

A dark, marbled background with a white rectangular sign tilted at an angle. The sign has a dark border and contains the text "Black History Month" in a bold, black, sans-serif font.

Black History Month

Sutro DEIB February 2023 Newsletter

The Sutro DEIB team is proud to share its February 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.sutro.bio.com/deib-newsletter/>



February Poem

Welcome February
We're glad you are here!
The storms seemed to have calmed
And the sun has finally appeared!
Sutro continues to shine
With our patients always in sight
Great medicines ahead of us
The future's looking bright!

FEBRUARY IS



HISTORY MONTH

Black History Month is an annual celebration of achievements and a time for recognizing the central role and contributions of black people in U.S. and world history.





February 2nd Groundhog Day

The first-ever Groundhog day was created in 1886 by a local Punxsutawney newspaper editor who convinced members of a Groundhog club to convene about the final decision on the weather.



It's #WearRedDay

Heart disease is a leading
cause of death.

Know your risks.

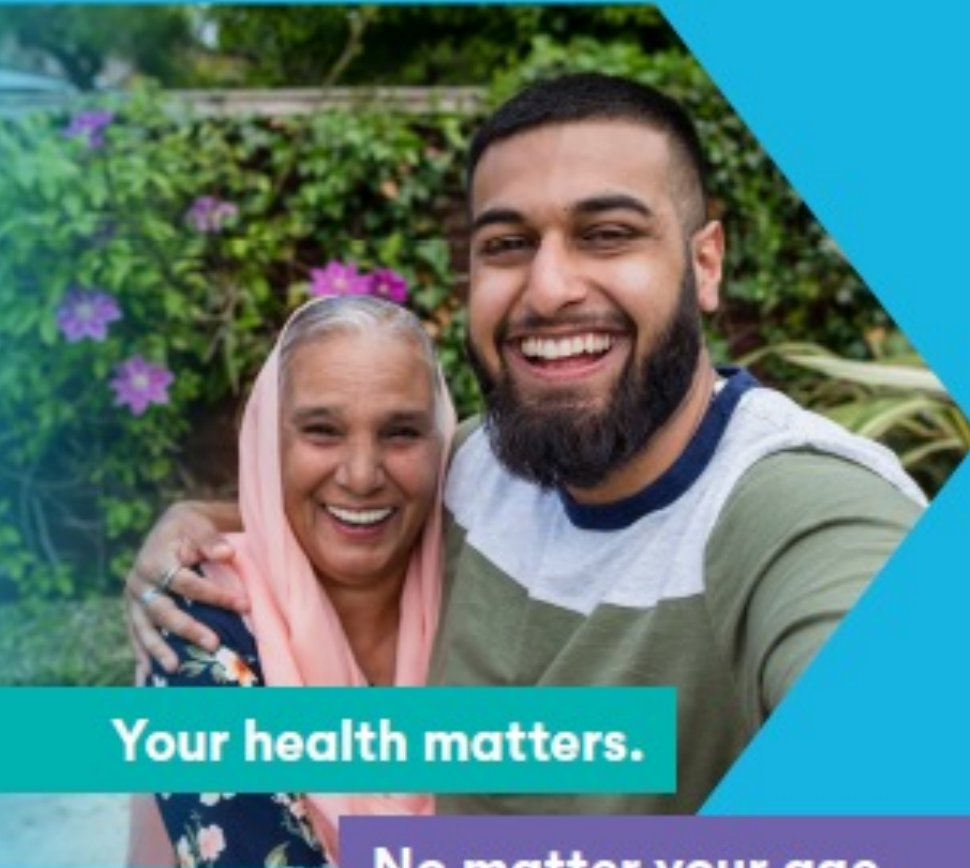
NHLBI.NIH.GOV
HEARTTRUTH.GOV

February 3rd
National Wear Red Day

February 4th World Cancer Day

Leading International Awareness Day

Led by the Union for International Cancer Control (UICC). By raising worldwide awareness, improving education and catalysing personal, collective and government action, we are all working together to reimagine a world where millions of preventable cancer deaths are saved and access to life-saving cancer treatment and care is equitable for all – no matter who you are or where you live.



Your health matters.

No matter your age.

Close
the care
gap



World
Cancer Day
4 February

worldcancerday.org

February 5th Tu Bishvat

Tu BiShvat for Hebrew Year 5783 begins at sundown on Sunday, February 5th and ends at nightfall on Monday, February 6th.

Tu BiShvat is an environmental holiday. Jews consider this day as a way to remind themselves of their duty to care for the natural world. Many Jews take part in a tree-planting ceremony or collect and send money to Israel for them to plant a tree there.

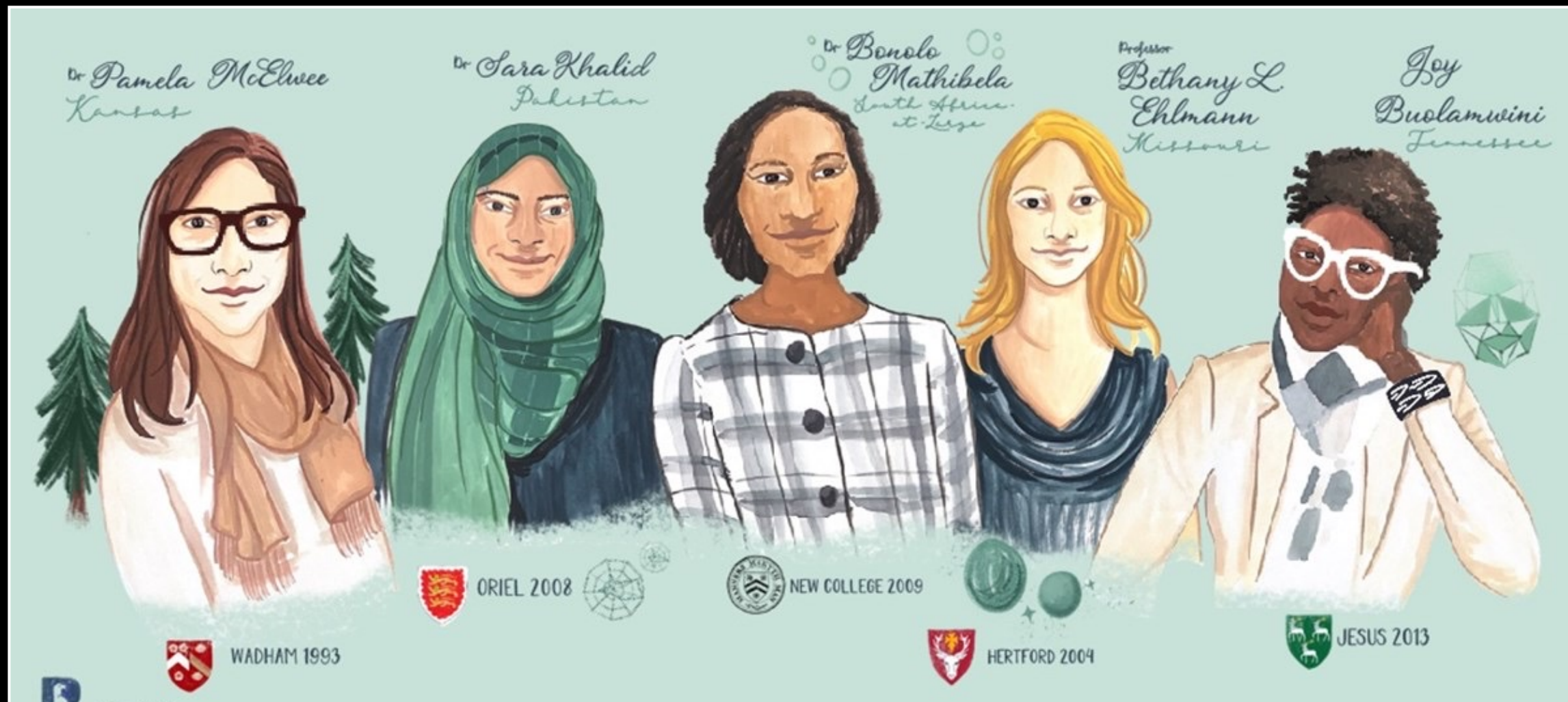




FEBRUARY 9

NATIONAL PIZZA DAY

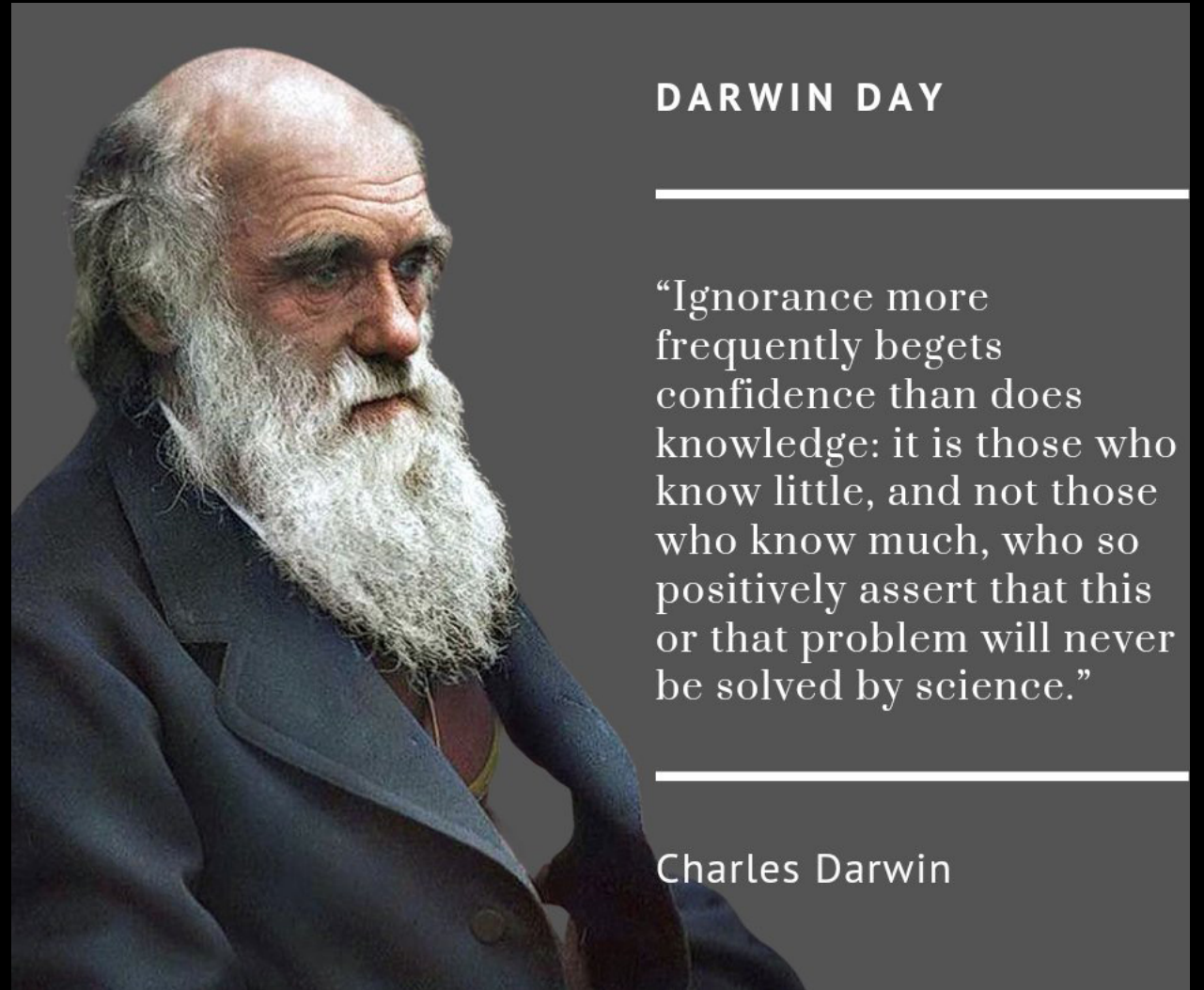
National Pizza Day seeks to celebrate the baked flatbread typically topped with tomato sauce and mozzarella cheese. Pizza is believed to have been invented in Naples, Italy around the 10th century. It has grown to become one of the most popular foods in America with many different varieties depending on region.



February 11th
International Day of Women and Girls in Science

February 12th Darwin Day

On February 12, Charles Darwin is born (known as Darwin Day). Charles Darwin's theory of evolution by natural selection is the foundation upon which modern evolutionary theory is built. Darwin published his theory of evolution with compelling evidence in his 1859 book *On the Origin of Species*.



DARWIN DAY

“Ignorance more frequently begets confidence than does knowledge: it is those who know little, and not those who know much, who so positively assert that this or that problem will never be solved by science.”

Charles Darwin



February 12th Lincoln's Birthday

Lincoln served as the 16th U.S. President from 1861-1865. Lincoln is known for passing the Emancipation Proclamation in 1863. The Proclamation helped to free slaves that were in Confederate states to rebel against the Union.

"Give me six hours to chop down a tree and I will spend the first four sharpening the axe."
- Abraham Lincoln

February 13th
Galantine's Day



LADIES
celebrating
LADIES



FEBRUARY 14th

VALENTINE'S

» — DAY —>

February 17th Random Acts of Kindness Day

National Random Acts of Kindness Day is celebrated to cultivate feelings of kindness and brighten up someone's day. Every small act of kindness is significant. It may seem like it doesn't accomplish much but, just like the domino effect, one act of kindness can lead to more positive outcomes.

Plus, kindness is free!





FEBRUARY 18 NATIONAL DRINK WINE DAY

National Drink Wine Day seeks to raise awareness about the fermented alcoholic drink. Wine is a type of alcohol made from fermented grapes. It can also be made using rice or fruits. This day aims to spread the love of wine by encouraging people to embrace its positive benefits.

Health benefits include:
Lowers the risk of heart disease
Increases lifespan
Protects cognitive function
May lower the risk of certain types of cancer
Anti-inflammatory properties



February 20th Presidents Day

Federal holiday to celebrate all US presidents, both past and present.

20
FEBRUARY
WORLD DAY
OF
SOCIAL
JUSTICE



International day recognizing the need to promote social justice, which includes efforts to tackle issues such as poverty, exclusion, gender inequality, unemployment, human rights, and social protections.

Many organizations, including the UN, American Library Association (ALA), and the International Labor Organization, make statements on the importance of social justice for people.

February 21st

Mardi Gras

Mardi is the French word for Tuesday, and *gras* means “fat.” In France, the day before Ash Wednesday came to be known as Mardi Gras, or “Fat Tuesday.”

Traditionally, in the days leading up to Lent, merrymakers would binge on all the rich, fatty foods—meat, eggs, milk, lard and cheese—that remained in their homes, in anticipation of several weeks of eating only fish and different types of fasting.

The word *carnival*, another common name for the pre-Lenten festivities, also derives from this feasting tradition: in Medieval Latin, *carnelevarium* means to take away or remove meat, from the Latin *carnem* for meat.



February 22nd Ash Wednesday

Ash Wednesday, the Wednesday six weeks before Easter Sunday – February 22, 2023, – is a Christian holy day of fasting, sacrifice, self-reflection, and prayer. As a central ritual followed by Roman Catholics, the forehead is marked with ashes, burned from leftover palm branches, as a sign of repentance.



National MARGARITA DAY



February 22nd
National Margarita Day

Loved and consumed by millions, friends and families around the world honor this sacred tequila, triple sec, and lime drink every year on February 22nd.

February 27th Dominican Republic Independence Day



February 28th Rare Disease Day

Help raise awareness for rare diseases to improve the lives of individuals and families impacted by them around the world.

In the US, a rare disease is defined as a condition affecting fewer than 200,000 people. In Europe, a rare disease is defined as a condition affecting 1 in 2,000 people. An estimated 7,000 rare diseases exist, and around 5,600 of them are genetic. Overall, 1 in 10 people are affected by rare disease - that's 400 million people worldwide.

FEBRUARY FUN FACTS

Feb 13, 1633
Galileo Galilei
arrives in Rome
for his trial before
the Inquisition

Feb 9, 1870
The U.S. Weather
Bureau was
established

Feb 19, 1985
Artificial heart
recipient William J.
Schroeder becomes
the first such patient
to leave hospital

Feb 2, 1880
The first
electric streetlight
is installed
in Wabash, Indiana

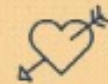
Feb 16, 1937
Wallace H.
Carothers receives
a patent for nylon

Feb 15, 2001
First draft of the
complete Human
Genome is published
in Nature

February Flower Violet

FEBRUARY BIRTH FLOWER

Violet



TRUE LOVE



INNOCENCE



ABUNDANCE

February's birth flower, the stunning violet, is known for its breathtaking beauty and vibrant colors. Violets date all the way back to 500 BC where they were first cultivated by the Greeks and Romans.

Medicinal Use:

They believed that this February flower was useful in herbal remedies to fight different illnesses and sicknesses. The flowers were also used to make wine and sweeten foods.



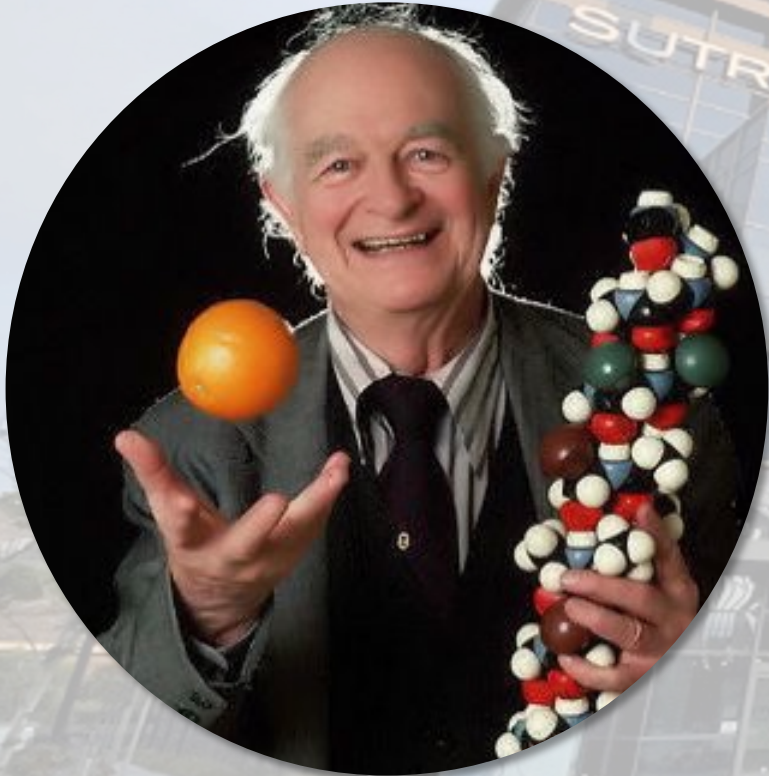
February Birthstone Amethyst

Amethyst signifies spiritual healing, calmness, and wisdom, while others have associated the stone with peace, balance and courage

Myths:

People have believed that amethyst could control evil thoughts, make you smarter, protect you from witchcraft and black magic, help soldiers win battles, improve focus, and create a sense of peace and calm. These legends make it a good gemstone for those in the creative arts to help foster new, unique ideas.

Linus Pauling, FRS



Linus Carl Pauling was an American chemist, biochemist, chemical engineer, peace activist, author, and educator. He published more than 1,200 papers and books, of which about 850 dealt with scientific topics. For his scientific work, Pauling was awarded the Nobel Prize in Chemistry in 1954. For his peace activism, he was awarded the Nobel Peace Prize in 1962.

Linus Pauling was known for the discovery of molecular basis of sickle-cell anemia.

Tammy Baldwin

Tammy Baldwin was elected to the US Senate on Nov 6, 2012, and made history as Wisconsin's first openly LGBT woman elected to both houses of Congress. In 2018, Senator Baldwin was re-elected by the people of Wisconsin with 55.4% of the vote.



In the proud tradition of Wisconsin's state motto, *Forward*, she believes that we must always work together to help provide fairness, equality, and economic opportunity for all.

Susan B. Anthony

Champion of temperance, abolition, the rights of labor, and equal pay for equal work, Susan Brownell Anthony became one of the most visible leaders of the women's suffrage movement. Along with Elizabeth Cady Stanton, she traveled around the country delivering speeches in favor of women's suffrage.

