2002 NW DISTRICT HCE LEADER LESSON TOPICS

LESSON TOPIC	ALF	BVR	BL	DEW	ELLIS	GAR	GRT	HAR	KAY	KING	LOG	MAJ	NOB	TX	WDS	WOOD
A Different Kind of Talk – Another Way to Act									Nov							Nov
Alone Behind the Wheel						Apr 22										July
Antiques														June		
Attracting Birds					Apr											
Back to Basics – "B" is for Beans!																Jan
Basic Computers														July		
Be An Outrageous Older Woman				X												
Becoming a Purple Martin Landlord																May
Cakes In Toyland								Mar								
Casseroles	Oct						Oct					Oct			Oct	
Character Education	Apr			X			Apr		June			Apr			Apr	Apr
Choices, Choices! Complete Guide to Phone Services																Mar
Cleaning & Care of Furniture								Jan								
Collecting & Recording Family Histories				X												
Color Analysis – What Works for You & Brings Out Your Best						Mar 25										
Communication Skills														Sept		
Cooking with Condensed Soups													Jan			
Copy Cat Recipes – Create Your Favorite Restaurant Foods at Home						May 27										
County Fair Results									Oct							
Cultural Tour of Hometown								Aug								

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Curtain & Pillow Ideas for Home Decorating		Mar				Sept 23										
Decorating on a Shoe String				X												
Decorating with Scents								Nov								
Desserts										Apr						
Eat Lite w/ Beef		Sept				Jan 28										
Energy Saving Tips	May		Aug				May			Aug	Aug	May			May	
Entertain to Impress								Feb								
Exercising for Every Day Health													Oct			
Flea Market Finds					July											
Food Allergies				X												
Fraud Fighters				X												
Fruits & Vegetable Desserts			Apr								Apr					
Get Food Safety Smart	Sept						Sept					Sept			Sept	
Hand Quilting & Tying Techniques		Feb														
Handling Stress With Finesse														Apr		
Health of Your Heart										May	May			Feb		
History of Quilts			Nov							Nov	Nov		Feb			
Holiday Cooking														Oct		
Holiday Spirits, Decorations & More	Nov				Oct		Nov					Nov			Nov	
Holiday Tips on Safety of Lights								July								
Homemade Convenient Mixes				X												
House Make-Over							Jan									

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How to Simplify Your Life in a Stressed Out World	Jan 2003						Jan 2003					Jan 2003			Jan 2003	
Increasing Fruits & Vegetables in Your Diet						Feb 25										
Indoor Air Quality													July			
Insurance Needs In Retirement		Oct														
Landscaping & Design (w/ Back Yard Art)	Mar						Mar					Mar			Mar	
Laugh for the Health of It			Feb			June 24			Jan	Feb	Feb		May			
Make Your Own Gift Boxes & Gift Sacks								Oct								
Memory – The Art of Remembering	Feb						Feb					Feb			Feb	
Music Therapy														May		
Neighbor to Neighbor									Aug							
New Ideas in Gardening & Landscape Design						July 22										
New Quilt Piecing Techniques																Oct
New Trends in Home Appliances									Feb							
Nutritious Recipes for Smoothies	July						July					July			July	
Oklahoma Made Products					Nov								Aug			
One Dish Meals						Aug 26							Nov			
One-Pot Meals – Recipes for A Healthy Weight & Life		Jan														
Organizing Your Household			Jan							Jan	Jan		Sept			
Osteoporosis & Nutrition														Aug		
Painting “How To’s”								June								
Panhandle Flowers & Trees		Apr														

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Personality Types													June			
Photography Tips			Oct							Oct	Oct					
Planning Theme Parties														Jan		
Public Speaking Skills				X		Dec 16										
Ready to Wear Updates													Apr			
Rheumatism & Arthritis	Aug	Aug	Sept		Mar		Aug		Sept	Sept	Sept	Aug		Nov	Aug	Sept
Sharing Holiday Spirit						Oct 28										
Skin Cancer			Mar							Mar	Mar					
Smoothies & Other Healthy Beverages			July		May					July	July					
Snacking Savvy					Aug											
Solve Cooking Problems								Apr								
Soy! Soy! Soy!									Mar							
Speedy Cleaning		Nov												Mar		
Stroke				X												
Taking Tip Cuttings								May								
The Health of Your Heart		May	May		Sept				May							June
The New American Plate – One Pot Meals																Feb
Tombstone Transcription Project		June														
Trash or Treasure?									Apr							
Understanding Social Security				X												
What Is Quality Clothing Construction											June					
Who Gets Grandma's Yellow Pie Plate					Jan 2002											

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Window Coverings								Sept								
Women's Health Issues									July							
Wonder Woman Doesn't Live Here Anymore			Jan 2003							Jan 2003	Jan 2003					
Wreaths for All Occasions					Feb											