

# OQSO Spring Retreat Newsletter



## Message from our President

Hoping everyone is having a wonderful early spring! It's going to be 80ish on Christmas Day! I'm thinking smash burgers instead of turkey and dressing!

Speaking of food, I need to inform everyone about the meal situation at the state lodges.

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 The Red Rooster, out of Wagoner. We have used them a couple times before and the food has always been great. There will be no breakfast offered. There are re-

frigerators in the rooms.

OQSO will schedule Friday evening dinner, Saturday lunch and evening dinner. The price for the 3 meals will be \$67. 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.

If you have any questions please email through the website, [OQSO.com](http://OQSO.com).

See you at retreat.

Carol Capshaw, President





*"Every quilter has a masterpiece inside"*

Greetings and salutations to all you quilters! I hope you're sewing away in your warm and cozy sewing areas with plenty of fabric and thread to last you through this cold spell! Our spring retreat at beautiful Sequoyah State Lodge will be here before you know it. We have a special speaker/teacher arranged for you. Allie McCathren of [exhaustedoctopus.com](http://exhaustedoctopus.com) will be coming to us from Houston, Texas to share her knowledge and skills. Her use of color is inspiring and she's an outstanding human being, too. The block for our annual block lottery is called "Cross plus", and you can find the pattern on the OQSO website. The pins that each registered quilter will receive are patterned after this block. For every block you complete you receive one ticket for the lottery drawing.

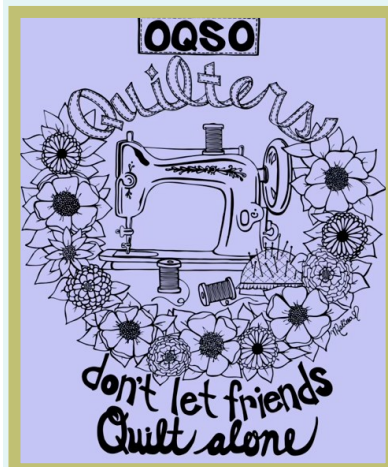
We are so happy that the lodge has reopened after the devastating fire of a year ago. Staying in the cabins was fine, but I'm glad for the comfort of the lodge again! The rest of the story is that the restaurant is not open. We will have meals catered from the same restaurant that we used a year ago. Their food was good, reasonably priced, and the ladies were very pleasant to work with.

On a personal note, I just became engaged last week! My fiancé is a widower of 5 years who I met at church. His wife was a quilter so he understands the routine! We are planning to be married in September.

Phyllis Enos will be coordinating quilters craps again, so come prepared to play, if you wish. Stay warm and we will see you soon!  
Mary Ann Campbell

## Spring Retreat 2026

Message from the OQSO Vice President



Retreat Vendor:  
SEWcial Time Quilt  
Shop  
Krebs, OK



### 2026 OQSO BOARD

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Newsletter- Becca Pool, Yukon

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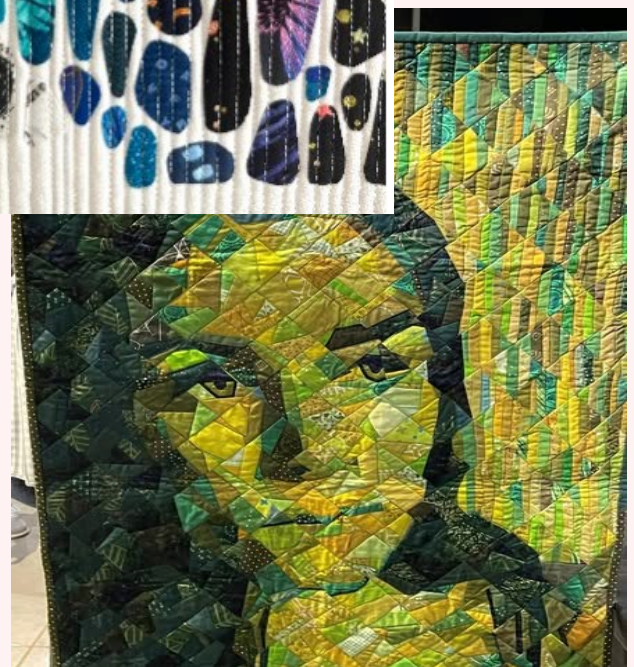
**Allie McCathren**  
[exhaustedoctopus.com](http://exhaustedoctopus.com)  
 Instagram: @exhaustedoctopus  
[alliemccathren@gmail.com](mailto:alliemccathren@gmail.com)



Hi! I'm Allie. I love to make things. Mostly I use fabric and thread, but sometimes I play with paper, paint, pen, and other random things I find.

### Our Special Guest Allie McCathren

Allie McCathren is an artist with a background in marine biology. She lives in Houston, TX with her three sons. Her love of science and nature tends to find its way into her work, whether she intends it or not. Allie works primarily with fabric and thread, but also enjoys painting with acrylics and watercolors. She uses fabric as if it were paint, working with color arrangement and texture to create her art quilts. Allie is a modern quilter who uses improv techniques and color flow in her work. She teaches classes on various techniques, including her Seaglass Quilting method.







## OQSO Spring Retreat

March 27-29, 2026

Sequoyah State Park Lodge

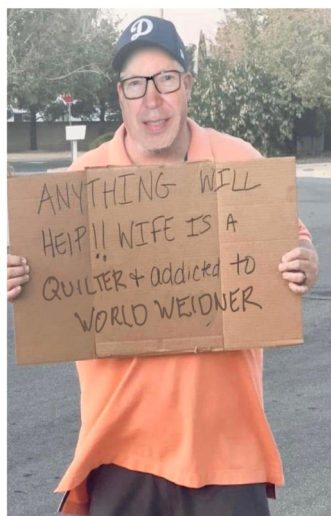
918-772-2545

Rooms are **\$99** per night+tax

Check in time is 4pm. If your room is ready, you may be able to get in earlier.

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

No restaurant service



## 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.

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OQSO will schedule Friday evening dinner, Saturday lunch and evening dinner. **The price for the 3 meals will be \$67.** 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.

If you have any questions please contact Carol Capshaw through the website, OQSO.com.

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.

A BIG THANK YOU TO WORLD  
WEIDNER FOR THEIR SUPPORT  
OF THE OQSO



World Weidner

### Retreat Menu

#### Friday evening meal

Meat Patties on a Brioche Bun  
Variety of Sliced Cheese Platter  
Mayo, Mustard, Ketchup, Chipotle Mayo, BBQ Sauce  
Tomato, Lettuce, Onion, Jalapeños, Bacon, Sautéed Mushrooms  
Baked potato salad & seasonal fruit

#### Saturday lunch meal

Seasoned Ground Beef  
Flour Tortillas and Hard Taco Shells  
Condiments:  
Cheddar Cheese, Lettuce, Tomato, Salsa, Guacamole, Sour Cream  
Mexican rice & street corn

#### Saturday evening meal

Spaghetti with Meat Sauce  
Fettuccine with Alfredo Sauce with Grilled Chicken Strips  
Caesar Salad & Bread Sticks

**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!

**Get your tickets for this amazing Raffle**

Get your tickets from QQSO Ways & Means - Sue Roy

***Slimline Floor light*****OR*****Set of Karen Buckley Scissors*****Future QQSO Teacher****Fall 2026**

Susan Braverman

[https://](https://www.wildpoppyarts.com/)

[www.wildpoppyarts.com/](https://www.wildpoppyarts.com/)

**Spring 2027**

Lynne Hagmier

Kansas Troubles

**Fall 2027**

Diane Harris

**Spring 2028****Cross Plus Block**

The Spring Retreat Block Lottery will be a 12 1/2" Cross Plus block using a bright white background and bright colors for the block.

**Spring Contest**

This years Spring Retreat Contest will be a mug rug with a water theme. Use your creativity and technique.

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

## My soul is fed by needle and thread

### Quilters Craps



For all those who would like to play Quilters Craps, our theme is Patriotic. You will need to bring (12) 2 1/2" strips. We'll play four games Saturday evening following 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   |

*Online newsletter*

*Wwww.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

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**

**Allie McCathren, Foundation Paper Piecing**

**Friday PM Classes: 1:30-4:30**

**Joan Ballew, Baby Sampler**

**Friday Night Late: After our Feature Teacher**

**Ann Underwood, Mystery Quilt**

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

**Allie McCathren, Scrappy Color Flow Workshop**



## Class Pictures:

### Scrappy Color Flow

Full Day Class

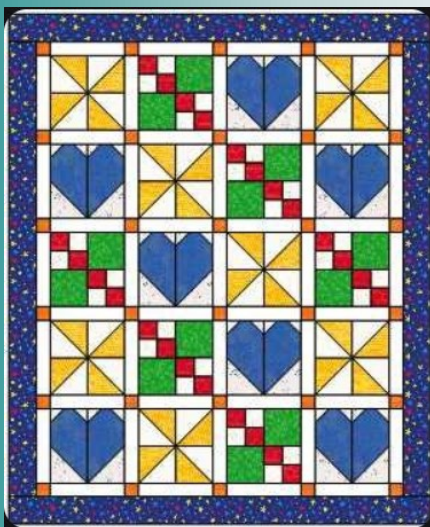
You won't want to miss this one. It's a really fun one that teaches about using color in unexpected ways, learning how to combine and blend fabrics that don't seem like they would work together..



### Fun Foundation Paper Piecing

Half Day Class

This class uses tradition piecing with a modern twist. Allie showcases fun designs with the addition of hand quilted stitches and thread color.



### Baby Sampler

Half Day Class

Learn to make this fun and colorful baby quilt

# Registration Deadline February 27, 2026

Spring Retreat March 27-29, 2026

No Refunds after deadline, Feb 27, 2026

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

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

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

Newsletter Via Email/ YES (    ) (NO (    )

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

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

Catered meal..... \$67 \_\_\_\_\_

## CLASSES:

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

Allie McCathren, Foundation Paper Piecing..... \$30 \_\_\_\_\_

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

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

### Friday Night: After Lecture

Ann Underwood, Friday Night Mystery Quilt ..... \$25 \_\_\_\_\_

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

Allie McCathren, Scrappy Color Flow ..... \$45 \_\_\_\_\_

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**