

LEADER LESSONS 2004

COUNTY	JAN	FEB	MAR	APRIL	MAY	JUNE
ADAIR	Book Review/Alternative Lesson (Jan. 2005)	Diabetes Update	Investment 101	State Lesson	Home Decorating on a Budget	Picnic Time
CHEROKEE	Diabetes Update	Investing 101	District Lesson	Decorating on a Budget	Oklahoma HCE Week	Salads as a Meal
CRAIG	“Reports,Reports,Reports”	“Laugh for the Health of It”	“As Easy as Pie”	“Finances and Suddenly Single”	“Craft Project”	“Salute the Stars and Stripes”
CREEK	It’s Made in Oklahoma!	A Cleaner House in Less Time	Cooking for 1 or 2	Growing Kitchen Herbs	Finances & the Suddenly Single	Trash to Treasure
DELAWARE	Choose a Topic of Your Choice / Work on Reports	Laughter for the Health of It	As Easy As Pie	Finances & Suddenly Single	Educational Toys	Salute the Stars & Stripes
LINCOLN	:It’s Made in Oklahoma!”	“A Cleaner House in Less Time”	“Cooking For 1 or 2”	“Growing Kitchen Herbs”	“Finances & Suddenly Single”	“Trash to Treasure”
MAYES	Do Your Own Thing!	Laughter For The Health Of It	As Easy As Pie	Finances & Suddenly Single	Educational “Toys”	Salute The Stars & Stripes
MCINTOSH	Group Reports (Jan. 2005)	Smoothies and Other Healthy Beverages	NE District Meeting	Cash Crisis, Money Traps that Keep You Broke	Finances and the Suddenly Single	Seasonal Gardening
MUSKOGEE	“When Bad Things Happen To Your Name”	“Smoothies And Other Healthy Beverages”	“Made In Oklahoma Products”	“Cash Crisis, Money Traps That Keep You Broke”	“Finances And The Suddenly Single”	“Seasonal Gardening”
NOWATA	Slow Cooking, Crock Pot Cuisine	Soup’s On!	Food Safety for Seniors	Finances & Suddenly Single	Driving: What is the law?	Grilling is Great!
OKFUSKEE	It’s Made in Oklahoma!	A Cleaner House in Less Time	Cooking for 1 or 2	Growing Kitchen Herbs	Finances and the Suddenly Single	Trash to Treasure
OKMULGEE	It’s Made In Oklahoma	A Cleaner House In Less Time	Cooking For 1 or 2	Growing Kitchen Herbs	Finances & The Suddenly Single	Trash to Treasure
OSAGE	Everything You Wanted to Know about Potatoes	Media Violence And How It Affects Our Families	Understanding People From Other Cultures	Making Food Attractive With Garnishes	Insect Borne Illness	Sugars An Other Sweeteners
OTTAWA		“Laugh for the Health of It!”	“As Easy As Pie”	Finances & Suddenly Single”	“Educational TOYS”	“Salute the Stars & Stripes”
PAWNEE	Use & Care of Medications	Pork The Other White Meat	Insect Borne Illness	Oklahoma Gardening Kitchen	Finding Your Strong & Weak Personality Traits	Grilling Your Favorite Foods
PAYNE	Eating Light with Beef	The Health of your Heart	Perennial Beauty for your Garden	Member Recruitment	Gift Baskets	Pesticide & Garden Safety
ROGERS	Slow Cooking-Crock Pot Cuisine	Soup’s On	Food Safety for Seniors	Finances and Suddenly Single	Driving: What Is The Law?	Grilling Is Great
SEQUOYAH	Book Review	Diabetes Update	Investment 101	State Lesson	Home Decorating With A Budget	Picnic

TULSA	Slow Cooking: Crock Pot Cuisine	Soup's On	Food Safety for Seniors	Finances and Suddenly Single	Driving: What is the Law?	Grilling is Great
WAGONER	"When Bad Things Happen to Your Name"	"Smoothies and Other Healthy Beverages"	"Made in Oklahoma Products"	"Cash Crisis, Money Traps That Keep You Broke"	"Finances and the Suddenly Single"	"Seasonal Gardening"
WASHINGTON	Slow Cooking-Crock Pot Cuisine	Soup's On	Food Safety for Seniors	Finances and Suddenly Single	Driving: What is the Law?	Grilling is Great

COUNTY	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
ADAIR	Salads as a Meal	State Lesson	Hazardous Products	Breast Cancer Update	Holiday Foods	Party Time!
CHEROKEE	“A Survivor’s Guide” (when there is a death in the family)	Hazardous Products	Breast Cancer	Holiday Cooking	Quilt Show	Party Time!
CRAIG	“You say Tomato, I say Tomato”	“Picnic”	“A Survivor’s Guide – When there is a Death in the Family	“The Bag Lady – Mind Your Own Business”	“Cooking With Cranberries”	“Christmas”
CREEK	County / Local Choice	Identity Theft	Stress & Your Life	A Survivor’s Guide (When there’s a Death)	101 Things to do with a Cake Mix	Happy Holidays!
DELAWARE	You Say Tomato, I say Tomato	Do Your Own Thing	A Survivor’s Guide (When there is a death in the family)	Mind Your Own Business	Cooking with Cranberries	Christmas
LINCOLN	“Summer Craft”	“Identity Theft”	“Stress & Your Life”	“A Survivor’s Guide (When There’s a Death)”	“101 Things to Do with a Cake Mix”	Happy Holidays!
MAYES	You Say Tomato, I Say Tomato	Fair Exhibit Preparations	A Survivor’s Guide (When There is a Death in the Family)	Program Planned by Individual Clubs	“Cooking With Cranberries”	Christmas!
MCINTOSH	Shadow Embroidery	A Survivor’s Guide (When There is a Death in the Family)	Fall Picnic	Sweets for the Diabetic/ Fall Council	A Time for Giving	Baking Gift Goodies
MUSKOGEE	“Shadow Embroidery”	“A Survivor’s Guide (When There Is A Death In The Family)”	“Eating Out And Staying Healthy”	“Sweets For The Diabetic”	“A Time For Giving”	“Baking Gift Goodies”
NOWATA	Celebrate What Makes America Great	Survivor’s Guide – When there’s a death in the family	Microwave Magic	Women’s Specific Health Issues	Snacking Savy Tips	Christmas
OKFUSKEE	County / Local Choice	Identity Theft	Stress and your Life	A Survivor’s Guide (When There’s A Death)	101 Things to do with a Cake Mix	Happy Holidays!
OKMULGEE	Summer Picnic	Identity Theft	Fair Preparation	A Survivor’s Guide (When There’s A Death)	100 Things To Do With A Cake Mix	Christmas Party
OSAGE	Strawberries	Pork-The Other White Meat!	Smoothies	Food Safety	Healthy Holiday Cooking	Christmas Dinner or Party
OTTAWA	“I say Tomato, You say Tomato”	“Do Your Own Thing!”	“Survivors Guide – Death in Family”	“Bag Lady-Mind Your Own Biz”	“Cooking with Cranberries”	“Suggestions to make your holiday a little brighter”
PAWNEE	On Your Own	Making Smoothies For A Nutritious Meal On The Run	We Are Role Models (Character)	There Is History In Quilts	Desserts-The Grand Finale	Christmas

PAYNE	Pie Baking Basics	Club Choice	Who Moved My Cheese?	Mixes for Gifts & Baking Gifts	“Made in Oklahoma” Products	Christmas
ROGERS	Celebrate What Makes America Great	Survivor’s Guide (When There Is A Death In The Family)	Microwave Magic	Women’s Specific Health Issues	Snacking Savvy Tips	Christmas Holiday
SEQUOYAH	Salads as a Meal	State Lesson	Hazardous Products	Breast Cancer Update	Holiday Foods	Christmas Party
TULSA	Celebrate What Makes America Great	A Survivor’s Guide (When there is a death in the family)	Microwave Magic	Women’s Specific Health	Snacking Savvy Tips	Christmas Luncheon
WAGONER	“Shadow Embroidery”	“A Survivor’s Guide: When There is a Death in the Family”	“Eating Out and Staying Healthy”	“Sweets for the Diabetic”	“A Time for Giving”	“Microwave Candies”
WASHINGTON	Celebrate What Makes America Great	Survivor’s Guide: When there is a death in the family (State Lesson)	Microwave Magic	Women’s Specific Health Issues	Snacking Savvy Tips	Christmas