

N. W. District Leader Lessons – 2009

	January	February	March	April	May	June	July	August	September	October	November	December
Alfalfa	Generic VS Name Brand	Identity Theft	Ideas to Recruit New Members ~ Promote OHCE	Economical Vacations in Oklahoma	District Lesson – What to Keep What to Throw Away	Free month, group choice	Bread Baking 101	Concerns of Long Term Care	State Lesson – Benefits of Duct Tape	Alaskan Culture & Foods	New Microwave Cooking Techniques	Free month, group choice
Beaver	Herbs & How to Use Them	Amish Culture & Cuisine	Five Ingredient Recipes	Getting More from Your Digital Camera	CPR	Healthy Summer Snacks & Drinks	Speed Quilting	District Lesson – What to Keep & What to Throw Away	County Fair	State Lesson – Benefits of WD-40, Duct Tape, Vinegar & Baling Wire	Creative Ways of Giving the Gift of Money	Free month, group choice
Blaine	Preparing for a Natural Disaster	Crockpot Cooking	Living “Green” the Easy Way	Oklahoma Gardening “Zero-scaping”	Guide to Passing on Personal Belongings (Inheritance)	Free month, group choice	30-Minute Meals	Digital Photography	Money on the Bookshelf or Personal Info to Keep or Throw Away (District Lesson)	Benefits of WD-40, Duct Tape, Vinegar & Baling Wire or Aging Care & Issues	Oriental Cuisine & Culture	Free month, group choice
Dewey	Clutter’s Last Stand	Preserving Family Traditions & Memories	That’s Italian	The Buzz About Honey		Family Activities	Basic Canning	Illness & Aging Care Options	Dining on the Range	Money on the Bookshelf	Gadgets Galore	Free month, group choice
Ellis	Aloha! Travel to the Islands	Invest in Your Bones	Coupon Savvy- Generic vs. Name Brand	Benefits of WD40, Duct Tape, Vinegar & Baling Wire	Treasurers from Old Jars – Jar Lamps	Free month, group choice	Selecting Clothes for People in Your Care	Help Yourself to a Healthy Home	Money on the Bookshelf	Fast Food with Slow Cookers	Blood Pressure: Why be Concerned?	Free month, group choice
Garfield	Picture Framing	Four-Ingredient Recipes	Wonder Woman Doesn’t Live Here Anymore	Mexican Cuisine & Culture	District Lesson	Using Digital Cameras	Appetizer & Party Snacks	State Lesson	State/District	Underground Railroad Quilts	Holiday in the Making – Gifts, Wraps, Etc.	Free month, group choice
Grant	Identity Theft Update	Ideas to Recruit New Members & Promote OHCE	Economical Vacations in Oklahoma	What to Keep & What to Throw Away (District Lesson)	Bread Baking 101	Free month, group choice	Concerns about Entering Long Term Care, Nursing Homes, etc.	Benefits of WD-40, Duct Tape, Vinegar & Baling Wire	Alaskan Culture & Foods	New Microwave Techniques	Free month, group choice	Digital Photography Part II
Harper	Defensive Driving – ODOT - Reading Road Signs	Coupon Savvy – Generic vs. Brand Name	Yeast Breads	Digital Photography – Photos on Fabric Projects	Buzz About Honey	Skin Care/Cancer – Pretty Feet	Water Gardening, Compost, What’s New in Oklahoma Gardening	County Fair Planning – No Lesson	Tick Tock Don’t Stop – Time Management	Living Green the Easy Way	Heart Healthy Cooking – Small Steps to Health	Free month, group choice
Kay	Feeding Wild Birds	Four Ingredient Recipes	Wonder Woman Doesn’t Live Here	Mexican Cuisine & Culture	Personal Information to Keep	Using Digital Cameras	Appetizers & Party Snacks	Warning Signs of Dementia & Alzheimer’s	Money on the Bookshelf	Co. Fair Judges Comments & Results	Quick Holiday Gifts & Wrapping	Free month, group choice
Kingfisher	Preparing for a Natural Disaster	Crockpot Cooking	Living “Green” the Easy Way	Oklahoma Gardening “Zero-scaping”	Guide to Passing on Personal Belongings (Inheritance)	Free month, group choice	30-Minute Meals	Digital Photography	Money on the Bookshelf or Personal Info to Keep or Throw Away (District Lesson)	Benefits of WD-40, Duct Tape, Vinegar & Baling Wire or Aging Care & Issues	Oriental Cuisine & Culture	Free month, group choice

