

S. W. District Leader Lessons – 2005

	January	February	March	April	May	June	July	August	September	October	November	December
Beckham	Club Organization	Safe Use of Herbicides & Pesticides	Cooking With Beef	Hardy Bedding Plants	The Blooming Season	Group Choice	Fair Exhibits & Standards	It's Fair Time	Updated Food Labels	Living with Diabetes	Behavior Management for Resilient Families	Holiday Council Meeting
Caddo	Kitchen Must Haves – For the Well-Stocked Pantry	The New American Plate	Basic Sewing	Your Rights in a Hospital	Be Financially Prepared for a Natural Disaster	Cooking en Papillote	Celebrate America	A Survivors Guide	Clutter's Last Stand	101 Ways to Use a Cake Mix	Update on Food Labels	Group Choice
Canadian	Stress	Chocolate: Everybodies Friend	Finances & the Suddenly Single	Decoding the Myth of Skin Care	Less is More Reducing Fat, Salt & Sugar	Antique Sewing	Creative Sa lads: As A Meal	Home Decorating on a Budget	Leadership: Using Humor Effectively (State Lesson)	Food Label Update (District Lesson)	Group Choice	Group Choice
Cleveland	Stress	Chocolate: Everybodies Friend	Finances & the Suddenly Single	Decoding the Myth of Skin Care	Less is More Reducing Fat, Salt & Sugar	Antique Sewing	Creative Sa lads: As A Meal	Home Decorating on a Budget	Leadership: Using Humor Effectively (State Lesson)	Food Label Update (District Lesson)	Group Choice	Group Choice
Comanche	Group Planning Meeting	The New American Plate – Meals for A Healthy Weight & a Healthy Life	Your Rights in a Hospital	Basic Sewing for Award Winning Entries	Oklahoma Agr-Ability; Container Gardening	Oklahoma Travel Spots for 2 Day Mini-Vacations	Open Meeting – Membership Drive	101 Things to do with Cake Mixes	Update on Food Labels	Making Sure You're Financially Prepared to Deal with a Natural Disaster	Leadership: Using Humor Effectively	Holiday Traditions
Cotton	HCE Reports	Can't Weight to Walk	The New American Plate: Meals for a Healthy Weight & Healthy Life	Cakes, Coke & Cooking	Award Winning Sewing Techniques	Making Sure You're Financially Prepared to Deal with a Natural Disaster	Family Night	Cotton County Free Fair	101 Things to do With Cake Mixes	Food Safety for Seniors	High Risk Behaviors in Youth	Group Holiday Party
Custer	Club Organization	Beef – It's What for Dinner	Water Bottle Wonders	Basic Sewing Finishes for Blue Ribbon Entries	Food Preservation	Single Serving Meals	Heritage Keepsakes	County Fair Preparations	Know Your Rights In a Hospital	Updated Food Label	Behavior Management	Holiday Party
Garvin	Stress	Chocolate: Everybodies Friend	Finances & the Suddenly Single	Decoding the Myth of Skin Care	Less is More Reducing Fat, Salt & Sugar	Antique Sewing	Creative Sa lads: As A Meal	Home Decorating on a Budget	Leadership: Using Humor Effectively (State Lesson)	Food Label Update (District Lesson)	Group Choice	Group Choice
Grady	Vacation Close to Home	Award Winning Sewing Techniques	Recycle to Re-use	Mesonet (Horticulture by Weather)	Methamphetamine Lab	Be Financially Prepared in a Natural Disaster	101 Ways to Use a Cake Mix	How to Talk to you Legislator	Nutrition	Talking To Children About Drug Education	A Ticket A Tasket Make A Gift Basket	No Lesson
Greer	Rocking Chair Aerobics	Garnishing – Make your meals look appealing	Identity Theft	Update on Food Labels/Life after Labels-crafts from unusual items	Gardening & Grilling	On the Road Again in Oklahoma	Simple Slip Covers	Potato Toppers	Diet & Diabetes/Cooking with Splenda	Taking Inventory: Valuable Household Records	Snappy Wrappings	Holiday Tea

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Harmon	Officer Training	Attractive Garnishing	Preparation for District Meeting	Strengthening Families & Communities to Prevent Child Abuse & Neglect	Gardening & Grilling	Trips on a Tankful	Ice Cream Social or Do Your Own Thing	Quick, Healthy Cooking	Leadership: Using Humor Effectively	Inventory of Valuable Records & Household Possessions	Thanksgiving Dinner	Social
Jackson	Officer Training, Project Planning, Annual Reports	Attractive Garnishing	Preparing for District Meeting	Strengthening Families & Communities to Prevent Child Abuse & Neglect	Gardening & Grilling	Trips on a Tankful	Ice Cream Social or “Do Your Own Thing”	Quick, Healthy Cooking	Leadership: Using Humor Effectively	Inventory of Valuable Records & Household Possessions	Thanksgiving Dinner	Social
Kiowa	Rocking Chair Aerobics	Garnishing – Make your meals look appealing	Identity Theft	Update on Food Labels/Life after Labels-crafts from unusual items	Gardening & Grilling	On the Road Again in Oklahoma	Simple Slip Covers	Potato Toppers	Diet & Diabetes/Cooking with Splenda	Taking Inventory: Valuable Household Records	Snappy Wrappings	Holiday Tea
McClain	Stress	Chocolate: Everybodies Friend	Finances & the Suddenly Single	Decoding the Myth of Skin Care	Less is More Reducing Fat, Salt & Sugar	Antique Sewing	Creative Salads: As A Meal	Home Decorating on a Budget	Leadership: Using Humor Effectively (State Lesson)	Food Label Update (District Lesson)	Group Choice	Group Choice
Oklahoma	Stress	Chocolate: Everybodies Friend	Finances & the Suddenly Single	Decoding the Myth of Skin Care	Less is More Reducing Fat, Salt & Sugar	Antique Sewing	Creative Salads: As A Meal	Home Decorating on a Budget	Leadership: Using Humor Effectively (State Lesson)	Food Label Update (District Lesson)	Group Choice	Group Choice
R. Mills	Club Organization	Safe Use of Herbicides & Pesticides	Cooking with Beef	Hardy Bedding Plants	Floral Arrangements Silk & Fresh	Stacking Quilting	Standards of Photography	It’s Fair Time	Updated Food Labels	Living with Diabetes	Behavior Management for Resilient Families	Holiday Party
Stephens	Open meeting to fill out new year books, etc.	The New American Plate	Gardening Ideas	Basic Sewing for Award Winning Entries	Making Sure You’re Financially Prepared to Deal with a Natural Disaster	Women’s Safety & Awareness	Painting & Glazing Techniques	Diabetes Awareness	County Fair	Basic Landscaping with Curb Appeal	It’s In The Bag	Holiday Program
Tillman	Project & Report Planning	Attractive Garnishes	Preparing for District Meeting	Food Labels	Gardening & Grilling	Trips on a Tankful	Open	Quick Healthy Cooking	Strengthening Families & Communities To Prevent Child Abuse & Neglect	Taking Inventory, Valuable Household Possessions	Aging Gracefully	Holiday Happenings
Washita	Organization for New Year	Beef – It’s What’s for Dinner	Water Bottle Wonders	Basic Sewing Finishes for Blue Ribbon Entries	Food Preservation	Single Serving Mixes	Heritage Keepsakes	County Fair Preparations	Know Your Rights In A Hospital	Updated Food Label	Behavior Management	Holiday Party