



## Fall Retreat 2025

### OQSO PRESIDENT'S MESSAGE - CAROL CAPSHAW

I'M SO LOOKING FORWARD TO THE FALL RETREAT! COOLER WEATHER, SEEING OLD FRIENDS, GETTING MY QUILTING MOTOR FUELED UP AND READY FOR QUILT FUN! I HOPE THE NEWSLETTER FINDS EVERYONE WELL AND EXCITED TO COME TO RETREAT. WE WILL BE PLAYING QUILTER'S CRAPS AGAIN, DON'T FORGET TO BRING (12) 2 1/2" STRIPS, DIFFERENT HOLIDAYS IS THE THEME. I'VE TALKED TO THE GROUP MANAGER AND THE RESTAURANT AT ARDMORE IS OPEN. WE HAVE A BEGINNER CLASS SCHEDULED AND A FREE Q & A SESSION FOR BEGINNERS WITH PHYLLIS ENOS SATURDAY AFTERNOON.

SEE YOU AT RETREAT!

CAROL CAPSHAW, PRESIDENT

### 2025 OQSO BOARD

President-Carol Capshaw-Sterling

V-President -Mary Ann Campbell-Broken Arrow

Secretary-Cindy Squyres -Topeka

Treasurer-Denise Marsh-Sapulpa

Membership-Sue Adkison-Cushing

Ways & Means-Sue Roy, Newkirk

Newsletter- Becca Pool, Yukon

#### DIRECTORS

Southwest- Dee Fizzell, Lawton

Northwest-open

Northeast-Lottie Roth, Perkins

Southeast-Cindy Baugh-McAlester

Retreat Vendor:  
SEWcial Time  
Quilt Shop  
Krebs, OK

### **Nominating Committee Report**

Nominations for new officers are:

President: Cindy Baugh

Secretary: Carol Capshaw

Northwest Director: Lori Miller

Southwest Director: Dani Brecheer

*"Today isn't just an ordinary day, today I will create something beautiful"*



## DASH INTO COLOR

### Fall Retreat 2025

#### MESSAGE FROM THE OQSO VICE PRESIDENT

Greetings to all you quilters! It's almost time to head to Murray State Lodge and I'm excited! Carol Morrissey will be our featured speaker and she is an amazing fiber artist. Check her work out at [ocaroldesigns.com](http://ocaroldesigns.com). Have you made your churn-dash block for the lottery yet? I finished mine last week and it was fun to make. I'm looking forward to seeing what you all create. I'm thrilled to report that the restaurant at the lodge is supposed to be open for our retreat. That will make everyone's stay more pleasant. Try to stay cool in this heat and I look forward to seeing you in September!

Mary Ann Campbell, Vice President



**NEW!!!**

**OQSO T-shirt.**

If you are interested in purchasing a T-shirt there will be a form posted on the [OQSO.com](http://OQSO.com) website. You will need to complete the form and send the form and money directly to Kathlyn Luliak







***Carol Morrissey is a fifth-generation Texas quilter who embraces that heritage with enthusiasm. Her work reflects her love of photography, gardening, nature, and painting. Carol began sewing clothing as a child but didn't make her first quilt until she was in her thirties. Her work has been exhibited and published internationally, and is in many private collections. She enjoys providing programs and workshops to quilt guilds and other groups, sharing her love of quilting, her inspirations, and her techniques with others.***

***Carol's favorite quote: "If you like something, what's so bad about doin' a lot of it? You never know when it's going to end."***

***Elvis Aaron Presley***

***Learn more about Carol Morrissey <https://ocaroldesigns.com/>***

**FUTURE OQSO  
TEACHER**

**SPRING 2026**

**ALLIE MCCATHREN**

**EXHAUSTED OCTOPUS**

**[HTTPS://  
EXHAUSTEDOCTOPUS.COM/](https://exhaustedoctopus.com/)**

**FALL 2026**

**SUSAN BRAVERMAN**

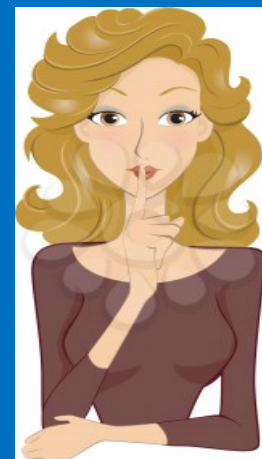
**[HTTPS://  
WWW.WILDPOPPYARTS.COM/](https://www.wildpoppyarts.com/)**

**SPRING 2027**

**LYNNE HAGMIER**

**KANSAS TROUBLES**

**HAVE FUN!**



**WHAT HAPPENS  
AT RETREAT,  
STAYS AT RE-  
TREAT**



## **OQSO FALL RETREAT**

**SEPTEMBER 19-21, 2025**

**LAKE MURRAY STATE PARK LODGE**

**3323 LODGE RD**

**ARDMORE OK 73401**

**580-223-6600**

**ROOMS ARE \$145 PER NIGHT+TAX**

**THE LOOKOUT RESTAURANT IS OPEN TO SERVE YOU**





**Sewing Room Etiquette:**

1. Do not hang anything on the walls.
2. The tables in the open sewing room have been arranged to make navigation easier and safer
3. Please leave the tables as they are situated.
4. If you have a personal sewing table, please make sure it does not block an aisle.
5. Two people per table.
6. Let's be courteous to our fellow quilters. If you enjoy listening to music or videos while sewing, please use your headset.
7. Lets all have a good time at retreat!

Pattern for the  
block lottery  
will be posted on  
QQSO.com

**GET YOUR TICKETS FOR THIS AMAZING RAFFLE**

Get your tickets from QQSO Ways & Means - Sue Roy



*Set of Creative Grid rulers*



*Oliso Steam Smart Iron*

**DASH INTO COLOR**

The Fall Retreat Block Lottery will be a **12 1/2" Churn Dash block** using a bright white background and **bright colors for the block.**

**FALL PIN CUSHION**

This years Fall Retreat Contest will be a pin cushion using recycled items. Showcase your creativity and technique. Dee provided a sample of her Bug pincushion made with walnut shells. It doesn't have to be a bug, anything you can stick a pin in

My soul is fed by needle and thread

## QUILTERS CRAPS



For all those who would like to play Quilters Craps, you will need to bring (12) 2 1/2" strips. The theme will be different holidays. We'll play Saturday evening after the meeting.

### Checklist for Retreat

*(So you don't forget something) An iron, a large ironing surface and large cutting mat will be in the common sewing area for everyone to use.*

*Make sure you bring the following:*

- |                             |                              |
|-----------------------------|------------------------------|
| * Sewing Machine            | * Marking Pencils            |
| * Pedal                     | * Iron                       |
| * Sewing light              | * Ironing surface            |
| * Fabric and class supplies | * Sewing Supplies            |
| * Rotary Cutter             | * Anything special for class |
| * Small cutting mat         | * Neck Wallet for name tag   |
| * Thread                    | * Power Strip                |
| * Pins                      | * Surge protector            |
| * Seam ripper               | * Jacket for your personal   |



Is a nine  
patch part  
of a twelve  
step  
program?

**Online newsletter**

**Www.OQSO.com**

*Share the OQSO newsletter with  
your guild members and friends.*

### “Save a Tree! Go Green”

You can now access the newsletter, flyers, and other notifications on the Website, OQSO.com. Subscribe to OQSO by sending an email to [WEBMASTER@OQSO.COM](mailto:WEBMASTER@OQSO.COM) with the subject line of 'Subscribe Me'. You will get notifications of updates to the website, when flyers or newsletters are uploaded, and other news regarding OQSO. Enlargements of class pictures can be seen on the website.

### Oklahoma Quilters' State Organization

Sue Adkison

348477 E 744 Rd

Cushing, OK 74023

REGISTRATION DEADLINE AUGUST 23, 2025!

NO REFUNDS AFTER REGISTRATION DEADLINE.

## **Classes:**

**Friday PM Classes: 1:30-4:30**  
**Carol Morrissey, Wild Flower Mini Quilt**

**Friday PM Classes: 1:30-4:30**  
**Joan Ballew, Quilting Basics**

**Friday Night Late: After our Feature Teacher**  
**Mystery Quilt with Janet North**

**Saturday All Day Classes 8:45--11:45 - 1:30-4:30**  
**Carol Morrissey, Hippy Dippy Dotty Collage**

**Saturday All Day Classes 8:45--11:45 - 1:30-4:30**  
**Jacob Patrick , Disappearing Act**



## CLASS PICTURES:

### Hippy Dippy Dotty Collage

Full Day Class

A fun fused project. We experiment with positive and negative shapes while playing with color and design elements. The class project is a wall hanging measuring 20"x27" A free pattern will



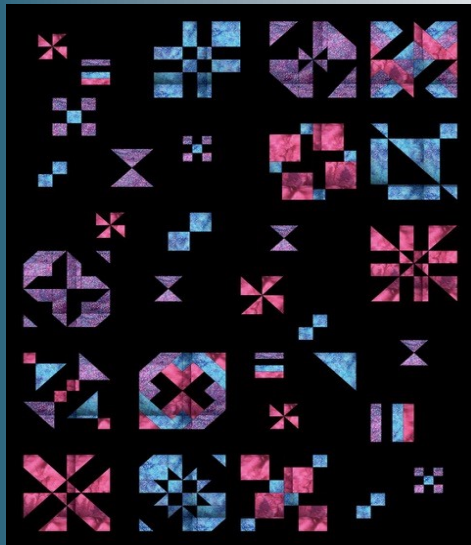
### Mystery with Janet North

Those of us who have taken Janet's classes appreciate her smile, humor and clever mystery quilts. It is a mystery, because we get one step at a time, and we are in the dark on how it will turn out with the fabric we chose. We will receive cutting instructions ahead of time to be ready for her class and to whip out another beauty. Don't miss it!

### Fabric Postcards

Half Day Class

Oklahoma flowers, these can be used as mini quilt or framed



### Jacob Patrick—Disappearing Act

In this sleight of hand workshop, we'll craft the Disappearing Act, a modern quilt that is full of optical illusions and unexpected transformations.

### Texas Wildflowers Postcards



Joan Ballew — Quilting Basics

Brush up on the basics - hints and tips for more efficient techniques.





# **Registration Deadline August 23, 2025**

**Fall Retreat September 19-21, 2025**

**No Refunds after deadline, Aug 23, 2025**

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

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

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

**Newsletter Via Email/ YES ( ) (NO ( )**

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

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

## **CLASSES:**

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

Carol Morrissey, Fabric Postcards..... \$30\_\_\_\_\_

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

Joan Ballew, Quilting Basics ..... \$25\_\_\_\_\_

### **Friday Night: After Lecture**

Mystery with Janet North..... \$25\_\_\_\_\_

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

Carol Morrissey, Hippy Dippy Dotty Collage..... \$45\_\_\_\_\_

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

Jacob Patrick, Disappearing Act..... \$35\_\_\_\_\_

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

Makes Checks payable to OQSO and mail to:

**Sue Adkison**

**348477 E 744 Rd**

**Cushing, OK 74023**