

N. W. District Leader Lessons – 2008

	January	February	March	April	May	June	July	August	September	October	November	December
Alfalfa	Stress & Relaxation Techniques	101 Uses of Cake Mixes	Photos on Fabric Projects	Salad for a Meal	District Lesson	Free Month	Making the Most of Your Meetings	State Lesson	Grandmother's Remedies that Actually Work	Memory Improvement	Chocolate, Every Bodies' Friend	Free Month
Beaver	Underground Railroad Quilts	Medical Tests You Need	One Meat: 5 Meals, 5 Flavors	Blue Ribbon Pies	It's Fiesta Time	Clutter's Last Stand	Home Ponds & Waterfalls	Gambling: The Risks & Odds	County Fair	Motivations & Inspirations	Let's Regain our Patriotism	No Lesson
Blaine	Memory Improvement	Cheeses & How to Use Them	The Buzz About Honey	Herbs & Their Uses	Home Maintenance	Free	Kitchen Gadgets & Shortcuts	Thrifty Fashions	State Lesson: Let's Regain Our Patriotism or Buying USA Products	State Lesson: Gambling, The Risks & the Odds	Grandmother's Remedies that Actually Work	Free
Dewey	Be the Best You Can Be at Any Age	Oklahoma Weather Facts	Grandmother's Remedies that Actually Work	Low Fat Mexican Cooking	The World of Cheese	Family Activity Month	Four Ingredients	Cajun Culture	Supporting our Military Personnel	Holiday in the Making	Wild Bird Feeding	Awards & Reports
Ellis	Preserving Photos/Photos on Fabric Projects	Eating Out & Staying Healthy	Can you Have Enough Insurance?	Supporting Our Military Personnel	Sew What's New	Open	Clutter's Last Stand	Let's Regain Our Patriotism of America	Gambling – The Risk & the Odds	Motivations & Inspirations	Quick & Easy Gifts	Open
Garfield	Desperation Dinners	Baking Tips/Bread Making	Preserving & Displaying Antiques	Planting Spring Flowers/Starting Plants from Cuttings	Home Maintenance for Women	Clutters' Last Stand/Jewelry	Using Sugar Substitutes	How to do CPR	Gambling: The Risk & the Odds	Real Colors/Dealing with Difficult People	Chocolate Choices	Open
Grant	Stress & Relaxation Techniques	101 Uses of Cake Mixes	Photos on Fabric Projects	Salad for a Meal	District Lesson	Free Month	Making the Most of Your Meetings	State Lesson	Grandmother's Remedies that Actually Work	Memory Improvement	Chocolate, Every Bodies' Friend	Free Month
Harper	Crayon Appliqué'	Rag Quilting	Appetizers 'n Party Snacks	Fiber Trends	Summer & Garden Entertaining	How to Bake the Perfect Cookie	Microwave Cooking	County Fair Planning	4 Ingredient Dishes	Understanding Beverages & Nutrition	A Holiday in the Making & Party Light	No Lesson
Kay	Just Say "No!" to Senior Scams	Bread Baking Tips	Spring Flowers from Cuttings	CPR	Home Maintenance	A Matter of Taste (Water Quality)	Thrifty Fashions	Buying "Made in the USA" Products	Gambling: The Risks & The Odds	County Fair Results	Chocolate Choices	Group Choice
Kingfisher	Memory Improvement	Cheese & How to Use Them	The Buzz About Honey	Herbs & Their Uses	Home Maintenance	Free	Kitchen Gadgets & Shortcuts	Thrifty Fashions	State Lesson: Let's Regain Our Patriotism or Buying USA Products	State Lesson: Gambling, The Risks & the Odds	Grandmothers Remedies That Actually Work	Free
Logan	Memory Improvement	Cheeses and How to Use Them	The Buzz About Honey	Herbs and Their Uses	Home Maintenance	Free	Kitchen Gadgets and Shortcuts	Thrifty Fashions	Let's Regain Our Patriotism or Buying USA Products	Gambling, The Risks & the Odds	Grandmother's Remedies that Actually Work	Free

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Major	Stress & Relaxation Techniques	101 Uses of Cake Mixes	Photos on Fabric Projects	Salad for a Meal	District Lesson	Free Month	Making the Most of Your Meetings	State Lesson	Grandmother's Remedies that Actually Work	Memory Improvement	Chocolate, Every Bodies' Friend	Free Month
Noble	Scrapbooking	Baking Tips/Bread Making	Free Activity	Preserving & Displaying Antiques	Home Maintenance for Women	Jewelry Making	Say Cheese	Clutters Last Stand	Attention Deficit Disorder in Adults	Dealing with Difficult People	Chocolate Choices	Free Activity
Texas	Phone Record Safety	See the Future! Vision as You Age	A Hill of Beans	Blue Ribbon Pies	Herb Gardening	District Lesson	Pressure Saucepan Cookery	State Lesson	Vinegar, Duct Tape & Milk Jugs	Heirloom & Other Sewing Tips	Friendships	Open
Woods	Stress & Relaxation Techniques	101 Uses of Cake Mixes	Photos on Fabric Projects	Salad for a Meal	District Lesson	Free Month	Making the Most of Your Meetings	State Lesson	Grandmother's Remedies that Actually Work	Memory Improvement	Chocolate, Every Bodies' Friend	Free Month
Woodward	Oklahoma Weather Facts	Crayon Appliqué	Grandmothers Remedies that Work	Low Fat Mexican Cooking	Knowing the Signs of Skin Cancer	New Trends in Cookware and Grilling	4 Ingredients	Fair Projects	Creative Ways to Give Money	Holiday in the Making & Tips for the Holidays	Wild Bird Feeding	Group Choice
NW CNEP (NEA training topics)	Healthy Soups Month/ Cooking with Tofu	Obesity in a Bottle	Trans Fats	The Haunting Truth about Your Pantry	Debunking Diet Myths	CNEP Annual In-service	Whole Grains & Carbohydrates	Meat Alternative ~ Vegetarian	Stress & Nutrition	Antioxidants & Super Foods	Alternative Healing	Holiday Food Demos