



## Fall Retreat Newsletter

### Message from our president

Writing this in the middle of the Dog Days of Summer so it's not easy thinking about the cool fall breezes I'm looking forward to. I'm not a summer girl. Give me some fall and winter. The board has some fun things planned for fall retreat, some we haven't tried yet, at least I don't think so. The lottery block will be super simple, patriotic, red, white (off white) and blue. It's a floating star so you won't have to worry about cutting your points off. I will have the pattern on the website by the weekend. You don't have to use the pattern as long as it's a star with the right colors and 12 1/2" square. I'm going to ask this year if you are making several blocks please try and use different colors. It's sometimes difficult to split up the blocks if we have 10-15 exactly the same. Use up those scraps! Hope this message finds everyone in a good place! See you in September - See you when the summer's through...

Carol Capshaw, President

### Message from our Vice President

Greetings and salutations fellow quilters! Our fall retreat at Lake Murray is just around the corner and I'm so excited! We have a wonderful speaker, creator, and teacher lined up for you. Susan Braverman will be coming to us from San Antonio. Her quilts are stunning and I look forward to learning from her. Check her out at wildpoppyarts.com.

Have you started making your blocks for the block contest? The chosen block is a friendship block in red, white, and/or blue colors. This looks to be a fun pattern to make.

I just returned from a family reunion in Paducah, KY. Of course I visited the National Quilt Museum! The quilts there are so inspiring. My visit was not during Quilt Week, but the museum is open year-round and I encourage anyone who can to visit.

Phyllis Enos will be coordinating Quilters' Craps again, so bring your patriotic strips, (12 2 1/2") and be prepared to play Saturday night after the meeting.

See you soon at Lake Murray and Happy quilting until then!



### 2026 OQSO BOARD

President-Carol Capshaw-Sterling

V-President -Mary Ann Campbell-Broken Arrow

Secretary-Cindy Squyres -Topeka

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Newsletter- Becca Pool, Yukon

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Southwest- Dee Fizzell

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Northeast-Lottie Roth, Perkins

Southeast-Dani Brecheer



“What gives you energy? For me, it’s creating art. Quilts are my canvas. My quilts are defined by strong design, precision craftsmanship, and a distinctly modern point of view. My work has been exhibited in juried shows, featured in publications, and recognized with international awards.”

Our Special Guest is Susan Braverman [wildpoppyarts.com](http://wildpoppyarts.com)



## Bold Quilts. Modern Perspective.

Art has been a lifelong passion, expressed primarily through drawing, painting, and textiles. However, as a military spouse, registered nurse, and mother of three, creative pursuits often took a back seat. Despite the demands of a full-time career and family life, my artistic spirit never faded.

In 2019, I made a pivotal decision to leave a high-pressure job that demanded 24/7 accountability and fully immerse myself in textile art. My current work focuses on contemporary, graphic compositions brought to life with solid fabric sourced commercially or hand dyed. Through the interplay of geometric shapes, I aim to create abstract art to evoke curiosity and engage the viewer. This exploration of form and color allows me to express a deeper sense of balance and harmony while pushing the boundaries of traditional patchwork design and piecing.





## Create whimsy

With passions for both watercolor painting and quilting, contemporary quilt and watercolor artist Susan Braverman is always working on something creative in her studio. The common thread that keeps Susan excited about working in both media is color. She enjoys the challenge of mastering new techniques, and her art reflects that attention to detail.

"I recently began submitting quilts to juried shows. Some of my quilts have been shown at QuiltCon, the Pennsylvania National Quilt Extravaganza, QuiltFest New England and QuiltFest Greenville, SC. My quilt "Aunt Sophie's Chair" is currently traveling with The Modern Quilt Guild's 2022 Best of QuiltCon exhibit. If I'm designing a quilt around a specific challenge, then my approach is a little different. I usually have several designs in process or queued up waiting for the right time or prompt to come along. Sometimes I can retrofit these designs to work with a fabric challenge palette or other guidelines."

My inner voice says  
"make something,  
anything".

2026



2025



2024



## 1/2 day class: Friday Circle Secrets



Be fearless with curvy alternate gridwork! Students will explore how to design and construct dynamic, vibrant compositions with quarter, half, and whole circles. Students will work on a 24" x 24" project to apply these strategies. I share my best tips and tricks for circular piecing, rectangular fitting components, and construction sequencing. Take home what you learn to unleash your imagination and go off the grid. I provide curved

## Full day class: Marbles In Motion



Discover construction secrets behind the award-winning Traffic Jam quilt. Apply advanced curved piecing techniques to create marble blocks with movement and contrast. Students will learn tips and tricks for sewing tight curved seams, strategic fabric cutting with irregular curved shapes, and inset circles. I provide templates and design strategies.

## Floating Star Block Contest

Our chosen block is the Floating Star, cream, blue, & red colors. The pattern will be on the website but members can make any floating block they choose as long as it's 12 1/2" unfinished. Each member gets a ticket for each block they contribute. Blocks will be given away by drawing from the tickets.

Pattern is available on the OQSO.com website



*"Quilting is both an art and a language of love, reflected in quotes that celebrate creativity, warmth, and connection"*

### OQSO Fall Retreat

September 18–20, 2025

Lake Murray State Park Lodge

3323 Lodge Rd

Ardmore OK 73401

580–223–6600

Rooms are \$145 per night+tax

**No Restaurant at the lodge**

Open Sewing is available starting Thursday at 1 p.m.

## Retreat Menu

### Friday evening meal

Roasted Pork Loin  
Wild Rice w/Mushrooms & Cheese  
Baby Carrots or French Green Beans  
Parmesan Herb Rolls Garden Salad  
Strawberry Cake Brownie Pie

### Saturday lunch meal

Chicken Salad on Leaf or Wheatberry  
Bread  
Pasta Salad w/Parmesan Dressing &  
Arugula or Ranch &  
Bacon  
Assorted Chips Fresh Fruit Veggie  
Sticks  
Brownies, Chocolate Chip & Oatmeal  
Cookies

### Saturday evening meal

Beef Tips & Mushroom Gravy  
Twice Baked Loaded Potatoes Broccoli  
& Rice  
Ramen Salad w/Strawberries  
Parmesan Herb Rolls & Assorted  
Breads  
Carrot Cake Midnight Bliss Cake

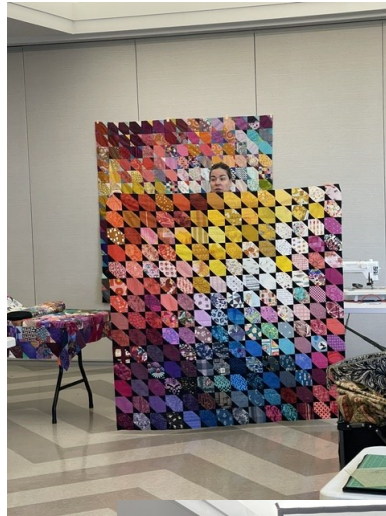
## FOOD CATERING UPDATE

The restaurants are closed in all of the state lodges. It's out of our control so we are going to make the best of a bad situation.

The meals will be catered by Rhonda's Catering. We have used them a couple times before and the food has always been great. There will be no breakfast offered. There are refrigerators in the rooms.

OQSO will schedule Friday evening dinner, Saturday lunch and evening dinner. The price for the 3 meals will be \$75. The meal plan is not mandatory, but you will be responsible for providing your food if you choose not to do the meal plan. You will have to purchase all three meals, it's too complicated to do otherwise.

We won't be catering breakfast, so if you require breakfast you may want to pack a few breakfast items you enjoy. There are small refrigerators in the rooms.



#### Sewing Room Etiquette:

Do not hang anything on the walls.

The tables in the open sewing room have been arranged to make navigation easier and safer

Please leave the tables as they are situated.

If you have a personal sewing table, please make sure it does not block an aisle.

Two people per table.

Let's be courteous to our fellow quilters. If you enjoy listening to music or videos while sewing, please use your headset.

Lets all have a good time at retreat!

**Get your tickets for this amazing Raffle**

Get your tickets from QQSO Ways & Means - Sue Roy

#### *Slimline Floor light*



#### Denim wearable contest

Make anything that you would wear as a garment: scarf, shorts, jacket, shirt, shoes, hat. The only stipulation is that it has to be made of denim. Use your imagination! .

Vendor bucks will be awarded to the 1st, 2nd & 3rd places.

## Classes OFFERED:

### Marbles In Motion

Full Day class by Susan Braverman

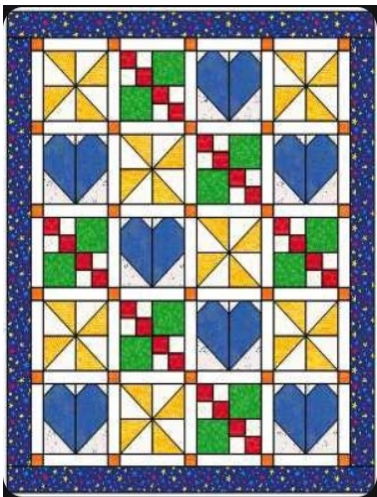


### Circle Secrets

Half day class by Susan Braverman



### Mystery Quilt



### *Tumbling Tulips*

*With Ann Underwood*



### Baby Sampler with Joan Ballew

#### Half Day Class

This class is an extension of the last class concentrating on sashing, borders, and binding the baby quilt started at the Spring retreat.



Join us on Saturday night following the OQSO Meeting to play Left-Center-Right .

We normally play three rounds, so you will need three fabric strips for each round.

- 9 – 2 1/2 WOF fabric strips
- Theme is Cream, Red and Blue

SEWcial Time  
Quilt Shop  
Krebs, OK



### Future OQSO Teacher

#### Spring 2027

Kansas Troubles – Lynne Hagmier

#### Fall 2027

Stash Bandit - Diane Harris

#### Spring 2028

Rob Appell

#### Fall 2028

Scott Flanagan



6925 NW Expressway  
OKC OK 73132





## OQSO FALL RETREAT 2026

### CLASS SCHEDULE

#### FRIDAY AFTERNOON CLASSES:

Circle Secrets: Susan Braverman 1:30-4:30

Baby Sampler: Joan Ballew: 1:30-4:30

REGISTRATION: 4:00-5:00 Outside of the Open Sewing area.

Evening Meal 5:00-6:30

FRIDAY NIGHT LECTURE: Susan Braverman: 7:00-8:00

Trunk Show: Color Inside the Lines

Friday Night Mystery: Ann Underwood 8:00-Until...

SATURDAY CLASSES: 8:45-11:45 LUNCH BREAK 1:30-4:30

Marbles in Motion: Susan Braverman

Tumbling Tulips: Ann Underwood

Evening Meal 5:00-6:30

# Registration Deadline August 23, 2026

Fall Retreat September 18-20,2026

No Refunds after deadline, Aug 23, 2026

Name \_\_\_\_\_ Phone (    ) \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ ST \_\_\_\_\_ ZIP \_\_\_\_\_

Email address \_\_\_\_\_

Newsletter Via Email/ YES (    ) (NO (    )

Membership Fee.....New \_\_\_\_\_ Renewal \_\_\_\_\_ \$15 \_\_\_\_\_

Registration Fee..... \$30 \_\_\_\_\_

Catered meals..... \$75 \_\_\_\_\_

## CLASSES:

### Friday Afternoon: 1:30-4:30

Susan Braverman, Circle Secrets..... \$30 \_\_\_\_\_

### Friday Afternoon: 1:30-4:30

Joan Ballew, Baby Sampler Quilt extension..... \$25 \_\_\_\_\_

### Friday Night: After Lecture

Mystery with Ann Underwood..... \$25 \_\_\_\_\_

### Saturday All Day Class: 8:45-11:45-1:30-4:30

Susan Braverman, Marbles in Motion..... \$45 \_\_\_\_\_

### Saturday All Day Class: 8:45-11:45-1:30-4:30

Ann Underwood, Tumbling Tulips..... \$35 \_\_\_\_\_

Supply lists will be sent by email....(look for email in your inbox from sewinsue@ymail.com)

Makes Checks payable to OQSO and mail to:

**Sue Adkison**

**348477 E 744 Rd**

**Cushing, OK 74023**