

## N. W. District Leader Lessons – 2007

	January	February	March	April	May	June	July	August	September	October	November	December
<b>Alfalfa</b>	New Trends in Cookware	The Buzz About Honey	Thrifty Fashions	What Kind of a Member are You?	District Lesson – choose one of two	Open	Healthy Summer Snacks & Drinks	State Lesson – choose one of two	Flower Arrangements	Soup's On	Digital Photography	Open
<b>Beaver</b>	Celebrating the OK Centennial	Aging Gracefully	101 Things to Do with a Cake Mix	Log Cabin Quilts	Eating Oklahoma Grown Foods	Family Reunions	Eating Out & Staying Healthy	Buying USA Products	County Fair	What's New in Home Appliances	Stress & Relaxation Techniques	No Lesson
<b>Blaine</b>	The Healthy Refrigerator	Wardrobe Make-over	Recipe Modifications for Better Health	Hispanic Culture & Customs	Is Your Home Energy Efficient?	Free	Eating Oklahoma – Locally Grown	Generic vs. Name Brand	Water Testing	Say the Right Thing	Trim the Tree	Free
<b>Dewey</b>	Agritourism	Dealing with Difficult People	Slow Paced Exercises	Aroma Therapy	Buying USA Products	Family Activity	Easy, Quick Fleece Projects	Oklahoma Eating	Medical Options for Aging	Should I Drink My Water?	It's in the Jar	Holiday Activity
<b>Ellis</b>	Chocolate Choices	Oklahoma/Indian Territory – Native American Culture & Food	Oklahoma – Cultural Tour of Ellis County	Oklahoma Women - History of Home Demonstration Clubs	Eating Oklahoma – Locally Grown	Open	Oklahoma – History of Quilting	Oklahoma – Sharing Your Family History	Water Testing – Should I Drink my Water?	Oklahoma Prairie Cooking – Dutch Oven Style	Oklahoma Centennial – Past, Present & Future	Open
<b>Garfield</b>	Hair & Cosmetic Trends	Family Loss/Transition	Seeing Oklahoma on a Budget	Gardening	Skin Care/Cancer	Fair/Judging Standards	Personal Safety	Eating Oklahoma	Medical Options	It's a Wrap	County's Choice	Free
<b>Grant</b>	New Trends in Cookware	The Buzz About Honey	Thrifty Fashions	What Kind of a Member are You?	District Lesson – choose one of two	Open	Healthy Summer Snacks & Drinks	State Lesson – choose one of two	Flower Arrangements	Soup's On	Digital Photography	Open
<b>Harper</b>	Be Your Best at Any Age/Wonder Woman Doesn't Live Here	Blue Ribbon Pies	Self Defense for Women	No Sew Window Treatments	Desperation Dinners	Creative Card Making/Snappy Wrappings	Italian Cooking	County Fair Planning – No Lesson	Vinegar, Duct Tape, Milk Jugs & More	Finding Your Strong & Weak Personality Traits & Memory Improvement	Rise & Shine Breakfasts	Holiday – No Lesson
<b>Kay</b>	Hair & Cosmetic Trends	Family Loss/Transition	Seeing Oklahoma on a Budget	Gardening	Skin Care/Cancer	Fair/Judging Standards	Personal Safety	Eating Oklahoma	Medical Options	It's a Wrap	County's Choice	Free
<b>Kingfisher</b>	The Healthy Refrigerator	Wardrobe Make-Over	Recipe Modifications/Better Health	Hispanic Culture & Customs	Is Your Home Energy Efficient?	Free	Eating OK- Locally Grown	Generic vs. Name Brand	State Lesson/Water Testing	Say the Right Thing	Trim the Tree	Free
<b>Logan</b>	The Healthy Refrigerator	Wardrobe Make-over	Recipe Modifications For Better Health	Hispanic Culture & Customs	Is Your Home Energy Efficient?	Free	District Lesson – Eating Oklahoma Locally Grown	Generic vs. Brand Names	State Lesson – Water Testing	Say the Right Thing	Trim the Tree	Free

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<b>Major</b>	New Trends in Cookware	The Buzz About Honey	Thrifty Fashions	What Kind of a Member are You?	District Lesson – choose one of two	Open	Healthy Summer Snacks & Drinks	State Lesson – choose one of two	Flower Arrangements	Soup's On	Digital Photography	Open
<b>Noble</b>	Hair & Cosmetic Trends	Family Loss/Transition	Seeing Oklahoma on a Budget	Gardening	Skin Care/Cancer	Fair/Judging Standards	Personal Safety	Eating Oklahoma	Medical Options	It's a Wrap	County's Choice	Free
<b>Texas</b>	Oklahoma History	Cooking for 1 or 2	Fair Judging	Eating Oklahoma...Locally Grown	Quick-N-Close Vacations	Creative Salads	Buying U.S. Products & Merchandise	Copy Cat Decorating	Water Testing	Identity Theft	Appetizers-N-Party Snacks	
<b>Woods</b>	New Trends in Cookware	The Buzz About Honey	Thrifty Fashions	What Kind of a Member are You?	District Lesson – choose one of two	Open	Healthy Summer Snacks & Drinks	State Lesson – choose one of two	Flower Arrangements	Soup's On	Digital Photography	Open
<b>Woodward</b>	Memory Improvement (Hand-Out)	Taste the Difference: Reduced Fat/Sugar	Preserving Photos	Herb Gardening – Herbs & Spices	Eating Oklahoma – Locally Grown	Super Summer Sippers & Salads	Genealogy & Family Records	Fair Projects/Fair Superintendents	Card Making Made Easy	Buying USA Products	Quick & Easy Gifts	Group Choice
<b>NW CNEP</b>	Celiac Sprue Disease	Obesity In A Bottle: Understanding Beverages & Nutrition	How to Give a Food Demonstration	Meal Planning	Meat Alternatives – Vegetarians	CNEP Annual In-service	Food Allergy & Intolerances	Calcium	Drug & Nutrient Interactions	Sodium: What's Shaking	Add a Little Spice & Herbs to Your Life	Holiday In-service