



# AzMN News

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The Newsletter for People Interested in Multiple Myeloma

## Our Best Wishes for a Peaceful, Healthy Holiday Season!

### The President's Message. . .

2009 has been a remarkable year for AzMN. We have reached out to over 2,000 people through our cancer awareness and myeloma programs, presentations, Awards, and participation in Health Fairs, Cancer meetings, and events such as our annual golf tournament and our Race for Hope for all Cancers. And, through the wondrous World of the 'web', our conferences and programs are free and accessible to all on YouTube ([www.youtube.com/ArizonaMyeloma](http://www.youtube.com/ArizonaMyeloma)).

Most important, we have made many new friends, added new resources, and expanded our awareness and advocacy network to better serve myeloma patients, families, and other cancer patients throughout Arizona.

Our Race and Golf Tournament were a great success and will help us with the basic funding to continue our free myeloma education programs even in these difficult economic times.

We all are facing many challenges now and in the years ahead. AzMN will work hard to maintain and build our resources to fulfill our Mission: Awareness, Education and Advocacy for myeloma patients and the underserved cancer patients who so often are forgotten in difficult times.

For those who have donated, volunteered and participated in our programs over the past year, our warm 'thanks' and we hope that you will continue to support us in whatever way you can in 2010.

Best Wishes for the Holidays and if you would like to include AzMN in your Holiday Giving, go to our [www.azmyelomanetwork.org/donation.html](http://www.azmyelomanetwork.org/donation.html). Donations are tax deductible.

Thank you all! *...Barbara Kavanagh*

### 1st Race for Hope for all Cancers, Sunday, October 18th, at Westgate City Center

Over 250 walkers, runners and cheering friends and families enjoyed a fun morning of exercise, raffle and refreshments. To learn more about the Race, go to: [www.arizonarunningeventsco.com](http://www.arizonarunningeventsco.com)

Photos can be viewed on [www.zerofortyone.com](http://www.zerofortyone.com) or go to the AzMN website and our Race link.

Special thanks to our volunteer photographer, Miles Anthony, Sports Photographer, and to the Black Bear Diner and Smashburgers, our Race Sponsor. Other sponsors, included: Spinattos' Pizza, Uncle Sal's, Stern Produce, Swisher, and McFaddens' Restaurant and Saloon/Glendale.

'Thank you' to our great team of volunteers and the Glendale Fire Department, and Manny Martinez, Vice Mayor of Glendale.

### AzMN/UA 5<sup>th</sup> Annual Golf Tournament Is a Winner!

AzMN's 5th Annual Golf Tournament, sponsored by the United Association of Plumbers and Pipefitters was a huge success, with over 148 golfers from all over the U.S., representing the UA and it's many friends, associates, affiliates and also a number of local golfers and sponsors, such as the Black Bear Diners, and other 'loyal' friends and businesses who have been participating in AzMN events over the past four years.



### Thank you to our Sponsors, Volunteers and Supporters!

#### Tournament Sponsors

United Association of Plumbers & Pipefitters

United Association/Training/JTC

#### Other Sponsors

Scheck Industries

O'Donoghue & O'Donoghue, LLP

Illinois Pipe Trades

Black Bear Diner

National Investment

UA Local 562, St. Louis, MO

UA Local 469, Arizona

UA Five States (AZ, CO, NV, UT, WY)

UA Local 597, Chicago, IL

Minnesota Pipe Trades

UA Local 400, Wisconsin

UA Local 601, Milwaukee, WI

UA Local 208, Denver, CO

UA Local 250, Los Angeles, CA

New York States Pipe Trades

Harder Mechanical

JM Zell

UA Local 130, Chicago, IL

Indiana Pipe Trades

UA Local 669, Columbia, MD

Schwarz & Schwarz, P.C.

UA Local 422, Joliet, IL

Kelly Press

UA Local 798, Tulsa, OK

MCA, Chicago, IL

UA Local 525, Las Vegas, NV

Segal Associates

Bishop Plumbing, Des Plaines, IL

UA Five States AZ, CO, NV, UT, WY

UA Local 250 Los Angeles, CA

AZOnline.com

Arizona Orthopedic and Fracture Surgeons

Farmer Brothers

Victor Pfluger, NASCAR

#### Contributors

Krank Golf

Carolyn Christensen - Massage Therapy Solutions

Perry Hester - Auctioneer

Golf Tec

Spinato's - Anthony Spinato

Black Bear Diner - Kurt Riske

Corey La Russo - Beat the Pro

Bob Coffman - Caddie & Putting Contest

Farmer Brothers

Steven Miles Anthony - Sports Photography

Tutti Santi Ristorante Italiano by Nina

Wright Choice Promotions

Crown Trophy Surprise

John Woods, DDS

McFadden's Restaurant & Saloon

Trader Joe's

UPS Bell - Store 5320

Mike Howard and his musical group

Special guest, Dr. Leif Bergsagel, Mayo Clinic, Myeloma Specialist

### 4<sup>th</sup> Annual Living with Myeloma Conference, March 27<sup>th</sup>, 2010

On March 27<sup>th</sup>, we will be holding our 4<sup>th</sup> Annual Living with Myeloma Conference and introducing the Arizona Myeloma Network Pat and Bill Hite Caregivers' Program. The new program is sponsored in part through the generosity of Bill Hite and the United Association of Plumbers and Pipefitters, sponsors of our 5<sup>th</sup> Annual AzMN Charity Golf Tournament held November 7<sup>th</sup>.

## 2010 Events – Save the Dates!

March 27<sup>th</sup> – 4<sup>th</sup> Annual Living with Myeloma Conference

April – Race for Hope for all Cancers, Date to be determined

June 5<sup>th</sup> – 3<sup>rd</sup> Annual AzMN/Ft. Defiance Cancer Awareness Conference

October 23<sup>rd</sup> – 6<sup>th</sup> Annual AzMN Charity Golf Tournament, McCormick Ranch Golf Course

Check our website, [www.azmyelomanetwork.org](http://www.azmyelomanetwork.org), for up-to-date information January, 2010

## 2009 Pictorial Review



3<sup>rd</sup> Annual Living with Myeloma Conference



2<sup>nd</sup> Annual AzMN/Ft. Defiance Cancer Awareness Conference



1<sup>st</sup> Annual Race for Hope for all Cancers!



Kurt Riske & Barbara



Guests with Barbara & Jack Kavanagh at Hon Kachina Award Dinner



Tissue Donor Awareness Program (TDAP™)

### 3<sup>rd</sup> AzMN/Ft. Defiance Cancer Conference

We are now planning our 3<sup>rd</sup> Ft. Defiance Cancer Awareness and Advocacy Conference for the Navajo Nation on June 5<sup>th</sup>, 2010, and will be seeking support for this valuable program as well.

And this year, we have implemented the Ft. Defiance Diné Women to Women breast cancer education and training program for Navajo women to reach out to others and increase prevention and screening on the Reservation. This program is sponsored in part by the Susan G. Komen Foundation and the Arizona Comprehensive Cancer Control Program.

### Ask the Doctor

**Joseph Mikhael, MD, Hematology & Oncology, Mayo Clinic** will return to the next issue with answers to your myeloma questions. Please send them to him at [mikhael.joseph@mayo.edu](mailto:mikhael.joseph@mayo.edu).