

*KaPeRs is open to all former employees of Kaiser Permanente Northwest age 55 and beyond and eligible for retirement. No enrollment forms and no membership dues are required.*

## KaPeRs On-Line News

Visit [www.kpnwretirees.org](http://www.kpnwretirees.org) to learn the latest information about KaPeRs, including activities scheduled for the year, senior education and volunteer opportunities locally and internationally, as well as Kaiser Permanente health care news.

## KaPeRs Luncheon – Thursday, February 20, 2014

### “ARE THE KEYS IN THE FREEZER?”

What’s the difference between normal forgetfulness and dementia? Brenda Niblock, our speaker for KaPeRs’ February 20 luncheon, is one of four sisters who advocated for their mother when she was diagnosed with dementia. Brenda will share incidents in their family’s five-year journey that led them to conclude that their mother did have dementia; how they responded to changes in their mother’s ability to live on her own; the difficult decisions regarding her safety, medication management, driving, and finances; and how they shaped the direction of her care.

Their family’s story will perhaps be familiar to you as many people 65 and over become caregivers for their spouses, parents or other family members. Brenda’s story offers a newcomer’s perspective to dementia and a roadmap for others in similar circumstances.

Please join us to hear this heartfelt, personal story and to learn more about dementia, a disease that affects over 5 million people. Check out their website at [www.DementiaStrategies.com](http://www.DementiaStrategies.com) for more information.

## Dates to Remember

### GENERAL MEETING

Thursday, February 20, 2014  
12:00 noon Town Hall

### PROGRAM

“ARE THE KEYS IN THE FREEZER?”

### 2014 MEETING DATES

#### General Meeting

May 28  
September 24  
December 11

#### Board of Directors

April 3  
August 7  
November 6

See page 7 for KaPeRs luncheon invitation

## President’s Corner

Marci Clark

**Just do it!** The famous Nike slogan seems an apt resolution for the New Year as we think about new pursuits in 2014 and maybe even tackle a yet-to-be-met goal from last year. After all, resolutions are just that.... affirmation of goals we set for ourselves.

So what kinds of goals do our KaPeRs retirees set for themselves?

Last years KaPeRs Arts Exhibit displayed retirees’ creative pursuits, from painting and photography to woodworking and quilting. The KaPeRs Newsletter routinely tells us about retirees’ volunteer work with medical teams, mentoring at-risk youth, partnering with young readers, feeding the hungry in our communities and providing tax assistance to the aged. Personal conversations with retirees frequently reveal newly found passions for piano or guitar playing, singing in local bands, biking marathons, birding treks and exploring world cultures. Retirees remind us there are stories to write, books to read, classes to take, friendships to build and family to cherish. All of these pursuits reflect goals, intentions, dreams, bucket lists!

For many, retirement is a time when you can set your own agenda. Studies tell us that waking up each day with a purpose fosters good health, better connectedness and higher levels of happiness.

Speaking of connectedness, the KaPeRs quarterly program is one way to have some fun interaction with friends and former co-workers. I hope you'll join us for lunch and a guest presentation that tells a very informative and personal story at the February 20th noon program.

Have an exciting *Just Do It!* year ahead.

## Introduction to Art – WATERCOLOR CLASS!

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Monday, April 21, 2014  
10 a.m. to 1 p.m.  
Town Hall (Rooms A & B)

Have you ever wanted to try your hand at watercolor painting? Now's your chance! A three-hour watercolor class, taught by well-known local artist Kathy DeLumpa Allegri, is being offered to KaPeRs' members on Monday, April 21, at Town Hall. Kathy is a prolific plein air ("in the open air") artist and muralist based in Gresham. Her watercolors and acrylics of Provencal vineyards, Pacific NW forests, and Hawaiian waterfalls are vibrant and expressions of her passion for life. Learn more about her work at her website <http://kdallegri.com/KathyAllegri/Welcome.html>

A nominal fee of \$20 per person is all it takes to walk away with your very own completed work of art! All necessary art supplies to paint your watercolor are included in the fee and will be available at the class.

**Maximum class size is 25.**

Send your check made out to KaPeRs to:  
**KaPeRs Art Class, P.O. Box 4543, Portland OR 97208.**

This class will fill up fast, so sign up now!  
Hope to see you there!

If you have questions about this class, please contact KaPeRs' Board member Mary Ramsey, [ramseyly@aol.com](mailto:ramseyly@aol.com) or at 503-665-6893.

## Keeping in Touch

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**Eric Schuman, PA-C**, reports, "I officially retired in January 2012, but returned to work in the neurology department at Sunnyside from October 2012 until December, 2013. My partner Albert Lorn Folsom and I were finally married after the supreme court decision last summer nullifying the Defense of Marriage Act (we'd been together 31 years), so that was a blessing for us. We took our third river cruise in Europe last fall,

## KaPeRs ARTS EXHIBIT

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May 28, 2014  
Town Hall Ballroom

Do you enjoy water coloring, weaving, or woodworking in retirement? How about clay pots, metal sculpting or jewelry? Or are you into photography, writing stories or poems, or quilting?

Whatever your creative outlet, you are invited to display it at the 2nd annual ARTS EXHIBIT at the all-members KaPeRs meeting in May 2014. Town Hall Ballroom will accommodate a maximum of 21 exhibitors so be sure to secure your place early. Tables and name cards will be provided, but all exhibitors must bring their own stands and display easels. The 2013 exhibit was enthusiastically attended and everyone agreed there are a multitude of very talented people in our midst.

Planning is underway and some places have been reserved, so to ensure you aren't left out contact one of the following board members now if you would like to show your creative work.

Maureen O'Connor ..... 503.637.3405 (H)  
or ..... 503.805.7476 (C)  
Kathryn Holt..... 503.223.0311  
Lauralee Tyrell ..... [gramz22cool@yahoo.com](mailto:gramz22cool@yahoo.com)

this time from Amsterdam to Vienna, traveling with fellow retirees Herb Salomon, M.D. (gastroenterology) and Marcia Liberson, M.S.W, (ethics and social work). My avocations include canine photography and street photography. Each year I aspire to improve a little. We volunteer for Golden Bond Rescue - a golden retriever rescue in Oregon and Washington, and I travel each year to Sacramento to do some volunteer work with a rescue group there. I also serve as a writer for the magazine of the Marion Polk County Medical Society, where I serve on the Board of Directors. I've worked in free clinics from before the time I became a physician assistant in the early 1970s until the present. Whether or not I pursue paid clinical work in the future, I will continue to participate as a free clinic volunteer. It is my hope that one day free clinics will no longer be needed because we recognize health care as a right of all citizens in our country, and everyone will receive health care as good as that we provide to Kaiser members nationwide."

**Jonathan Brown** writes in an e-mail, "I have 14 batches of wine from 7 different grapes getting wonderful (hopefully!) in my basement this year--my new hobby. Just about done with my international

diabetes volunteer work, rounding up projects in Africa, Central Asia, China and South America.”

**Brenda Culhane** plays harmonica, banjolele, spoons and sings in the Pickled Peppers Kitchen Band. “We play at various venues around town and have a great time. Except for the banjo player, we are all over 65.”

**Bill Rector** reports “I volunteer for a labor-management professional group, the Oregon Labor and Employment Relations Association. It is hosting the National LERA Conference May 31-June 1, 2104.”

Volunteering at the Rental Sales Gallery, a branch of the Portland Art Museum, continues to occupy **Joanna Stuart’s** time twice a month. “Artists from Oregon mostly, but also some from the Vancouver WA area are juried in and shown in the gallery. Members of the Art Museum may rent for three to six months, but if they decide not to buy, they must then return the pieces. Anyone, however, may purchase art works which include paintings, sculptures or photographs. It is a good way to give artists a chance to show their works to the public and to earn extra money for themselves and for the museum. The gallery is located at 1237 SW 10th Ave, Portland, and all are welcome to browse through the gallery in which there is always a lot to see.”

**Janie Angelo** writes, “Since I retired from Cascade Park Urgent Care, I have volunteered at SWW Free Clinic - also in Urgent Care (I am an LPN). Also, I enjoy caring for pets of people on vacation or who otherwise “can’t be there” to feed pets and/or walk their dogs.”

**Ken Baune** is “trying to keep both properties looking good...also trying to stay out of trouble!”

**Robinette Fitzsimmons** reports, “I am recovering from a fall caused by my Golden. She yanked me down on concrete, severing my femur at the socket. I had surgery and am now ready to set off airport alarms with all the stainless steel in me. I’m ambulatory finally, but months of reduced activity has been a bummer.”

Retiring in November 2013, **Stephanie Shoap** “hasn’t taken on any new activities yet, except to volunteer at the Quilt Expo to raise money for KP Quilters.”

**Charlene Tritt**, OT, says, “I am in a monthly quilt group with Peggy Fortsch, retired Kaiser nurse, and Gwen White, PT, still working at Interstate. Two of my quilts will be on display in January and February at the Lake Oswego Public Library.”

**Yvonne Jordan** writes, “My son, Michael Jordan, moved from home two years after I retired. At age 38, he made the move to the community known as The Edwards Center. Now living in a group home he is in the middle of a new life. Good for him and good for me. I do stay

in touch and have found a way to help out by helping to teach sewing classes. The weekly sewing class at the Edwards Aloha Community Center is in great need of working sewing machines and of helpers who can guide the clients on the machines and with other tasks such as pinning, ironing and ripping out. They are hoping to finish a quilt project by Halloween. If you have a machine to lend or donate, or if you can help the students on Tuesdays, 4-5:30, please contact Chelsea Weigelt, cweigelt@edwardscenter.org, 503-686-3713.”

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## December Holiday Luncheon

An at-capacity crowd gathered in Town Hall Ballroom to celebrate the season with friends and former colleagues, enjoy a traditional turkey dinner, and witness a musical program that brought the house down. A quartet from the Portland Interfaith Gospel Choir, Ron Shoals, Mary Etta Callier-Wells, and Arietta Ward, along with 2011 Grammy winner keyboardist Janice Scroggins brought their incomparable vocal and musical talents that indeed “got us in the spirit” with their traditional and contemporary Black Gospel music. The audience responded with a standing ovation.



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## KaPeRs is looking for a few good people

After nearly 25 years, KaPeRs continues to be a vibrant organization for KFHP, NWP and PDA retirees to stay connected with the KPNW retirement community. KaPeRs is a unique retiree organization offering quarterly programs, special day trips, workshops, community project campaigns, and a quarterly newsletter through the efforts of an all-volunteer Board and the primary sponsorship of KFHP.

We are seeking interested retirees to consider nomination to the President, Vice President, Secretary and Treasurer two-year-term positions. This is a chance for you to help maintain and grow a valuable resource for our friends and former co-workers and to contribute to the well-being of our KPNW community.

Board members significantly support each other to ensure a functional, forward thinking and fun work group. We welcome your contributions. Brief descriptions of the positions are provided on the following page.

Please contact any Board member (listed elsewhere in this newsletter) to indicate interest.

**President:**

**Major Responsibilities:**

- Organize and chair quarterly all-member programs.
- Organize and chair quarterly Board of Director meetings.
- Work closely with Board regarding member activities, program infrastructure and Board appointments.
- Contribute President’s Corner and other Newsletter items as needed.

**Qualifications:**

- Enthusiasm and interest in promoting KaPeRs activities for the benefit of its members
- Organizational skills.

**Vice President:**

**Major Responsibilities:**

- Serve as Acting President in absence of President as needed.
- Actively participate in Board meetings and other KaPeRs activities.

**Secretary:**

**Major Responsibilities:**

- Attend quarterly Board and Member meetings. Take minutes of general discussions and motions, transcribe and present copies at the next meeting for approval.
- Actively participate in Board meetings and other KaPeRs activities.

**Treasurer:**

**Major Responsibilities:**

- Collects monies from donations, quarterly luncheons and special events.
- Makes deposits to KaiPerm NW Credit Union.
- Disburses payments for outstanding bills
- Documents transactions on spreadsheets and provides the Board and general membership with a quarterly financial report.
- Receives quarterly luncheon reservations and payments and informs Town Hall catering of the number of luncheon guests.

**KAPERS BOARD OF DIRECTORS**

P.O. Box 4543, Portland OR 97208

**Executive Committee**

Marci Clark, president ..... marci.clark.pdx@gmail.com  
 Peter Lang, immediate past president..... langpe@comcast.net  
 Janeene Siler, secretary ..... janeene@comcast.net  
 Kathryn Holt, treasurer..... toska230@gmail.com  
 503-223-0311

**Standing Committees**

Patsy VandeVenter, newsletter editor ..... gvpats@aol.com  
 503-245-2821  
 Ian MacMillan, MD, historian ..... ismacm@comcast.net  
 Judy Parmenter, programs, special events ..... parmenter.judy@gmail.com

**Members at Large**

Marjorie Lyster ..... margenhal@comcast.net  
 Maureen O’Connor..... winkyoconnor6@yahoo.com  
 Jay Owen ..... jayowen9@comcast.net  
 Rob Perry, Webmaster..... rob\_perry\_jr@hotmail.com  
 Mary Ramsey..... ramseyly@aol.com  
 Joanna Stuart..... jodalstu@wildblue.net  
 Rita Townley ..... reetstownley@msn.com  
 Lauralee Tyrrell..... gramz22cool@yahoo.com

**Medical Group Representatives**

Ian MacMillan, MD, ..... ismacm@comcast.net

**Dental Group Representative**

Kathryn Holt ..... toska230@gmail.com  
 Gail Clark..... gailclark@comcast.net

**Members Emeritus**

Ernest Aebi, MD	Ted Colombo
Stressla Beaver	Jeanette Neuburger
Jean Bradley	Vivian Terrall
Ludene Clark	

**In Memorium**

Marvin (Bill) Hendrix  
 Reita Houghton

Tommie Resnick  
 Lola Spencer



**Special Events:**

**Major Responsibilities:**

This appointed Board position partners with Take Time Tours to offer one or two interesting tours/events a year to the KaPeRs membership. The chairperson prepares informational handouts/sign-up sheets for quarterly luncheons and newsletters. Pre-planning is required to meet Take Time Tours’ deadlines for event fee/ payments, transportation, reservations, tickets, lunches, etc. Take Time Tours is responsible for setting up all aspects of the tours/events, and our Treasurer collects monies and pays tour company.

## Volunteers caring and sharing

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### Frank Kleinheinz

Frank volunteers his time one day each week to a food kitchen sponsored by Ecumenical Ministries. Their facility is located in North Portland, near Kaiser's Interstate clinics. Here, Frank works in the kitchen, cutting meat, preparing meals, and as in most kitchens, lots of dishwashing.

He sometimes works in another one of their programs where care is given to HIV positive clients. He says, "Thank goodness the numbers have dropped to twenty-five or thirty people that have their needs met at this facility." "I believe that is largely due to the advancement of pharmaceuticals in this area." In his spare time, Frank serves on the board of trustees for LaSalle High School.

Since he retired from marketing at Kaiser Permanente, it sounds as though Frank has found much to do and different ways to contribute to the well being of fellow Portlanders.

### KP Human Resources Business

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Human resources business is conducted through the Human Resources Service Center (HRSC) in Northern California. The Retiree and Benefits Team can be reached at 1-877-457-4772. Press Option 1 for Northwest Region and Option 2 for Benefits and Retirement.

For pension-related inquiries call toll free 1-866-627-2826. When prompted for pass code, please enter pass code. If you do not have a pass code or you have forgotten it, select the \* (star) button, then press 0 to speak with a representative.

### KaPeRs' going green

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KaPeRs members number 2,750 with only 375 of those receiving their newsletter via e-mail. We would like to increase the e-mail numbers substantially, and with your help it can be done. The benefits are numerous: immediate access to your newsletter whether you are home or traveling; no more waiting for it to be delivered to your home mail box; or not receiving it due to incorrect address. Want to attend the quarterly luncheon...just print page 7 and mail it in. And, the pictures are in color! If you are ready to make this change, please send a note along with your name and home address (for our records) to [gvpats@aol.com](mailto:gvpats@aol.com) Subject line: KaPeRs.

## Welcome New Retirees

Ann Breiten	Jan Landis
Loretta Brice	Helene Lien
Dolores Burkett	Janice Lundgren
Rita Burt	Kenneth Marsh
Gregory Clark, MD	Camillas McNeal
Paula Cochran	John McPherson
Paula Culley	Joe Melton
Sharon Cunningham	Kathleen Mollett
Dinah Curl	Betty Mooney
Diane Ditmer	Steven Morris
Patricia Espy	Marietta Morton
Patrice Fromwiller	Dan Negley
Thomas Gammons	Sally Palmer
Larry Gayton	Frances Pearce
Mary Gilbert	Becky Peterson
Mary Gorman	Margaret Redfern
Nancy Gullings	Christy Reilly
Alice Hamilton	Kotoji Richards
Alicia Hapakuka	Brenda Rockwood
Sally Hards	Marilyn Rosenow
Susan Hasbrook	Marie Scharbrough
Annalee Hoffman-Shives	Vicki Steele
Michael House	Sherri Thomas
Joy Jesse	Barbara Tracy
Bonnie Johnsen	Patrice Wall
Judith Johnston	Stephen Ward
Anthony Kostiner, MD	Kenneth Wheeler
Sharon Kowalski	Margaret Wise
Daniel Laferriere	Donna Wolfer
Richard Lavalley	

### Want to reach out and find someone?

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Lost contact with an old friend from your working days? Perhaps KaPeRs can help you get in touch. Send your contact information in an e-mail to [langpe@comcast.net](mailto:langpe@comcast.net) along with the name of the person you would like to locate. If we have details on that person we will contact them, tell them about your interest and ask if it is O.K. for us to send their information to you.

### December Luncheon Raffle Winners

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These attendees received gift certificates to local restaurants donated by KaiPerm Credit Union and KaPeRs: Mari Border, Donna Caldwell, Ron Clark, Renate Muckle, Stephanie Schoap, Leslie Sizemore, Lauralee Tyrrell, and Janet Upham.

## KP News Roundup

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### Attention crafters, we need you!

If you've ever broken a leg and visited KP's cast room, you may have received a "cast sock" – a soft, homespun cap to keep your toes warm and dry. But recently, the Marketing Department at Kaiser Permanente learned that the cast socks given out at our clinics are made by Providence volunteers. While the department appreciates the gesture, they quickly rallied a team of KP employees for lunchtime knitting and crocheting with a goal to eventually "take back" the cast room with an ongoing stream of KP-made cast socks to sustain visitors of all ages to the cast room.

But we need your help! If you would like to participate, a pattern for one example of a quick and easy knitted cast sock is included as an insert in this newsletter. This is a great way to use up smaller skeins of yarn.

Send to:

Charles (Dan) Cokley  
Cast room  
South Interstate Medical Office  
3500 No Interstate Ave  
Portland, OR 97227

As for the lunchtime knitters at KP, they're looking into other departments that may need KP-crafted donations and will keep you posted.

## Board of Directors Actions

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### January 2, 2014

- Treasury - Balance as of 1/2/14, \$1,776.33
- Welcomed guest, Jane Walker
- August 2014 is the deadline to have a slate of officers for 2015 KaPeRs Board of Directors
- Board accepted with much regret the resignation of Ted Colombo, long-time board member and former president
- Webmaster Rob Perry is studying the feasibility for on-line payments for KaPeRs activities
- Reviewed 2014 day-long tour suggestions and prioritized list to present to membership

## KaiPerm CU News

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### Your Path to Financial Success

Our goal is to help you get ahead financially. From creating a savings plan to determining a solution for debt relief, our staff understands that your financial success is key to our credit union success.

We won't "sell" you services that you don't need. We will, however, make recommendations to determine if you can get a better rate in a money market rather than a checking account. Our loan officers make the best effort to get you the lowest rate for a loan by suggesting using a car title instead of just giving you an unsecured loan or credit card.

Our staff encourages new members to open a Direct Advantage Checking account. This account offers the most free products and services as well as additional benefits for the member. We can help members switch over from other banks/credit unions by transferring funds, setting up monthly transfers and assisting with any other confusing or difficult transactions.

One-on-one financial counseling can be provided by Ed, our CEO, at 503-813-3257. Financial Counseling seminars for groups or individuals can be provided by Maria. Contact her at 503-813-3257. Let us help you get started on Your Path to Financial Success.

**Member Service Representatives:** 503-813-3242  
**Loan Officers:** 503-813-3248 or 503-813-3249



KaPeRs wishes to thank KaiPerm FCU for their continuous support of our retiree group. Since January 2003, they have underwritten the paper and printing costs of the newsletters, as well as special mailings. In addition, they contribute items to our luncheon raffles. We are grateful for their support.

KaPeRs Newsletter is published four times a year for retirees of Kaiser Permanente NW Region. Your news and comments are welcome. Please include them with your luncheon reservation. Or send items for the newsletter to:

Patsy VandeVenter, 7520 SW Ashdale Court,  
Portland, OR 97223, or to [gvpats@aol.com](mailto:gvpats@aol.com)

You are invited to the KaPeRs luncheon

**Thursday, February 20 at 12 p.m.**

**Town Hall**

**3704 N. Interstate Avenue**

**Portland OR 97227**

**\$10 retirees, \$12 guests**

Door prizes: six attendees will win certificates for dinners for two at local area restaurants.

Return this RSVP and payment by Thursday, February 13:

**Kathryn Holt, P.O. Box 4543, Portland, OR 97208**

If you must cancel, please phone Kathryn at 503-223-0311 before Monday, February 17, to have your check returned. After that date, we are charged for reservations. Town Hall ballroom seating capacity is limited so make your reservation early.

- I will attend the KaPeRs luncheon on Thursday, February 20 at 12 p.m.
  - This is my first time attending a KaPeRs luncheon.
  - I prefer a vegetarian lunch.
  - I need transportation to the luncheon.
  - I am able to provide transportation to the luncheon for someone who lives nearby.
- I am enclosing \$10 for my luncheon, payable to KaPeRs. My Name \_\_\_\_\_
- I am enclosing \$22 for my guest and me. My guest's name \_\_\_\_\_
- Yes, I want to support KaPeRs. My check includes a contribution in the amount of \$ \_\_\_\_\_ (Our sincere thanks to those of you who have already contributed!)

Is the address label on the reverse correct? If not please write in any changes (including phone number) below the label and return this form to Kathryn Holt at the address above.

**Do you volunteer?** If so, we would like to publish your activities in the newsletter. Please provide your contact information here and someone will get in touch with you.

Name \_\_\_\_\_ Phone number \_\_\_\_\_ e-mail \_\_\_\_\_

What have you been doing? We'd like to hear from you. We learn so much from one another in the stories we share. We hope you find it interesting as well. Please take a moment to send us your news.

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If you would like to receive KaPeRs messages via e-mail, send a message including your name and e-mail address to Patsy VandeVenter at [gupats@aol.com](mailto:gupats@aol.com). Subject Line: KaPeRs.

**KaPeRs (Kaiser Permanente Retirees Organization)**

PO Box 4543  
Portland OR 97227

Place address label here.

## Inside look for...



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### Have You Moved Recently?

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If you have chosen to receive a paper copy of *KaPeRs Newsletter*, be sure to let us know your new address and phone number. You may use the luncheon reservation form and send it to Kathryn Holt at the address listed, or e-mail [gvpats@aol.com](mailto:gvpats@aol.com).

### Online Newsletter

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Sign up to receive *KaPeRs Newsletter* online. Adobe Acrobat Reader is needed to read it and can be downloaded for free from the Internet. Send a message including your name and e-mail address to Patsy VandeVenter at [gvpats@aol.com](mailto:gvpats@aol.com). Subject Line: KaPeRs. To continue receiving the newsletter on-line, be sure to send e-mail address change to [gvpats@aol.com](mailto:gvpats@aol.com).

# STRIPED CAST SOCK

Lion Brand® Lion Cashmere Blend

This special, super-soft ribbed 'sock' keeps your toes cozy if you have to wear a cast on a broken leg or ankle! Elastic thread is used to give the sock a strong grip so it stays on. When your ankle or leg is broken and in a cast, this incredibly soft striped sock will keep your toes warm and happy!



## SKILL LEVEL:

Easy

## SIZE:

One Size

Approximately 8 inches in circumference x 7 inches long [11.5 x 132 cm] with ribbing relaxed (fit a cast about 11 inches in circumference comfortably)

## Corrections:

None

## Materials:

- 70-153 Lion Cashmere Blend: Black 1 Skeins (A)
- 270-113 Lion Cashmere Blend: Red 1 Skeins (B)
- Lion Brand Knitting Needles- Size 8 [5 mm] 2 Note: An extra needle is needed for the 3-needle bind-off
- Large-Eye Blunt Needles (Set of 6)
- Additional Materials:  
Approximately 3 yds [3 m] elastic thread

## Gauge:

26 stitches = 4 inches [10 cm] in pattern stitch. BE SURE TO CHECK YOUR GAUGE.

## Sock:

With A, cast on 54 stitches. Leave a 12-inch tail at the beginning. This is used to sew up the sock.

- Rows 1 \*K3, p3 rep from \* to end of row
- Rows 2-8 rep row 1
- Row 9-18 Change to B, rep row 1
- Rows 19-20 Change to A, rep row 1
- Rows 21-24 Change to B, rep row 1
- Rows 25-28 Change to A, rep row 1
- Rows 29-30 Change to B, rep row 1
- Rows 31-36 rep row 1
- Row 37 \*\* k2tog, k1, p2tog, p1 rep from \*\* to end of row — 36 sts
- Row 38 rep row 37 — 18 sts

## Finishing

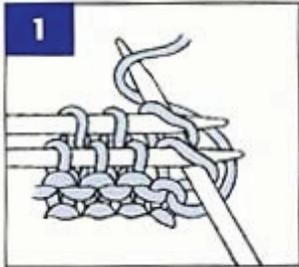
The toe area is finished with a 3-needle bind-off. If you don't want to try this, simply bind off the end and sew together.

# STRIPED CAST SOCK

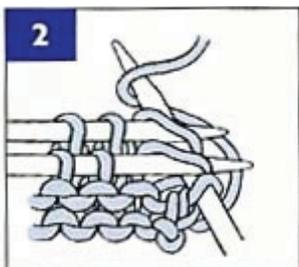
Lion Brand® Lion Cashmere Blend

## 3-needle bind-off:

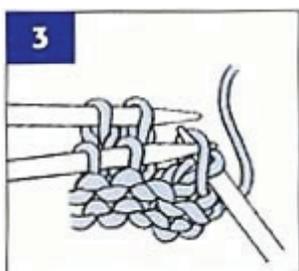
Slip 9 stitches one needle, leaving 9 on the working needle. With right sides together, hold in one hand two needles with equal number of stitches on each:



With third needle, knit together one stitch from each needle:



\*knit together one stitch from each needle, pass first stitch worked over second to bind off, repeat from \* across to last stitch.



Cut working yarn and pull through last stitch to secure. Tie off. Turn the sock so the right sides are out.

Thread the large-eyed blunt needle with tail of yarn left at the beginning of the sock. Sew up the sides. If you did not do the three-needle bind-off, you will need to sew the toe as well.

Thread the large-eyed blunt needle with the black elastic thread. Turn the sock inside out. Starting at the top of the sock, tie off the end of the elastic thread and weave the elastic through the top part of the sock so that it is lying on the inside surface (pull it reasonably tight). Continue in a spiral until you have elastic through the entire top band of the sock. The cast is rough and the elastic surface that you are making ensures that the sock does not creep off. Tie off the elastic and turn the sock right-side out.



\*Lion Cashmere Blend (Article #270) is a luxurious blend of cashmere and merino wool. It is packaged in 1 1/2 oz [40 g]/77 yd [70 m] balls

We want your project to be a success! If you need help with this or any other Lion Brand pattern, e-mail support is available 7 days per week. Just click here to explain your problem and someone will help you!

**For hundreds of free patterns, visit our website [www.LionBrand.com](http://www.LionBrand.com)**

**To order visit our website [www.e-yarn.com](http://www.e-yarn.com) or call: (800) 258-YARN (9276) any time!**

## Abbreviations /References

k = knit

k2tog = knit 2 together

p = purl

rep = repeat(s)(ing)

st(s) = stitch(es)

WS = wrong side

Learn to knit instructions:  
<http://learnToKnit.LionBrand.com>

**Every effort has been made to have the knitting and crochet instructions accurate and complete. We cannot be responsible for variance of individual knitters and crocheters, human errors, or typographical mistakes.**

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