

Leader Lessons – 2003

	January	February	March	April	May	June	July	August	September	October	November	December
Adair	Suddenly Single	Gardening with a theme	Impact of Entertainment and Media on Children and families	Packing for travel		Microwave	Intercultural Relations: Why Does it Matter?	Disaster Preparedness	Life Stories	Creative Table Setting		Christmas
Alfalfa	2004 – Slow Paced Exercises	Relationship Communication	Diabetes Today	Oklahoma Trees & Shrubs	Impact of Entertainment & Media on Children & Families		Laugh for the Health of It	Insurance Tips	Acculturation of Peoples from Different Cultures	Basic Plumbing Tips for Ladies/Plumbing for Women/Simple Home Plumbing	Snacking Savvy	
Beaver	Clutter Control	Creative Ways to Preserving Family History	New Products & Shortcuts in Sewing	Attracting Birds	Fruit & Vegetable Desserts	Gift Baskets	Impact of Entertainment & Media on Children & Families	Decorating On A Shoestring	Alone Behind the Wheel	Basic Plumbing Tips for Ladies/Plumbing for Women/Simple Home Plumbing	Aromatherapy	People of Different Cultures
Beckham	Club Organization & Leadership Training	Getting it Together! Personal Records	The Experience of Aging	Fight Health Care Waste, Fraud & Abuse	Membership Council Meeting	HCE Tours Oklahoma	Hot Topics in Food Safety	State HCE Lesson	A-Fair to Remember	Creative Crafts Seminar	Character Counts	Holiday Council Meeting
Blaine	(Plants) Living Air Cleaners	Are You Legally Healthy	Personality Types (Who Are You?)	The Good Egg	Impact of Entertainment & Media on Children & Families		Cooking with Olive Oil	Better Vision	Acculturation of Peoples from Different Cultures	Homes for the 21 st Century	Gift Baskets	
Bryan	How To Talk to Your Legislator	Stop The Brain Drain	Women's Health Issues	Cooking Light-South of The Border	Self Defense	Quilting	Decorating	Organization/Council Meeting	Bag Lady Humorous/Educational Financial Management	Lite Cooking For Holidays	Holiday Program	No Lesson
Caddo	Culture: Afghanistan Women	Who's Got the Floor?	Stretching Your Food Dollars	Ice Cream	Critical Conversations about Long-term Care	Lesson of Choice	Media Impact on Our Families	Carbohydrate Counting	Acculturation of People from Different Cultures	Pain Management	Holiday Cooking	No lesson
Canadian	Organizing your Household	Who's Got the Floor?	Carbohydrate Counting	Coping with Change/Who Moved Your Cheese	Oklahoma Made Products	Lesson of Choice	Food and Drug Interactions	Stretching Your Food Dollar	Cakes, Coke, and Cooking	Security In Later Life-Money Management	When to Hire a Lawyer	Lesson of Choice
Carter	How To Talk to Your Legislator	Stop The Brain Drain	Hats Off To Health	Cooking Light-South of the Border	Sugars & Other Sweeteners	Summer Council	Creative Decorating	Getting Organized	The Bag Lady	Cooking Light For The Holidays	Holiday Program	Christmas Lunch

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Cherokee	Suddenly Single	Gardening with a theme	Impact of Entertainment and Media on Children and families	Packing for travel		Microwave	Intercultural Relations: Why Does it Matter?	Disaster Preparedness	Life Stories	Creative Table Setting		Christmas
Choctaw	Reports	Community Pride	Exercising	Gardening	Ireland	Slow Cooker	Christmas In July	Home Accessories	Scrap Book Making	Holiday Cooking	Holiday Program	Achievement Lunch
Cimarron												
Cleveland	Personality Types	Quick Inexpensive One-dish meals	Complete a Home Inventory	Oklahoma's Best Kept Travel Secrets	Flavorful Eating in Later Years	Fabric Art	Older Adults Can Improve Their Memories	Shop Smart and Save	Group Choice	State Lesson	Pamper Yourself	Group Choice
Coal	Perennial Beauty For Your Garden	Now You're Snapping	Quilting Workshop At Idabel	A Trip To A Small Green Island	Dinner In A Pot	Christmas In July	This Is My Place	This Is The Way We Move Our Toes	Knit One, Pearl Two	Holiday Cooking Show	No Lesson	No Lesson
Comanche	Group Planning Meeting	Family First Aid	Stretching the Food Dollar	Everything You Always Wanted to Know About Houseplants	Aging Graciously	Who Has the Floor	Open Meeting	Carbohydrate Counting	Antiques and Collectibles	Ergonomics	Security in Later Life: Concerns about Long-term Care	Open Meeting
Cotton	HCE reports & Organizational Meeting	Annuals & Perennials for Oklahoma Gardening	Aloe Vera in Skin & Body Care	Antiques & Garage Sales	Dehydrating Foods	Cooking with Herbs	Family Time	Understanding a Child's Self-Esteem	County Fair	Be the Best You Can Be At Any Age	Planning for Life Alone	Holiday Program & Party
Craig	Reports Are Important	Love at First Bite	A Tisket, A Tasket...Make a Gift Basket	Clutter's Last Stand	Enjoy Beef More	Computers and You	Food Safety for Seniors	Impact of Entertainment & TV on Children & Families	Frauds, Scams, and Slams	Creative Days Through Creative Ways	Acculturation of People From Different Cultures	Christmas
Creek	Nutritious Holiday Foods	Making Sense (Gel Candles)	Preventing Identity Theft	Understanding People of Different Cultures	Light Up Your Life	Quilts & Their Heritage	Picnic	Entertainment & Media Impact	Bathing Pleasures	Safety Tips for Women	Baking Gift Goodies	Christmas
Custer	Program Planning	Healthy Living A to Z	Experiencing Aging	Cultural Enrichment	Pennies Make Dollars	Do Your Own Thing	Doing Dairy/Ice Cream	Get Ready for the Fair	Women in History	Mystery Month	Crock Pot Cooking	No Lesson-Club Parties
Delaware	Do Your Own Thing	Love at First Bite	A Tisket, A Tasket...Make a Gift Basket	Clutter's Last Stand	Hurry Up, Let's Eat	Computers and You	Food Safety for Seniors	Impact of Entertainment & TV on Children & Families	Frauds, Scam and Slam	Creative Days Through Creative Ways	Acculturation	Christmas
Dewey	2004 – Wonder Woman Doesn't Live Here Anymore (Handling Stress)	Heart – Health & Exercise	Simple Household Repairs	Impact of Entertainment & Media on Children & Families	Oklahoma's Best Kept Travel Secrets		Talking to a Fence Post	Insurance Needs in Retirement	Acculturation of Peoples from Different Cultures	Driving Alone/Self Defense	Oklahoma Made Products	

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Ellis	Alone Behind The Wheel	Cooking with Condensed Milk	Tombstone Transcription Project	Share Your Vision	Impact of Entertainment & Media on Children & Families		The Great American Porch (Family Communication)	Eat Light With Beef	Acculturation of Peoples from Different Cultures	The New Heat & Eat Egg Meals	Living Longer, What We Think About Aging	
Garfield	Public Speaking Skills	Heart – Health & Exercise	Fraud, Scams & Slams	Dutch Oven Cooking	Oklahoma’s Best Kept Travel Secrets	Impact of Entertainment & Media on Children & Families	Smoothies & Other Healthy Beverages	People of Different Cultures	Co-Residing with Arthritis	New Products & Shortcuts in Dewing	Who Moved My Cheese? (adapting to change)	
Garvin	Character Education	Quick & Inexpensive One-Dish Meals	De-stressing the Care-giver	Oklahoma’s Best Kept Travel Secrets	Health of Your Heart	Disaster Preparedness	Older Adults Can Improve Their Memories	Shop Smart & Save! Your Retirement Clock is Ticking	Live, Love, and Money-Financial Planning for Single hood	Women & Money/Communicating about Financial Affairs	Pamper Yourself	Group Choice
Grady	Rise and Shine to Breakfast	Heirloom Crafts	Stretching your Food Dollar	The Art of Floral Design	Who’s Got the Floor?	Standards of Quality for Fair Exhibits	Antique Road Show	Carbohydrate Counting	Discover Oklahoma	Critical Conversations about Long-term Care	Made In Oklahoma Products	Happy Holidays
Grant	2004 – Slow Paced Exercises	Relationship Communication	Diabetes Today	Oklahoma Trees & Shrubs	Impact of Entertainment & Media on Children & Families	Laugh for the Health of It (or July)	Laugh for the Health of It (or June)	Insurance Tips	Acculturation of Peoples from Different Cultures	Basic Plumbing Tips for Ladies/Plumbing for Women/Simple Home Plumbing	Snacking Savvy	Holidays
Greer	Helping Our Plants Survive a Disaster	Stress Techniques- You Deserve a Break	Dining with Diabetes	“According to the Vet”	Frauds and Scams	Oklahoma Marriage Update	Pillow Talk	Recycling for the Holidays	Retirement Planning	Accessorize your Wardrobe	A look inside OSR	Holiday Tea
Harmon	Officer Training, Project Planning, Annual Reports	You Deserve a Break	Diabetes Update	Economic Development— Bed & Breakfast	Frauds & Scams	Oklahoma Marriage Update	Ice Cream Social	Impact of Media Violence	Retirement Planning	People of Different Cultures	Thanksgiving Dinner	Social
Harper	Share Your Vision	Are You Legally Healthy	Living Longer, What We Think About Aging	Pamper Yourself	New Products & Shortcuts in Dewing	Gift Baskets	Quick & Easy Pork Dishes	(Plants) Living Air Cleaners		The Good Egg	Complete A Home Inventory	
Haskell	Reports	County Fair Judging	Sweeteners & Other Sugars	Impact of Entertainment & Media on Children & Families	Savings With Silks	Benefits of Fruits & Vegetables	Free Month	Acculturation of People from Different Cultures	Shadow Embroidery	International Lesson	Microwaving Candies	Christmas Party & Program
Hughes												
Jackson	Project & Yearbook Planning	You Deserve A Break	Diabetes Update	Bed and Breakfast Business	Frauds and Scams	Oklahoma Marriage Update	Do Your Own Thing	Impact of Media Violence	Retirement Planning	People of Different Cultures	Report Completion	Social

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Johnston	How To Talk To Your Legislator	Stop The Brain Drain	None	Cooking Lite-South Of The Border	Sugars & Other Sweeteners	What's New In Quilting	Decorating Cents	Let's Get Organized	No Lesson	Lite Cooking For the Holidays	Holiday Happenings	Christmas Parties2
Kay	Famous Recipes from Famous Restaurants	Bugs, Mold & Rot	Plants Purify Air	Physical Fitness	Impact of Entertainment & Media on Children & Families	Smoothies & Other Healthy Beverages	Cooking with Olive Oil	Talking to a Fence Post	Acculturation of Peoples from Different Cultures		My Cheese? (adapting to change)	
Kingfisher	(Plants) Living Air Cleaners	Are You Legally Healthy	Personality Types (Who Are You?)	The Good Egg	Impact of Entertainment & Media on Children & Families		Cooking with Olive Oil	Share Your Vision	Acculturation of Peoples from Different Cultures	Homes for the 21 st Century	Gift Baskets	
Kiowa	OPEN Recruitment & Reports	You Deserve a Break-Simplify your Life	Diabetes Update	Positive Parenting	Frauds & Scams	Oklahoma Marriage and Relationship Update	Impact of TV Violence	Cultural Diversity	Retirement Planning	Character Counts!	Food Safety	Safety Issues
Latimer	Reports	County Fair Judging	Sweeteners & Other Sugars	District Lesson	Savings With Silk	Benefits of Fruits & Vegetables	Free Month	State Lesson	Shadow Embroidery	International Lesson	Microwaving Candies	Christmas Parties
LeFlore	Reports		Sweeteners & Other Sugars	Insect Bites	Savings With Silk	Benefits of Fruits & Vegetables	Free Month	State Lesson	Shadow Embroidery	International Lesson	Microwaving Candies	No Program
Lincoln	Bridging the Generations	Desperation Diners	Gardening in Baskets	Coping with Family Transitions	Fair Preparation	Impact of Entertainment and Media on Children and families	Summer Craft	Staying Cool During Family Conflicts	Look Ahead, Cook Ahead	Acculturation of People From Different Cultures	Cash Crisis, Money Traps That Keep You Broke	Christmas
Logan	(Plants) Living Air Cleaners	Are You Legally Healthy	Personality Types (Who Are You?)	The Good Egg	Acculturation of Peoples from Different Cultures		Cooking with Olive Oil	Share Your Vision	Impact of Entertainment & Media on Children & Families	Homes for the 21 st Century	Gift Baskets	
Love	How To Talk To Your Legislator	Stop The Brain Drain	Hats Off To Women's Health	Cooking Lite South Of The Border	Sugar & Other Sweeteners	New Quilting Ideas	Decorating Ideas	Getting Organized	The Bag Lady	Lite Cooking	Holiday Program	Council Meeting
Major	2004 – Slow Paced Exercises	Relationship Communication	Diabetes Today	Oklahoma Trees & Shrubs	Impact of Entertainment & Media on Children & Families		Laugh for the Health of It	Insurance Tips	Acculturation of Peoples from Different Cultures	Basic Plumbing Tips for Ladies/Plumbing for Women/Simple Home Plumbing	Snacking Savvy	
Marshall	Share Ideas to Improve Marshall Co.	How To Talk To Your Legislator	Stop The Brain Drain	Oklahoma Gardening	Cooking Lite South Of The Border	Sugars & Other Sweeteners	Quilting	What's Your Decorating Style	Let's Get Organized	Communication, Who Has The Floor	Little less, live longer	Celebrate Christmas

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Mayes	Do Your Own Thing	Love at First Bite	A Tisket, A Tasket...Make a Gift Basket	Clutter's Last Stand	Where's The Beef?	Computer Lab	Food Safety for Seniors	Impact of Entertainment and Media on Children and families	Fraud & Scams	Creative Days Through Creative Ways	Fall Fest	Do Your Own Thing
McClain	The Experience of Aging	Quick, Inexpensive One-dish Meals	Money Traps That Keep You Broke	Oklahoma's Best Kept Secrets	Smile Program-Low Impact Physical Activity	Managing Challenging People & Situations	Hot Food Preservation –Jelly, Jam & Preserves	Shop Smart & Save (Tri-county lesson)	Life, Love, & Money-Planning Single hood Retirement	Women & Finances-Communications about Financial Affairs	New Food Trends	Holiday
McCurtain		Community Involvement	Exercising	Quilting With Mrs. Martens	Gardening	Ireland	Slow Cooker Food Preparation	Show & Tell Crafts	Fair Entry & Judging Guidelines	Home Accessories	Holiday Lesson	Photo Scrapbooking
McIntosh	Group Reports	Stir Fry Cooking/Spring Council	NE District HCE Meeting/Shangri-La Resort	Raised Bed Gardening	Low Maintenance Yards	Vacation Close To Home	Creative Salads	Fair Preparation/Discussion	Fall Picnic	Writing Your Life Story/Fall Council	Soups On	Christmas Party
Murray	Reports	Winter Survival Kit	Tasty Table Decorating	State Leaders Lesson	Road Tripin'	Glorious Summer Foods	Sin Free Desserts	Preparation & Evaluation of Fair Craft Exhibits	Seasonal Gardening	Fun Fall Festival Foods	Exciting Exercise	Christmas
Muskogee	Reorganization	Stir Fry	Quilting for Pleasure	Raised Bed Gardening	Low Maintenance Yards	Vacation Close to Home	Creative Salads	Attracting Birds	Maintaining Treasure Chest	Writing Your Life Story	Genealogy	Group Choice
Noble	Share Your Vision	Pamper Yourself		What's New In Sewing	Oklahoma's Best Kept Travel Secrets	People of Different Cultures	Flavorful Eating	21 st Century Kitchen	Impact of Entertainment & Media on Children & Families	Collecting & Recording The Family Story	Gift Baskets	
Nowata	Dressing Up the Windows of Your World	Eating Out, Staying Healthy	Low Maintenance Yards	Impact of Entertainment and Media on Children and families	Creative Salads As a Meal	Christmas in July	You Be The Judge	Acculturation of People From Different Cultures	When Bad Things Happen To Your Name	Smile: Low Intensity Exercise	Desserts – The Grand Finale	Individual Group activities
Okfuskee	Bridging the Generations	Desperation Dinners	Gardening in Baskets	Coping with Family Transitions	State Leader Lesson	State Leader Lesson	County/Local Choice	Staying Cool During Family Conflicts	Care of Heirloom Textiles	State Leader Lesson	Cash Crisis – Money Traps That Keep You Broke	Happy Holidays!
Oklahoma	Group Organization	The Truth about Diets	Herb Gardening	New Clothing Trends	Rheumatism and Arthritis	Oklahoma's Best Kept Travel Secrets	The Incredible Egg	Frauds, Scams, & Slams... Prizes, Sweepstakes & Gift Fraud	Acculturation	All About Quilts	Delightful Desserts	A Time for Giving

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Okmulgee	Bridging the Generations	Desperation Dinners	Gardening in Baskets	Coping with Family Transitions	State Leader Lesson	State Leader Lesson	Summer Picnic	Staying Cool During Family Conflicts	Fair Preparation	State Leader Lesson	Cash Crisis – Money Traps That Keep You Broke	Christmas Party
Osage	One Dish Meals	Finding Your Strong & Weak Personality Traits	Preparing State HCE Reports	Low Maintenance Lawns	Eating Out & Staying Healthy	Grilling Your Favorite Foods	What the Fair Judge Looks For	Creative Salads as a Meal	There is History in Quilts	Safety tips for Women	Stir Frying	Christmas Dinner or Party
Ottawa	Reports Are Important	Love at First Bite	A Tisket, A Tasket...Make a Gift Basket	Clutter's Last Stand	Enjoy Beef More	Computers and You	Food Safety for Seniors	Impact of Entertainment & TV on Children & Families	Frauds, Scams, and Slams	Creative Days Through Creative Ways	Acculturation of People From Different Cultures	Christmas
Pawnee	One Dish Meals	Microwave Magic – More Than Heating	Identity Theft – How to Prevent It	Using Sugar and the Sweeteners	Eating Out and Staying Healthy	Let's Travel	What the Fair Judge Looks For	Creative Salads as a Meal	Impact of Entertainment and Media on Children and families	Safety Tips For Women	Stir Frying	Christmas
Payne	The Truth About Diets	Rose Gardens	Best Kept OK Travel Secrets	Successful Garage Sales	Passing on Family Traditions with Scrapbooking	Preventing Identify Theft	Coping When You're Physically Challenged	Club Choice	Effective Family Communication	Armchair Shopping	Recognizing & Living with Diabetes	Christmas
Pittsburg	Reports	County Fair Judging	Sweeteners & Other Sugars	Impact of Entertainment & Media on Children & Families	Savings With Silks	Benefits of Fruits & Vegetables	Free Month	Acculturation of People from Different Cultures	Shadow Embroidery	International Lesson	Microwaving Candies	Free Month
Pontotoc	Reports	Winter Survival Kit	Tasty Table Decorations	State Leaders Lesson	Road Tripin'	Glorious Summer Foods	Sin Free Desserts	Preparation & Evaluation of Fair Craft Exhibits	Seasonal Gardening	Fun Fall Festival Foods	Educational Tour	Holiday Happenings
Pottawatomie	Reports & Reorganization	Winter Survival Kit	Tasty Table Decorations	State Leaders Lesson	Road Tripin'	Glorious Summer Foods	Sin Free Desserts	Preparation & Evaluation of Fair Craft Exhibits	Seasonal Gardening	Fun Fall Festival Foods	Exciting Exercise	Holiday Happenings
Pushmataha	Reports	Community Pride	Exercising	Quilting	Gardening	Ireland	Slow Cooking	Christmas in July	Scrapbooks	Holiday Lesson	Holiday Cooking	Party
R. Mills	Plan Your Group Activities	Women's Health Issues	Experience of Aging	Cultural Enrichment	Pennies Make Dollars	Links with the Past: Tomorrow's Treasurers (State)	Doing Dairy/Ice Cream	Get ready for the Fair	Women In History	Mystery Month	A Different Kind of Talk-Another Way to Act (state)	Celebrating a Family Tradition
Rogers	Dressing Up the Windows In Your World	Eating Out and Staying Healthy	Low Maintenance Yards	Impact of Entertainment and Media on Children and families	Creative Salads as a Meal	Christmas in June	You Be The Judge	Acculturation of People from Different Cultures	When Bad Things Happen to Your Name	Smile – Low Intensity Exercise	Desserts – The Grand Finale	Christmas
Seminole	Reports	Jewelry	Tasty Table Decorating	Insect Bites	Road Tripin'	Glorious Summer Foods	Sin Free Desserts	Preparation & Evaluation of Fair Exhibits	Seasonal Gardening	Photography	Exciting Exercise	Christmas Party

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Sequoyah	Reorganize	Suddenly Single	Gardening With a Theme	State Lesson	Packing for Travel	Picnic	Cooking Using the Microwave	State Lesson	Emergency Preparedness	Life Stories	Creative Table Settings	Christmas Party
Stephens	Selected Lessons	Annuals & Perennials for Oklahoma Gardening	Aloe Vera in Skin & Body Care	Antiques & Garage Sales	Dehydrating Foods	Cook with Herbs	Identity Theft	Understanding a Child's Self-Esteem	County Fair	Be the Best You Can Be at Any Age	Planning for Life Alone	Holiday Program
Texas	Digital Photography	Personality Types (Who Are You?)	Memory Boxes	Growing Things in Texas County	People of Different Cultures	A Tisket, A Tasket, A Gift Basket	Shopping Smart	Oklahoma Made Products	Self Defense	Cooking with Cranberries	Sweets for the Diabetic	
Tillman	Projects and Reporting	You Deserve a Break	Diabetes	Bed & Breakfast	Frauds & Scams	Oklahoma Marriage Update	OPEN	Impact of Violence on Families	Retirement Planning	Culture Diversity	Have You Got the Time	Holiday Happenings
Tulsa	Dressing Up the Windows In Your World	Eating Out and Staying Healthy	Low Maintenance Yards	Impact of Entertainment and Media on Children and families	Creative Salads as a Meal	Christmas in June	You Be The Judge	Acculturation of People from Different Cultures	When Bad Things Happen to Your Name	Smile – Low Intensity Exercise	Desserts – The Grand Finale	Christmas
Wagoner	Reorganization	Stir Fry	Quilting for Pleasure	Raised Bed Gardening	Low Maintenance Yards	Vacation Close to Home	Creative Salads	Attracting Birds	Maintaining Treasure Chest	Writing Your Life Story	Genealogy	Group Choice
Washington	Dressing Up the Windows In Your World	Eating Out and Staying Healthy	Low Maintenance Yards	Impact of Entertainment and Media on Children and families	Creative Salads as a Meal	Christmas in June	You Be The Judge	Acculturation of People from Different Cultures	When Bad Things Happen to Your Name	Smile – Low Intensity Exercise	Desserts – The Grand Finale	Christmas
Washita	Organization for New Year	Healthy Living A to Z	Experiences of Aging	Cultural Enrichment	Pennies Make Dollars	No Ldr. Lesson – Do your own thing	Doing Dairy/Ice Cream	Work on Fair Exhibits	Women In History	Mystery Month	Crock Pot Cookery	Holiday Party
Woods	2004 – Slow Paced Exercises	Relationship Communication	Diabetes Today	Oklahoma Trees & Shrubs	Impact of Entertainment & Media on Children & Families		Laugh for the Health of It	Insurance Tips	Acculturation of Peoples from Different Cultures	Basic Plumbing Tips for Ladies/Plumbing for Women/Simple Home Plumbing	Snacking Savvy	
Woodward	Crock Pot Cooking	Gift Baskets	Basic Plumbing Tips for Ladies/Plumbing for Women/Simple Home Plumbing	Impact of Entertainment & Media on Children & Families	Water Gardens	Etiquette: A Lost Art	Talking to a Fence Post		Acculturation of Peoples from Different Cultures	Your Rights as a Patient in a Hospital	Oklahoma Made Products	