

N. W. District Leader Lessons – 2013

	January	February	March	April	May	June	July	August	September	October	November	December
Alfalfa	Redecorating Your Home on a Budget	Metabolism As We Age	Is This Trash or Treasure?	Opportunities in OHCE	District Lesson: Enjoy Fruits & Vegetables...All Month Long or Family Fundamentals	Open	Music & Art in Oklahoma	Stroke Prevention	Sew... You Want to Be a Quilter	State Lesson: Stretching Your Food Dollar or Prepare to Care for Elderly Parents	Super Foods	Open
Beaver	Sleep Well	New Sewing Techniques & Equipment	One Dish Meals	Learning to Live on Less	Sit & Be Fit	Scrap Quilts	Stroke Prevention	Enjoy Fruits & Vegetables all Month Long	County Fair	Stretching Your Food Shopping Dollars	Creativity Cupcakes	Holiday
Blaine	Taking Shelter from the Storm	Meals for One or Two	Standards of Quality in Judging Fair Exhibits	Landscaping for Drought Management	District Lesson: Enjoy Fruits & Vegetables...All Month Long or Family Fundamentals	Free	Etiquette, Do Manners Matter?	State Lesson: Stretching Your Food Dollar or Prepare to Care for Elderly Parents	Challenges of Grand-parenting	Gift & Décor Trends and Ideas	Healthy Restaurant & Fast Food Eats	Free
Dewey	Win it in a Minute with home energy management	Simple relaxation techniques	Casseroles	Everything you ever wanted to know about potatoes	Seven Principles of Healthy Homes	Family Activity	Copy Cat Recipes	Homemade Mixes	Recycling at it's Best	Amish in America	Etiquette, the Lost Art	Family Christmas
Ellis	Bullying- Is it Happening Around You?	In Case of Emergency	Casseroles	Everything You Wanted to know about Potatoes	Gluten Food Allergy	Open	Copy Cat Recipes	Fantastic Floral Design	Recycling at its Best	Snappy Wrappings	Etiquette ~ the Lost Art	Open
Garfield	Native Plants in the Home Landscape	Not Your Grandma's Grains	Desserts from Vegetables	Container Gardening	Enjoying Fruits & Vegetables...All Month Long	This Into That ~ "Up-Cycling"	Secrets of Pie	Stretching Your Shopping Dollar	Stop & Smell the Roses – Stress Management Tips	Yoga/Pilates & Strength Training for All Levels	Green Holiday	Open
Grant	Redecorating Your Home on a Budget	Metabolism As We Age	Is This Trash or Treasure?	Opportunities in OHCE	District Lesson: Enjoy Fruits & Vegetables...All Month Long or Family Fundamentals	Open	Music & Art in Oklahoma	Stroke Prevention	Sew... You Want to Be a Quilter	State Lesson: Stretching Your Food Dollar or Prepare to Care for Elderly Parents	Super Foods	Open
Harper	Bags: Tote Bags, Gift Bags, Feed Sack Projects	Baked Doughnuts	Party Ideas – Entertaining Made Easy	Pears A to Z	Fall Centerpieces	Paper Crafts/Fabrics & Flowers	Wreaths	County Fair Planning	Mexican Recipes	Wraps – Hot, Cold, Snacks, Pinwheels	Harper County Cultural Education	Open
Kay	Native Plants in the Home Landscape	Not Your Grandma's Grains	Desserts from Vegetables	Container Gardening	Enjoying Fruits & Vegetables...All Month Long	This Into That ~ "Up-Cycling"	Secrets of Pie	Stretching Your Shopping Dollar	Stop & Smell the Roses – Stress Management Tips	Yoga/Pilates & Strength Training for All Levels	Green Holiday	Open

	January	February	March	April	May	June	July	August	September	October	November	December
Kingfisher	Taking Shelter from the Storm	Meals for One or Two	Standards of Quality in Judging Fair Exhibits	Landscaping for Drought Management	District Lesson: Enjoy Fruits & Vegetables...All Month Long or Family Fundamentals	Free	Etiquette, Do Manners Matter?	State Lesson: Stretching Your Food Dollar or Prepare to Care for Elderly Parents	Challenges of Grand-parenting	Gift & Décor Trends and Ideas	Healthy Restaurant & Fast Food Eats	Free
Logan	Taking Shelter from the Storm	Meals for One or Two	Standards of Quality in Judging Fair Exhibits	Landscaping for Drought Management	District Lesson: Enjoy Fruits & Vegetables...All Month Long or Family Fundamentals	Free	Etiquette, Do Manners Matter?	State Lesson: Stretching Your Food Dollar or Prepare to Care for Elderly Parents	Challenges of Grand-parenting	Gift & Décor Trends and Ideas	Healthy Restaurant & Fast Food Eats	Free
Major	Redecorating Your Home on a Budget	Metabolism As We Age	Is This Trash or Treasure?	Opportunities in OHCE	District Lesson: Enjoy Fruits & Vegetables...All Month Long or Family Fundamentals	Open	Music & Art in Oklahoma	Stroke Prevention	Sew... You Want to Be a Quilter	State Lesson: Stretching Your Food Dollar or Prepare to Care for Elderly Parents	Super Foods	Open
Noble	Native Plants in the Home Landscape	Not Your Grandma's Grains	Desserts from Vegetables	Container Gardening	Enjoying Fruits & Vegetables...All Month Long	This Into That~ "Up-Cycling"	Secrets of Pie	Stretching Your Shopping Dollar	Stop & Smell the Roses – Stress Management Tips	Yoga/Pilates & Strength Training for All Levels	Green Holiday	Open
Texas	Health Tests	Sneaky Chef	Emergency Preparedness	Gardening Styles	Trash to Treasurers	One Smart Cook!	Mixin Meds	Family Fundamentals: Increasing Family Skills Across All Generations	Stretching Your Food Shopping Dollars	Marketing Your Flower & Vegetable Garden	Finishing Rich	
Woods	Redecorating Your Home on a Budget	Metabolism As We Age	Is This Trash or Treasure?	Opportunities in OHCE	District Lesson: Enjoy Fruits & Vegetables...All Month Long or Family Fundamentals	Open	Music & Art in Oklahoma	Stroke Prevention	Sew... You Want to Be a Quilter	State Lesson: Stretching Your Food Dollar or Prepare to Care for Elderly Parents	Super Foods	Open
Woodward	Simple Relaxation	Casseroles	Everything you Wanted to Know About Potatoes	Win It in a Minute	Arthritis Exercise and Education	Copy Cat Recipes	The New American Plate/Meals for a Healthy Plate	Open	Recycling	Snappy Wrappings	Etiquette ~ the Lost Art	Open