




Member's Newsletter | September 2009

[Our Yarns](#)
[Free Patterns](#)
[Pattern Books](#)
[Store Locator](#)

## Bernat® Knit and Crochet for Breast Cancer

Breast cancer is a serious concern for each and every one of us. An estimated 192,370 new cases of invasive breast cancer are expected to occur among women in the U.S. during 2009. (1) Keeping yourself educated and healthy is an important first step in reducing your risk of breast cancer. This [Breast Self-Awareness](#) reference from [Susan G. Komen for the Cure®](#) is an excellent resource. If you have any questions or concerns about your health, don't hesitate to ask your doctor. Affecting the lives of women and men globally, breast cancer not only impacts the individuals living with the disease, but their families, friends, and loved ones as well. It is possible to do something about breast cancer.

It is important to recognize the heroism of so many men and women who have fought breast cancer. One of the best ways we can recognize and honor their fight is to work towards a cure. It's up to each and every one of us to make a difference.



As knitters and crocheters, there is a way we can do what we love and make a difference at the same time - Bernat® is proud to introduce the Knit & Crochet for Breast Cancer collection, available at participating AC Moore, JoAnns, Michaels, Walmart Canada and Zellers – while quantities last. Bernat® is contributing \$10,000 to [Susan G. Komen for the Cure®](#) through the purchase of the yarn in the Knit & Crochet for Breast Cancer collection from August 15 - November 15, 2009. For more information about Susan G. Komen for the Cure®, breast health or breast cancer, visit [www.komen.org](http://www.komen.org) or call 1-877 GO KOMEN. A portion of the Bernat® contribution will be directed to the Canadian Breast Cancer Foundation.

## New Free Patterns in Limited-Time-Only Shades

These four new patterns are available for free download today. Each one is knit or crocheted with the yarn in the Bernat® Knit & Crochet for Breast Cancer Collection. Visit your local participating AC Moore, JoAnns, Michaels, Walmart Canada and Zellers to buy the yarns in the collection.

[Chemo Cap \(crochet\)](#)

[Prayer Shawl \(crochet\)](#)



**Warm Cabled Scarf and Hat (knit)**

**Easy Gift Scarf (knit)**



### Greetings from Bernat®



Breast Cancer has touched the immediate lives of three remarkable women in the Bernat® family.

Grace finished her treatment in July and is hoping to get back to work this Fall in the Yarn Finishing department (she makes the balls immaculate). She is the mother of two children, a 14 year old boy and a 21 year old girl. Diagnosed in December of 2008, Grace went through surgery in January of this year followed by chemo and radiation treatments, her hair is growing back and her spirit is strong and vibrant.

Debbie returned to work in January of this year, she is a Twister (she ensures the yarn is twisted precisely). She is the mother of three boys – 32, 18 & 15 years old and the grandmother of a delightful little girl. Diagnosed in April 2008, Debbie's journey involved surgery and chemo, but it hasn't slowed her fast paced busy life both at work and home.

Betty Ann has been cancer free for 3 years, she is a Doubler (she makes certain that the correct number of plies are in the yarn). The mom of a 27 year old girl and very involved in the Relay for Life in Listowel, Ontario, Betty Ann was diagnosed with Breast Cancer in March 2006 and went through surgery, chemo and radiation. She is currently looking forward to the magical 5 year mark of cancer freedom.

These three ladies' stories are inspiring, together they are mothers, a grandmother, wives, friends, dedicated workers (there is 75 years of yarn experience between the three of them!! ) and brave cancer survivors – no small feat.

Grace, Debbie, Betty Ann along with all the employees at Bernat®, wish women currently in the Breast Cancer journey the very best and not to feel they are in it alone.



We're inspired by the stories of the survivors who have touched our lives, and know there are even more stories out there to share. Take some time to discuss this important issue with the women in your life, get involved, and most importantly, stay educated and healthy.

The Bernat® Design Team

1. Cancer Facts and Figures 2009, American Cancer Society

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