

MELANOMA RESOURCE NEWSLETTER

The Joanna M. Nicolay Melanoma Foundation

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The Joanna M. Nicolay
Melanoma Foundation
255 Clifton Blvd.
Westminster, MD 21157



...the voice for melanoma prevention, detection, care and cure

Inaugural "Tri-To-Win" a Great Success

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The inaugural "Tri-To-Win...the fight against melanoma" Triathlon was held June 18th registering over 275 individuals from seven states, ten Maryland-counties, Baltimore City and the District of Columbia.



Over \$10,000 was raised to support the Foundation's mission of melanoma "prevention, detection, care and cure."

Greg Safko, "Tri-To-Win" Triathlon Race Director (below) and Bob Nicolay, JMNMF Chairman, enjoy a brief break together under the "Finish" line banner between racers in the inaugural triathlon benefiting the Foundation.



The starting line for the race (above), is always filled with the excitement of promise, performance and expectations for every athlete, whether conditioned from months of training for the "Tri-To-Win" event or simply participating to support a "great" cause. (more on page 3)

Chairman's Message

The first half of 2006 has been a very successful and exciting one for the Foundation. Each month I see the Foundation moving forward to achieve our vision of becoming the voice for melanoma prevention, detection, care and cure.

The year began with the Foundation moving into our office at the Carroll Non-Profit Center in Westminster, MD. The ribbon cutting ceremony was held in May and included the First Lady of the State of Maryland, Kendel Ehrlich (pictured below).



In February, Johns Hopkins graduate student, Staci Cummings was named the first recipient of The Joanna M. Nicolay Melanoma Foundation Research Scholar Award. This grant not only affirms the Foundation's support of Johns Hopkins but also demonstrates our commitment to broaden our outreach and collaboration efforts in the melanoma research community (more on page 4).

April brought the news that the Foundation was named as a 2006 recipient of the Governor's Volunteer Service award, a testament to the dedicated group of volunteers that support the Foundation's mission.

During May, melanoma awareness month, the Foundation co-sponsored the state-wide "Sun Safe" Poster Contest and then put these practices into action by handing out 6,000 free sun-screen bottles during the Chesapeake Bay Bridge Walk (story on page 3).

The "Tri-To-Win...the fight against melanoma" inaugural triathlon was held in June. This event raised \$10,000 and elevated awareness of melanoma prevention and detection to the Baltimore/Washington region. A public service announcement was also filmed during the event, featuring the newly crowned Miss Maryland, Brittany Lietz, a melanoma survivor.

This summer, the Foundation is busy preparing for our second annual elegant dining event to be held at renowned Linwoods in Owings Mills, MD. We hope you will be able to join us as we look back at the year and celebrate the Foundation's numerous successes.

Thank you for your continued support of the Joanna M. Nicolay Melanoma Foundation.

Robert E. Nicolay
Chairman

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Mission Statement

The mission of the
Joanna M. Nicolay
Melanoma Foundation
is to promote
prevention, early
detection and research
to end melanoma.

Miss Maryland Embraces Melanoma Awareness

Brittany Lietz, crowned the new Miss Maryland on July 1, was diagnosed in 2005 with melanoma that she attributes to excessive tanning.

Pictured below, Ms. Lietz, along with Baltimore Ravens Matt Stover and Foundation Chairman Robert Nicolay, participated in the Melanoma Monday "Sun Safe" Poster Contest.



"At the age of 20, I never thought that I would be diagnosed with cancer, much less skin cancer," said Lietz. "At that point, I really didn't even know what melanoma was and that's just the problem."

Lietz said she will use her new position to continue to educate people, especially young people with the message, that they aren't invulnerable to the disease. "Don't think that this can't happen to you because it can," she said.

In May, Ms. Lietz teamed up with the Foundation during the Bay Bridge Walk Sunscreen Giveaway. She participated in the "Tri-To-Win...the fight against melanoma" Triathlon on June 18th, where a public service announcement was filmed. Look for this 30-second spot to air this summer.

Ms. Lietz will also be the Honorary Chair of the Foundation's second annual elegant dining event in October (see insert box).



The Foundation continues to develop other awareness programs to spread the word about the importance of early detection. Posters (shown above) will be distributed along with other educational materials to use at area health fairs and events.

Save the Date - October 9th

Join Brittany Lietz, Miss Maryland at this year's elegant dining event at Linwood's Restaurant in Owings Mills, MD.

For ticket information contact Denise Safko, dsafko@adelphia.net or call (410) 857-4890.

Maryland Governor Recognizes Foundation's Volunteer Service



Pictured from left to right, Denise Safko, Foundation Secretary, Governor Robert L. Ehrlich, Jr. and Robert E. Nicolay, Foundation Chairman.

On Monday, April 26th The Joanna M. Nicolay Melanoma Foundation was presented with the Governor's Volunteer Service Award for 2006 at a ceremony held in Annapolis, MD. The award recognized the Foundation's accomplishments and over 2,500 hours of volunteer service.

"To be acknowledged through this award, after only two years of operation, is a wonderful honor," said Chairman, Bob Nicolay. "It will serve as an incentive to continue the work we are doing in the fight against melanoma."

THANKS To All the Race Sponsors!



"Tri-To-Win" – Everyone's a Winner (cont.)

Local talents earn overall victories in top three male finishers – in first place, Joe Liberto, 32 (below), Of New Windsor, MD, completed the course in 1:05:09.



First in the overall women's division was Michelle Duplinsky, 21, of Kensington, MD in 1:17:15.



Melanoma survivor Brittany Leitz, 21, Edgewater, MD proudly finishes the "Tri-To-Win...the fight against melanoma" Triathlon and, on July 1, won the title of Miss Maryland.

For complete race results, sponsors and more photos visit www.melanomaresouce.org

Cheerful volunteers are a necessary component to a successful event. Race morning check-in brought out the best in the "Tri-To-Win" crew.



If you are interested in becoming a sponsor or volunteer for next year's race, contact Greg Safko, gsafko@adelphia.net

Bay Bridge Walkers Welcome Sunscreen

On Sunday, May 7th, thousands of walkers participated in the Chesapeake Bay Bridge Walk.

The walk provided a great opportunity for the Foundation to spread the word about "Sun Safe" practice (see insert).



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The Joanna M. Nicolay Melanoma Foundation set up bright and early and handed out over 6,000 tubes of free sunscreen in less than 2 hours!



A huge "thank-you" to the Foundation volunteers (below) and Neal Walker, President of Octagon Research Solutions, Inc., for donations of PreSun Sunscreen.

Being a cool morning, many of the walkers had forgotten their sunscreen, but were reminded by Foundation volunteers to protect themselves.





National Council on Skin Cancer Prevention

1. Do not burn: Avoid sun tanning and tanning beds. Ultraviolet light from the sun and tanning beds causes skin cancer.
2. Generously apply sunscreen to all exposed skin using an SPF of at least 15 which provides broad-spectrum protection from both ultraviolet A (UVA) and ultraviolet B (UVB) radiation. Re-apply every two hours, even on cloudy days, and after swimming or sweating.
3. Wear protective clothing such as a long-sleeved shirt, pants, a wide-brimmed hat and sunglasses.
4. Seek shade when appropriate, remembering that the sun's rays are the strongest between 10 a.m. and 4 p.m.
5. Use extra caution near water, snow and sand as they reflect the damaging rays of the sun which can increase your chance of sunburn.

Early detection of melanoma can save your life. Carefully examine all of your skin once a month. A new or changing skin lesion in an adult should be evaluated.

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Research Scholar Named

The Joanna M. Nicolay Melanoma Foundation and the Johns Hopkins Kimmel Cancer Center announced in February 2006 the formation and inaugural presentation of the Joanna M. Nicolay Melanoma Foundation Research Scholar Award. Ms. Staci D. Cummings (r) is the first recipient of this scholarship to advance melanoma research.



Ms. Cummings is a graduate student in the Pharmacology and Molecular Science Program at Johns Hopkins University School of Medicine. She is focusing her research on cancer biology, specifically a project that involves defining the role of certain proteins present in melanoma development.

About the Foundation

The Joanna M. Nicolay Melanoma Foundation, formed in 2004 as an all-volunteer organization, is dedicated to melanoma prevention, detection, care and cure.

The foundation's origin is woven from the touching memories of an exceptional woman, Joanna M. Nicolay, and her challenging journey with this deadly disease.



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