sausage Pizza Recipe

Directions

1. In a large bowl, dissolve yeast in warm water. Add 1 cup flour, oil and crust seasonings; beat until smooth. Add enough remaining flour to form a soft dough.
2. Turn onto a floured surface; knead until smooth and elastic, 6-8 minutes. Place in a greased bowl; turn once to grease top. Cover and let rise in a warm place until doubled, about 1 hour.
3. Punch dough down; roll out into a 15-in. circle. Transfer to a well-greased 12-in. heavy ovenproof skillet or round baking pan, letting crust drape over edges. Sprinkle with 1 cup mozzarella.
4. In a skillet, saute the green peppers, onion and topping seasonings in oil until tender; drain. Layer half the mixture over crust. Layer with half the Parmesan, sausage and tomatoes. Sprinkle with 2 cups mozzarella. Repeat layers. Fold crust over to form an edge.
5. Bake at 400° for 20 minutes. Sprinkle with pepperoni and remaining mozzarella. Bake until crust is browned, 10-15 minutes longer. Let stand for 10 minutes before slicing.



September 21st International Day of Peace (United Nations)

Each year the International Day of Peace is observed around the world on 21 September. The UN General Assembly has declared this as a day devoted to **strengthening the ideals of peace**, through observing 24 hours of non-violence and cease-fire.



September 22nd Start of Fall (Autumnal Equinox)

The autumnal equinox is an astronomical event that marks the start of autumn (or "fall"). In the Northern Hemisphere, the autumnal equinox occurs in September; in the Southern Hemisphere, it occurs in March.



September 23rd International Day of Sign Language

Opportunity to support and protect the linguistic identity and cultural diversity of all deaf people and other sign language users.

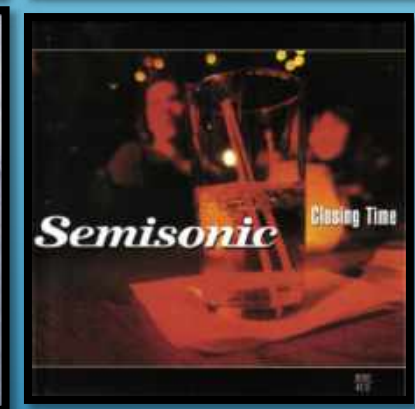
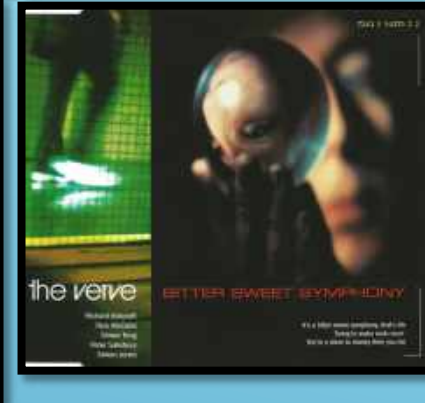
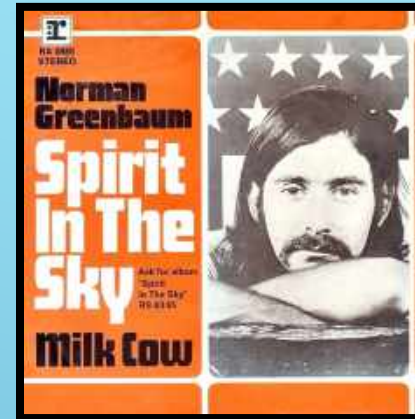
According to the World Federation of the Deaf, there are more than 70 million deaf people worldwide. More than 80% of them live in developing countries. Collectively, they use more than 300 different sign languages.



September 25th National One Hit Wonder Day

Declared by music journalist Steve Rosen in 1990, to remember artists who had their five minutes of fame once upon a time and have since been wiped from our memories.

These One-Hit Wonders brings back memories while turning up the volume. We honor all the musical artists and chart-topping songs that make them memorable.



September 25th National Daughter's Day

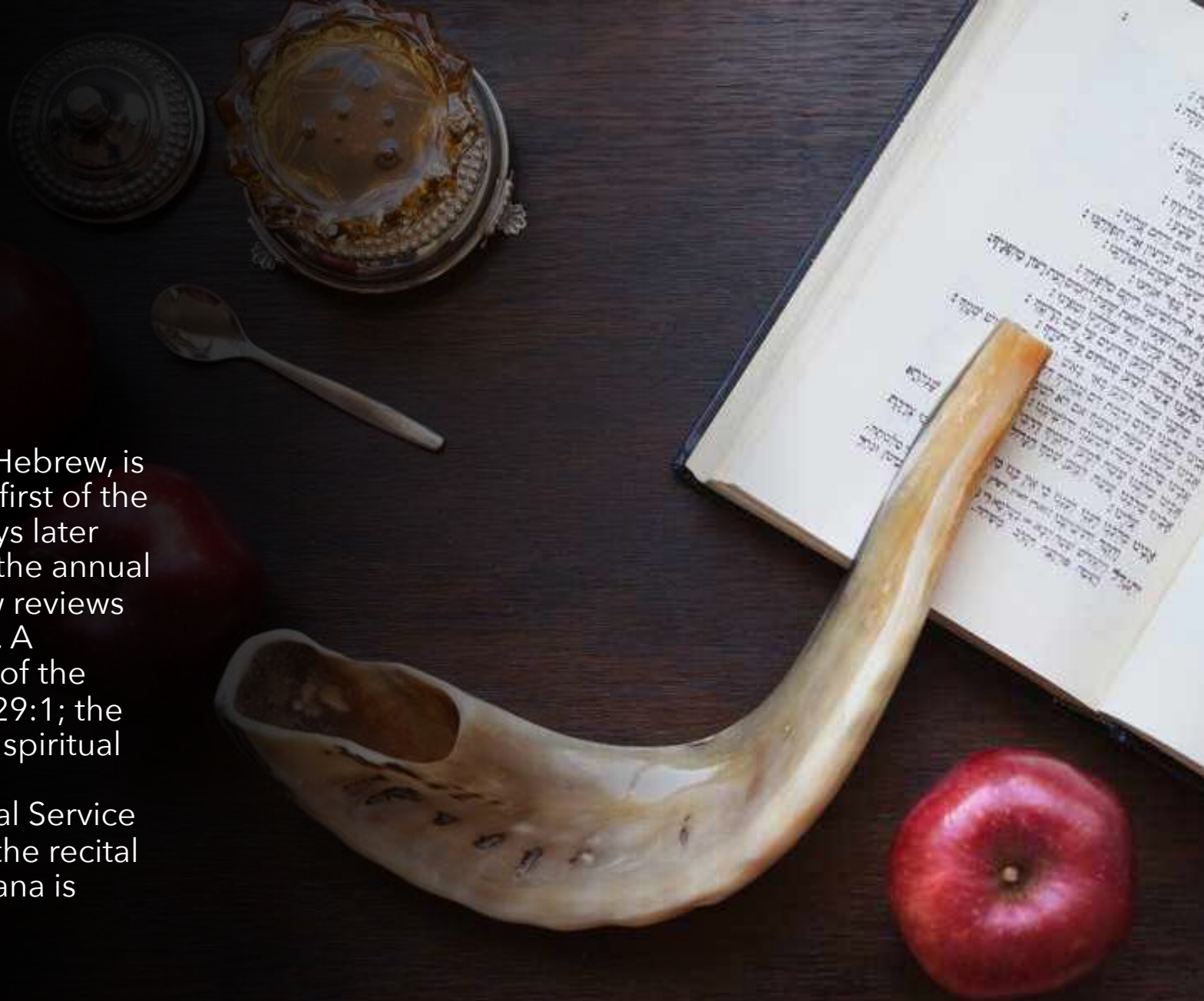
Day to celebrate and cherish our daughters who bring so much love and laughter into our lives.



September 25-27

Rosh Hashana

Rosh Hashanah, literally “Head of the Year” in Hebrew, is the beginning of the Jewish new year. It is the first of the High Holidays or “Days of Awe,” ending 10 days later with Yom Kippur. Rosh Hashana is also called the annual Day of Judgment; during this period each Jew reviews his relationship with God, the Supreme Judge. A distinctive feature of the liturgy is the blowing of the ram’s horn (shofar) as prescribed in Numbers 29:1; the notes of the shofar call the Jewish people to a spiritual awakening associated with the revelation to Moses on Mount Sinai. During the Additional Service in the synagogue, the shofar is sounded after the recital of each of three groups of prayers. Rosh Hashana is observed Monday, September 26, 2022.



September 25th – October 1st National Hereditary Breast & Ovarian Cancer Week

The goal of HBOC Week is to raise awareness about hereditary cancer. HBOC Week marks the transition between National Ovarian Cancer Awareness Month and National Breast Cancer Awareness Month and recognizes anyone affected by hereditary breast, ovarian and related cancers, including women and men with BRCA mutations, people with a family history of cancer, breast and ovarian cancer survivors, and previvors, individuals who carry a strong predisposition to cancer but have not developed the disease.



Hereditary
BREAST OVARIAN
Cancer Week

September 26th National Pancake Day

Sutro Gives Back...Awareness



This is a day to eat pancakes, whether for breakfast or dinner! In fact, pancakes can be served any time and with any toppings, ranging from syrups to sweet jams. Pancakes are also known as hotcakes or flapjacks. Make up your own recipes and share them on social media!

September 28th National Son's Day

Day to celebrate and cherish our
sons who bring so much love and
laughter into our lives.



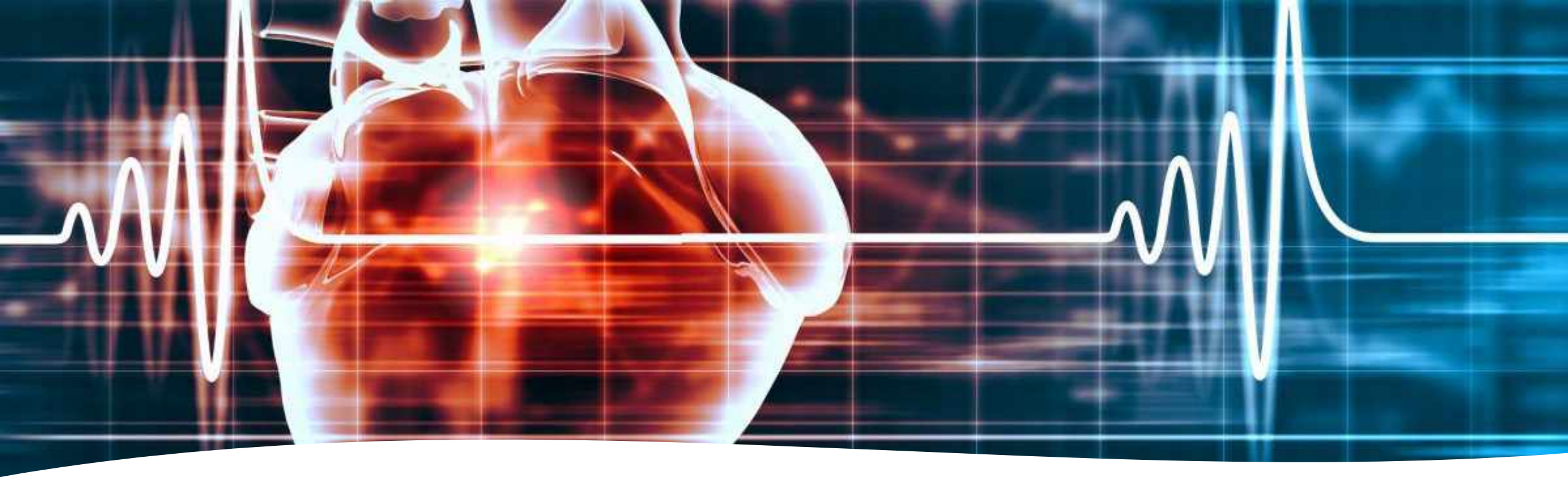


September 29th National Coffee Day

A cup of coffee might seem a common thing but, for coffee lovers, it is a beautiful sight to behold! National Coffee Day celebrates the joy (and energy!) that can be brought about by this delicious beverage.

Fun Facts:

- A French doctor in the 1600's prescribed café au lait to his patients, inspiring people to add milk to coffee.
- New Yorkers drink approximately 7 times more coffee than any other city in the U.S.
- Coffee beans are actually the pit of a berry, making them a fruit seed.
- The first webcam was introduced at the University of Cambridge to let students and staff know when the coffee pot was full.
- The coffee houses in England were referred to as "penny universities" because for the price of a penny someone could purchase a cup of coffee and engage in informative conversation.



September 29th World Heart Day

An opportunity for everyone to stop and consider how best to use ❤️ for humanity, for nature, and for you. Beating cardiovascular disease is something that matters to every beating heart.

Use Heart means to think differently. To make the right decisions. To act with courage. To help others. To engage with this important cause. The heart is the only organ you can hear and feel. It is the first and last sign of life. It is one of the few things with the potential to unite all of us as people.

September FUN FACTS

Sept 15, 1830
The Liverpool to
Manchester railway
line opens

Sept 8, 1930
3M begins
marketing Scotch
transparent tape

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

Sept 2, 1927
The first fully
electronic television
system is achieved
by Philo Taylor
Farnsworth

Sept 13, 1956
IBM introduces the
first computer that
had a disk
storage unit, the IBM
305 RAMAC

Sept 18, 1984
Joe Kittinger
completes the first
solo balloon crossing
of the Atlantic

September Flower Aster

The name Aster comes from the Ancient Greek word ἀστήρ (astér), meaning "star", referring to the shape of the flower head. Many species and a variety of hybrids and varieties are popular as garden plants because of their attractive and colorful flowers. 'Aster' species are used as food plants by the larvae of several Lepidoptera species. Asters can grow in all hardiness zones.

Medicinal Use:

It was once rumored New England aster has an affinity for both the upper and lower respiratory system. It is said to be **decongesting, antispasmodic, and relaxing to the lungs**, and it is particularly useful for seasonal allergies and colds as well as for cases of acute and chronic asthma.





September Birthstone Sapphire

Sapphires have been long associated with royalty and romance and are also said to symbolize fidelity and the soul. "Sapphire" comes from the Greek word *sappheiros* and blue sapphire is one of the most popular colored stones.

For more than 2,000 years, Sri Lanka has been the main source of the birthstone. The blue and fancy-color stones mined from the "jewel box of the Indian Ocean" can display remarkable brilliance and saturation. The Sapphire has traditionally symbolized sincerity, truth, faithfulness and nobility.

Myths:

The gentle blue energy of Sapphire can also help with ailments like migraines and headaches, eye-sight problems, inner ear issues, vertigo and balance related health problems, along with cooling fevers.

Dr. Elizabeth Blackwell



In 1849, Elizabeth Blackwell became the first woman in the United States to be granted an MD degree. Blackwell began her pioneering journey after a deathly ill friend insisted, she would have received better care from a female doctor.

Turned away by more than 10 medical schools, Blackwell refused a professor's suggestion that she disguise herself as a male to gain admission. "It was to my mind a moral crusade," she wrote at the time. "It must be pursued in the light of day, and with public sanction, in order to accomplish its end."



Dr. Patricia Goldman-Rakic

Goldman-Rakic, who received her PhD from UCLA in 1963, achieved unprecedented insight into the brain's frontal lobes. Working at a time when the prefrontal cortex was deemed too complex to research in detail, Goldman-Rakic mapped the region and shed light on such crucial functions as cognition, planning, and working memory.

Goldman-Rakic achieved her success by taking a multidisciplinary approach, combining such fields as anatomy, biochemistry, and pharmacology. In fact, when she joined the faculty at the Yale School of Medicine in 1979 – after conducting research at such prestigious institutions as MIT and the National Institutes of Health – she held appointments in several departments, including neurology and psychiatry.