

Sutro DEIB December 2022 Newsletter

The Sutro DEIB team is proud to share its December 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: <u>https://www.sutrobio.com/deib-newsletter/</u>

December Poem

December is finally upon us And we're winding down the year So many things to celebrate Let's give out a great cheer!

We wish you great joy this season As much as your spirit can hold 2023 is ahead of us Many stories yet to be told.

To health and happiness And to family and friends For everything special you deserve And may those blessings never end!

December 1st World Aids Day

Providing the opportunity for people worldwide to unite in the fight against HIV. This day signifies support for people living with HIV, and to commemorate those who have died from AIDS-related illnesses. Founded in 1988, World AIDS Day was the first ever Global Health Day and is a reminder there is still a vital need to increase awareness, fight prejudice and improve education.



December 2nd International Day for Abolition of Slavery

An estimated **50 million people** are in modern slavery, including 28 million in forced labor and **22 million in forced marriage**.

Almost **one in eight of all those in forced labor are children**. More than half of these children are in commercial sexual exploitation. Most cases of forced labor (86 %) are found in the private sector.

Sutro Gives Back...Awareness

December 4th National Cookie Day

National Cookie Day celebrates the cookie. We can thank the Dutch for bringing cookies to America in the late 1620s. The Dutch word "koekje" became known to us as "cookie." The chocolate chip is the most famous cookie of them all!



December 5th International Volunteer Day

Together, Act Now. Volunteer For A Better Tomorrow





December 6th Finland Independence Day

Sutro Gives Back...Awareness



December 6th St. Nicholas Day Recognizes the third-century saint who became an inspiration for the modern-day Santa Claus. St. Nicholas is known for selling all his possessions and giving his money to the poor.

December 7th Pearl Harbor Day

National Pearl Harbor Remembrance Day is observed annually in the United States on December 7, to remember and honor the 2,403 Americans who were killed in the Japanese surprise attack on Pearl Harbor in Hawaii on December 7, 1941, which led to the United States declaring war on Japan the next day and thus entering World War II.

December 10th Human Rights Day

Human rights have become more recognized and more guaranteed across the globe. It has since served as the foundation for an expanding system of human rights protection that today focuses also on vulnerable groups such as persons with disabilities, indigenous peoples and migrants.



Sutro Gives Back...Awareness



December 12

Green Monday aims to promote sustainability through green lifestyle choices. This day aims to promote recycling and the reusing of items to help reduce global energy consumption. Switching to a vegetarian diet can also help to conserve resources and reduce the human carbon footprint.

> Buy something green! Consider buying glass food storage containers, LED lightbulbs and smart home thermostats.



Don't waste water!!! Make a conscious effort to use less water and be greener.





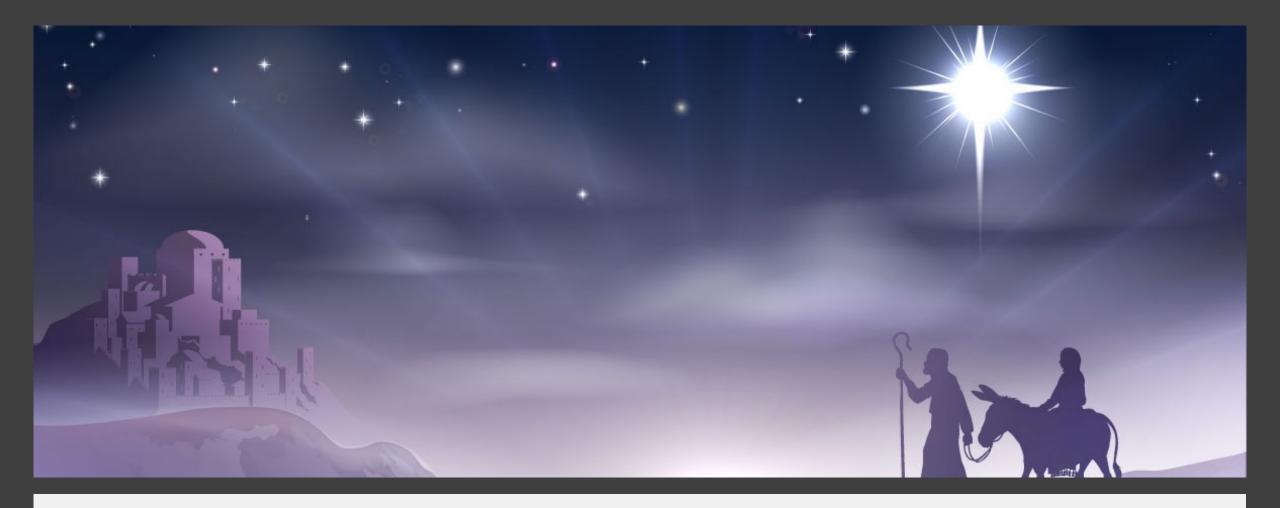
Go meatless for a day.



NATIONAL COCOA DAY DECEMBER 13

Blood Pressure rising? Have some Hot Cocoa:

The abundance of polyphenols provides numerous health benefits that includes regulation of blood flow and blood sugar level. It improvise cholesterol level and is great for inflammation reduction. It improves the Nitric oxide levels eventually reducing the blood pressure.



December 16 - 24 Las Posadas

Las Posadas is an important part of the Christmas festivities. Over the nine nights of celebrations, parties are held at different people's homes. Before each gathering, all the guests form a procession to mark Mary and Joseph's search for an inn on the night of Jesus's birth. The parties are joyous occasions, including prayers, food, music, fireworks and piñatas!

DECEMBER 18th

International Migrants Day is seen as an opportunity to recognize the contributions made by millions of migrants to the economies of their host and home countries promotes respect for their basic human rights.



INTERNATIONAL MIGRANTS DAY

December 18-26 Hanukkah

What is Hannukkah?

Chanukah is the Jewish eight-day, wintertime "festival of lights," celebrated with a nightly menorah lighting, special prayers and fried foods.

The Hebrew word Chanukah means "dedication," and is thus named because it celebrates the rededication of the Holy Temple. Also spelled Hanukkah (or variations of that spelling), the Hebrew word is actually pronounced with a guttural, "kh" sound, kha-nu-kah, not tcha-new-kah.



December 20th International Human Solidarity

International Human Solidarity Day is:

- a day to celebrate our unity in diversity;
- a day to remind governments to respect their commitments to international agreements;
- a day to raise public awareness of the importance of solidarity;
- a day to encourage debate on the ways to promote solidarity for the achievement of the Sustainable Development Goals including poverty eradication;
- a day of action to encourage new initiatives for poverty eradication.



December 21st Start of Winter (Winter Solstice)

Sutro Gives Back...Awareness



December 25th Christmas

Sutro Gives Back...Tradition



Boxing Day December 26th

Over the years, Boxing Day has become a holiday that is spent with friends and family. Many will use it as a day to eat leftovers (mainly turkey sandwiches), binge-watch Christmas films and generally continue the festivities.

Many people use Boxing Day as a day to get involved in charity fundraisers, such as swimming in ice cold water, taking part in fun runs or volunteering with the local community.







December 26th – January 1st Kwanzaa

Kwanzaa is a weeklong celebration held in the United States that honors African heritage in African-American culture.

Three of the seven candles are red, representing the struggle; three of the candles are green, representing the land and hope for the future; and one of the candles is black, representing people of African descent.

DECEMBER FUN FACTS

Dec 14, 1782 The Montgolfier brothers first balloon lifts on its first test flight Dec 5, 1893 First appearance of an electric car Dec 26, 1933 FM radio is patented

Dec 27, 1845 Ether anesthetic is used for childbirth for the first time by Dr. Crawford Williamson Long

Dec 5, 1932 German-born Swiss physicist, Albert Einstein is granted an American visa Dec 23, 1954 The first human kidney transplant is performed by Dr. Joseph E. Murray

Sutro Gives Back...History

December Flower Poinsettia

Native to Mexico, poinsettias are in the Euphorbia family and are a popular holiday plant because of their colorful bracts (leaves). There is also a species that is used as a cut flower. They are most commonly used for decorating during the winter holidays, but are also attractive as green plants throughout the year.

Medicinal Use:

Despite safety concerns, it was once rumored that poinsettias were used treat fever, stimulate breast milk production and cause an abortion. They also take the latex for pain, to kill bacteria and to cause vomiting.



Sutro Gives Back...Health



December Birthstone Turquoise

Turquoise is a semi-translucent to opaque gem that ranges from blue to green and often has remnants of the rock in which it formed running through it.

Myths:

The December birthstone was thought to possess many beneficial powers such as guaranteeing health, good fortune, and was believed to protect the wearer from falling and would break into several pieces at the approach of disaster. Hindu mystics maintained that seeing a turquoise after beholding the new moon ensured fantastic wealth.

Sutro Gives Back...Health

Louis Pasteur

Scientist Louis Pasteur came up with the food preparation process known as pasteurization; he also developed vaccinations for anthrax and rabies.

Sir Isaac Newton

Sir Isaac Newton changed the way we understand the Universe. Revered in his own lifetime, he discovered the laws of gravity and motion and invented calculus.