



## Sutro DEIB January 2023 Newsletter

The Sutro DEIB team is proud to share its January 2023 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.sutrobio.com/deib-newsletter/>



# January Poem

Welcome to January  
Another year is done.  
We worked, we learned, we laughed,  
We had a lot of fun!

Ahead the possibilities are endless  
Our focus remains the same  
Giving our all to our patients  
Our mission and values always in  
frame.

We strive each day for greatness  
Excitement for our work is clear  
Appreciation for renewed energy  
Let's give out a big cheer!

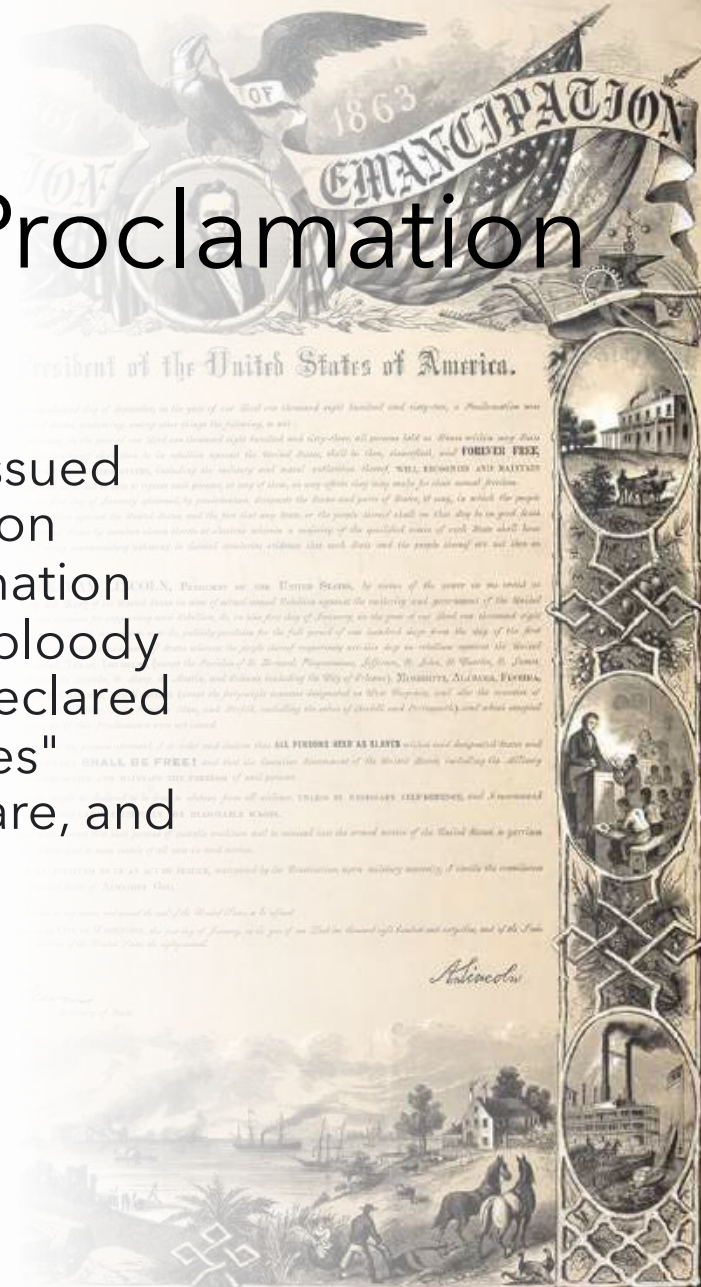




January 1<sup>st</sup> New Year's Day

# January 1st Emancipation Proclamation

President Abraham Lincoln issued the Emancipation Proclamation on **January 1, 1863**, as the nation approached its third year of bloody civil war. The proclamation declared "that all persons held as slaves" within the rebellious states "are, and henceforward shall be free."



Untold history of Post-Civil War – despite the Emancipation Proclamation in 1863, slavery continued for another **80 years**

A close-up photograph of two hands, likely belonging to a child, resting on a white surface. The surface is covered in a raised Braille pattern, consisting of small, circular bumps arranged in rows. The hands are positioned with fingers spread, touching the Braille. The lighting is soft and even, highlighting the texture of the skin and the Braille dots.

# January 4<sup>th</sup> World Braille Day

Celebrates awareness and highlights the importance of braille as a means of communication for the blind and visually impaired.





# January 4<sup>th</sup> National Spaghetti Day

In celebration of National Spaghetti Day, here are a few fun facts about spaghetti to get you in the mood to celebrate:

- Italians never use a spoon and fork when eating spaghetti, this is only an American habit. In Italy, you twirl a fork against the dish to eat it.
- Spaghetti is the plural form of the Italian word spaghetti, meaning "thin string" or "twine."





# January 7<sup>th</sup> Orthodox Christmas

Many Orthodox Christians and communities still follow the Julian Calendar, in which Christmas falls on January 7<sup>th</sup> - 13 days after December 25<sup>th</sup>.



# January 11<sup>th</sup> Human Trafficking Awareness Day

Human Trafficking Awareness Day is dedicated to raising awareness of sexual slavery and human trafficking worldwide. Today, there are between 21-30 million people enslaved in the world, more than at any time in human history.

Blue Campaign's largest initiative is **#WearBlueDay** on January 11<sup>th</sup>. To raise awareness of human trafficking, we invite wear blue clothing to show your support!





# January 14<sup>th</sup> Orthodox New Year

Also known as “the Old New Year,” Orthodox New Year is celebrated on January 14<sup>th</sup> of every year.



# January 16<sup>th</sup> Religious Freedom Day

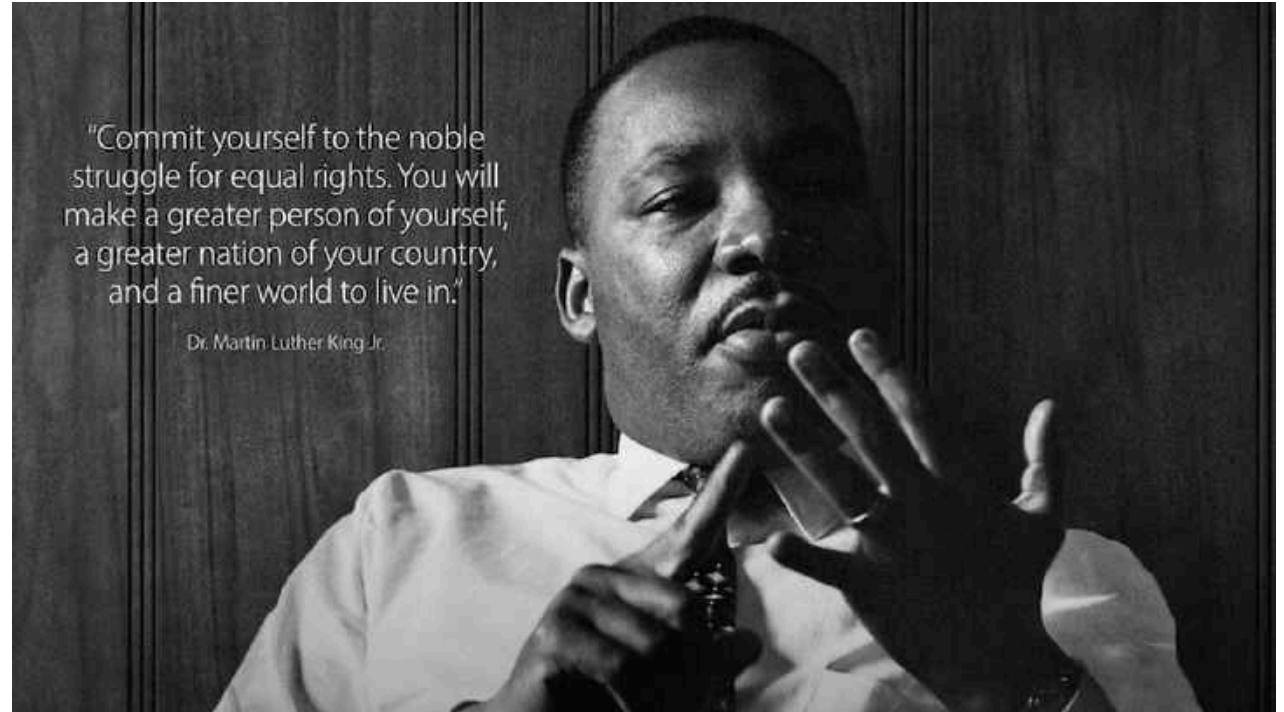
"Our country's greatest strength is and always has been our diversity, including the multitude of faiths and beliefs practiced across our Nation. We can only fully realize the freedom we wish for ourselves by helping to ensure liberty for all. On Religious Freedom Day, let us rededicate ourselves to these fundamental principles." – Joseph R. Biden Jr.



# January 16<sup>th</sup> Martin Luther King Jr. Day

The day **commemorates the life and work of Dr. King**, who was a Baptist minister and prominent leader in the American civil rights movement.

People are encouraged to use the day to "reflect on the principles of racial equality and nonviolent social change."



# January 18<sup>th</sup> Winnie The Pooh Day

Day chosen to celebrate our favorite "chubby little cubby all stuffed with fluff" in honor of his creator's birthday, author A.A. Milne, born January 18, 1882.

*"You're braver than you believe, stronger than you seem, and smarter than you think."*





# January 22<sup>nd</sup> Chinese New Year

It's the **Year of the Rabbit!** More specifically, Water Rabbit, starting from January 22<sup>nd</sup>, 2023, and lasting until February 9<sup>th</sup>, 2024.

HAPPY CHINESE NEW YEAR

新年快乐





# January 24<sup>th</sup> National Peanut Butter Day

Whether creamy or chunky, with chocolate or with jelly, peanut butter gets the recognition it deserves each year on this day.

**Peanut butter is a good source of vitamin E, B6, niacin, calcium, potassium, and iron, is packed with protein and is rich in healthy monounsaturated fat.**





# Creamy Caramel Peanut Butter Dip Recipe

## Ingredients:

½ cup creamy caramel sauce  
½ cup creamy peanut butter  
2 tablespoons milk  
1 teaspoon cinnamon apple seasoning  
Serve with crackers, pretzels, or fresh fruit for dipping

## Directions:

1. In a medium bowl, combine Creamy Caramel Sauce and peanut butter; blend well, heating gently in microwave if needed.
2. Stir in Cinnamon Apple Seasoning and milk until smooth.
3. Serve with crackers, pretzels, or fresh fruits.

Makes: 8 servings

Total Time: 15 minutes



# January 24<sup>th</sup> National Compliment Day

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Celebrate National Compliment Day by **going all out with praise**! The power of a compliment is pretty remarkable: either giving or receiving one can boost your happiness and confidence. You never know when someone could use some good vibes, so spread the positivity by giving someone a reason to smile!





# January 27<sup>th</sup>

## Commemoration Victims of the Holocaust

Holocaust Memorial Day is a day commemorating the millions of Jews and minority groups who were murdered by the Nazis during the Holocaust in the 1930s and 40s.



# January 31<sup>st</sup> National Hot Chocolate Day

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Celebrated during what is arguably one of the coldest months of the year, National Hot Chocolate Day is a holiday in which people can warm themselves to their core by enjoying this sweet and warm beverage. This day is celebrated on January 31 annually, and it's the perfect day to sit in front of a roaring fire and take a few moments for yourself.





# JANUARY FUN FACTS

Jan 7, 1610  
Galileo Galilei  
observes the four  
largest moons  
of Jupiter for the  
first time

Jan 15, 1759  
The British  
Museum opens

Jan 18, 1896  
The X-ray machine  
is exhibited for the  
first time

Jan 31, 1747  
The first venereal  
diseases clinic opens  
at London Lock  
Hospital

Jan 6, 1838  
Samuel Morse first  
successfully tests  
the electrical  
telegraph

Jan 7, 1927  
First transatlantic  
telephone call -  
New York City to  
London

# January Flower Carnation

Carnations were mentioned in Greek literature 2,000 years ago. The term dianthus was coined by Greek botanist Theophrastus and is derived from the Ancient Greek words for divine ("dios") and flower ("anthos"). The name "carnation" is believed to come from the Latin corona-ae, a "wreath, garland, chaplet, crown", as it was one of the flowers used in Greek and Roman ceremonial crowns.

## **Medicinal Use:**

It was once rumored carnations were used to soothe the nervous system, treat inflammation, and reduce swelling. Additionally, the flower is thought to relieve muscle tension, menstrual cramps, and menopausal symptoms.





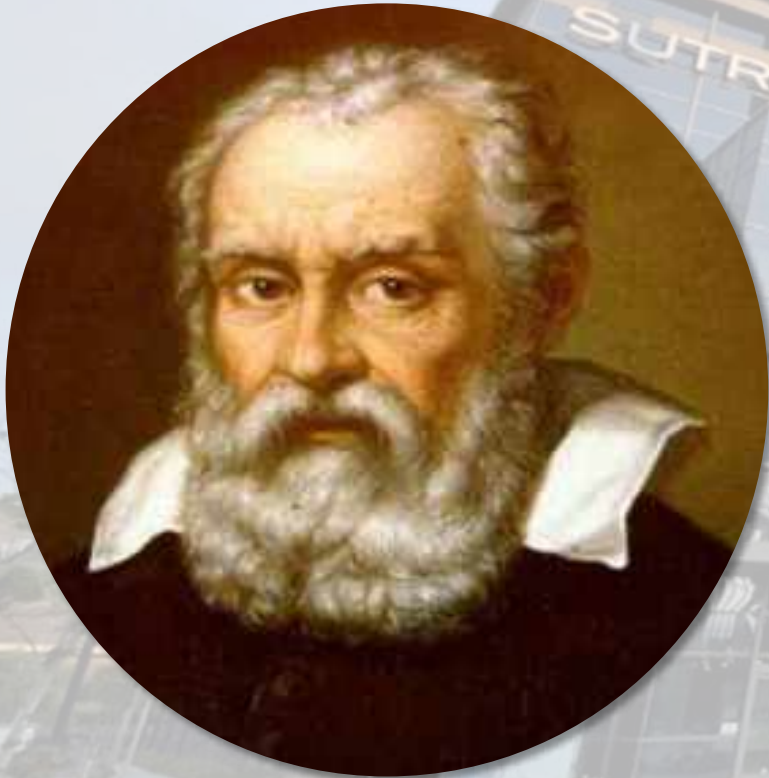


# January Birthstone Garnet

Garnet is known for its deep red hue, but naturally occurs in a range of colors, including greens, yellows, and even blues. Garnets can range in appearance from completely opaque to transparent.

## **Myths:**

A common belief is the idea that garnet protects its wearer from something—be that enemies, illness, or bad dreams. Today, garnet is said to bring love, luck, health, loyalty, and friendship to people who are born this month.

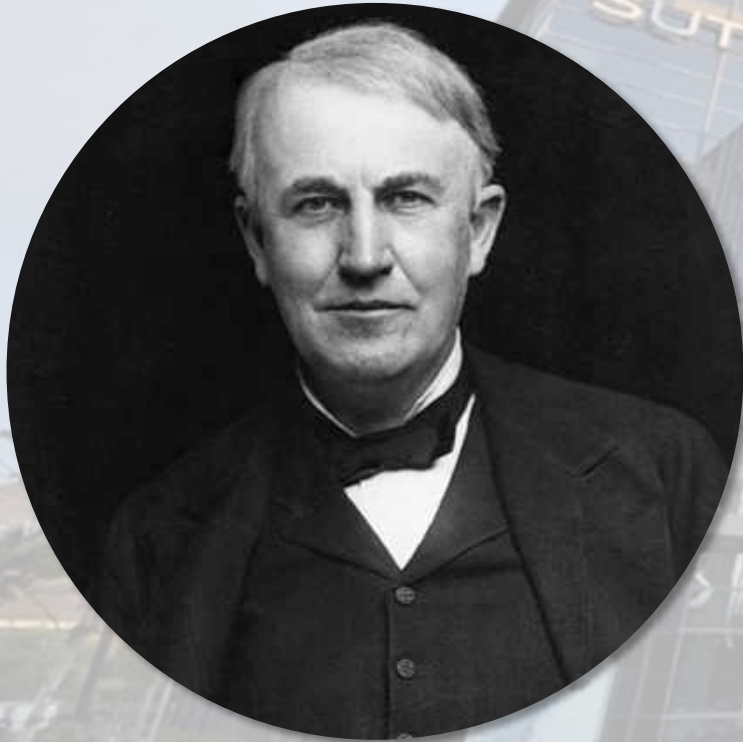


# Galileo Galilei

Galileo Galilei has always played a key role in any history of science, as well as many histories of philosophy. He is a—if not *the*—central figure of the Scientific Revolution of the seventeenth century. His work in physics (or “natural philosophy”), astronomy, and the methodology of science still evoke debate after more than 400 years.



# Thomas Edison



Thomas Edison was a prolific inventor and savvy businessman who acquired a record number of 1,093 patents (singly or jointly) and was the driving force behind such innovations as the phonograph, the incandescent light bulb, the alkaline battery and one of the earliest motion picture cameras.