

N. W. District Leader Lessons – 2005

	January	February	March	April	May	June	July	August	September	October	November	December
Alfalfa	Stolen Identity – Don't Be A Victim	Low Maintenance/No Time Gardening	Hispanic Culture & Food	Update of Food Labels	Open	Simple, Easy Recipes	Attention Deficit Disorder in Adults	Diet & Diabetes/Leadership Using Humor Effectively	Ragtime Quilts	Dealing with High Risk Behavior	Open	Women In History
Beaver	Older Adults Can Improve Their Memory	Basic Apparel for the Home	Guiltless Desserts	Be the Best You Can At Any Age	Update on Food Labels	Natural Health Remedies	Desperation Dinners	Leadership: Using Humor Effectively	County Fair – No Lesson	Planning a Trip	Diet & Diabetes	No Lesson
Blaine	Planning for an Oklahoma Centennial	Quilting for Beginners	Quick & Easy Dinners	Update on Food Labels or Strengthening Families & Communities to Prevent Child Abuse & Neglect	Flea Market Finds	Free	Horticulture in Oklahoma/Fall Gardens	No Sew Window Treatments	Diets & Diabetes or Leadership: Using Humor Effectively	Preserving Family Heirlooms	Appetizers & Party Snacks	Free
Dewey	Survival After the Death of a Spouse	Living Air Cleaners	Safe & Natural Insecticides	Sew What's New	Things to do with a Cake Mix	Family Month	Update on Food Labeling	Scrumptious Strawberries	Stir-Fry & the Oriental Culture	Enhancing Brain Function	Junk to Joy	Holidays
Ellis	101 Uses for a Cake Mix	Desperation Dinners	What to Do with a Soda Pop	Update on Food Labels	Enjoy Your Keepsakes		Purses, Bags & Totes	Microwave Magic	Living with Diabetes	Plan a Trip	Party Foods for Special Occasions	
Garfield	Cooking Light – South of the Border	Alone Behind the Wheel	Clutter's Last Stand/Let's Get Organized	Picture This: Sharpen Your Photography Skill	Be the Best You Can Be at Any Age	Super Salads	Pamper Yourself	Ragtime Quilts	Diet & Diabetes	Using Humor Effectively	Free	Simple & Easy Recipes
Grant	Be the Best You Can Be – at Any Age	Stolen Identity – Don't Be A Victim	Low Maintenance – No Time Gardening	Hispanic Culture & Foods	Update on Food Labels	Free	Simple, Easy Recipes	Attention Deficit Disorder In Adults	Leadership – Using Humor Effectively, State Lesson	Ragtime Quilts	Dealing with High Risk Behaviors	Free
Harper	Threads Among Us	Be Happy When Guests Arrive	Spring Council – Candy Making 101	Barbecue Grilling/Outdoor Decoration	Kitchen Concepts	Trash to Treasure	Family Health History	County Fair Planning	Hat History/Antique Road Show	Holiday Ideas for Families	Copycat Decorating for Less	Holiday
Kay	Quick & Easy Recipes	Ragtime Quilts	Cooking Light: South of the Border	OK Trees & Shrubs	Guiltless Desserts	Scrapbooking	Carving Fruit	Diet & Diabetes	Leadership: Using Humor Effectively	County Fair Results	Picture This	Free
Kingfisher	Planning for OK Centennial	Quilting for Beginners	Quick & Easy Dinners	Food Labels or Prevent Child Abuse	Flea Market Finds	Free	Fall Gardening	No Sew Window Treatments	Diet & Diabetes or Using Humor Effectively	Preserving Family Heirlooms	Appetizers & Party Snacks	Free
Logan	Planning for an Oklahoma Centennial	Quilting for Beginners	Quick & Easy Dinners	Update on Food Labels or Strengthening Families & Communities to Prevent Child Abuse & Neglect	Flea Market Finds	Free	Horticulture in Oklahoma/Fall Gardens	No Sew Window Treatments	Diets & Diabetes or Leadership: Using Humor Effectively	Preserving Family Heirlooms	Appetizers & Party Snacks	Free

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Major	Be the Best You Can Be – at Any Age	Stolen Identity – Don't Be A Victim	Low Maintenance – No Time Gardening	Hispanic Culture & Foods	Update on Food Labels	Free	Simple, Easy Recipes	Attention Deficit Disorder In Adults	Leadership – Using Humor Effectively, State Lesson	Ragtime Quilts	Dealing with High Risk Behaviors	Free
Noble	101 Things To Do With Cake Mixes	Quick & Easy Decorating Ideas	Free	One Pot Meals	A Cleaner House In Less Time	Update on Food Labels	Care of Antiques	Strengthening Families & Communities to Prevent Abuse	Diet & Diabetes	Using Humor Effectively	Gifts In A Jar	Free
Texas	Older Adults Can Improve Their Memory	Basic Apparel In The Home	Aging Graciously	Butterfly Gardening	Outdoor Table Decorations	It's In The Air – Allergens	Flavorful Eating In Later Years	Update On Food Labels	Pillow Talk	Ragtime Quilts	Time Management	Free
Woods	Be the Best You Can Be – at Any Age	Stolen Identity – Don't Be A Victim	Low Maintenance – No Time Gardening	Hispanic Culture & Foods	Update on Food Labels	Free	Simple, Easy Recipes	Attention Deficit Disorder In Adults	Leadership – Using Humor Effectively, State Lesson	Ragtime Quilts	Dealing with High Risk Behaviors	Free
Woodward	Diet Savvy	Organizing Tips for the Home	Packing for Travel	Update on Food Labels & Strengthening Families & Communities to Prevent Child Abuse	Flag Etiquette	Scrap Booking	Powder Puff Mechanics	Group Choice	Leadership Using Humor	Photography	Osteoporosis & Macular Degeneration	Group Choice

***District Lesson Topics**

Update of Food Labels presented by Barbara Brown

Strengthening Families & Communities to Prevent Child Abuse & Neglect by Debbie Richardson

***State Lesson Topic**

Living with Diabetes by Janice Hermann

Leadership: Using Humor Effectively by Renee' Daugherty