



Resident

PLEASANT HILL R-III SCHOOLS VOCATIONAL COMMUNITY EDUCATION

One Rooster Way

Pleasant Hill, MO 64080

Phone: 816-540-3111 Ext. 5304 or 5305

Fax: 816-987-6084

Email: mkeilholz@pleasanthillschools.com

awingard@pleasanthillschools.com

PLEASANT HILL R-III SCHOOLS VOCATIONAL COMMUNITY EDUCATION PROGRAM (VOCEP) SPRING 2017

"Learning for a Lifetime"

816-540-3111, Ext 5304

Business & Financial

***700 **Google Chrome Books* Cost: \$15**

May 8, 6:30 - 8:00 p.m., High School Room 211 A. Wingard

Learn how to navigate and use some basic programs using Google in a Chrome book.

***701** Farm Record Keeping (FinPak)* Cost: Free**

Call to set up appointment! 816-540-3111 ext. 5304 or 5305
A.J. Wingard & M. Keilholz

HS Ag Classroom 004

After filing 2016 taxes did you realize that you needed a better record keeping system? Do you need to make a Balance Sheet for your farm or bank? We have the most recognized name in agricultural software that will help you evaluate a farm's financial position and make informed business decisions. You will be able to build balance sheets, categorize expenses to Schedule F, do enterprise analysis and track income. Used by producers and lenders as their tool of choice for farm planning and credit analysis. Year-round support in record keeping and tax management!

***702 **Computer Skills Refresher* Cost: \$15**

May 15, 6:30 - 8:00 p.m. High School Room 211 A. Wingard

Need a refresher in Word, Excel, PowerPoint or other Microsoft programs? This will be a question/answer and demonstration format.

***703**Achieving Financial Security* Cost: FREE**

May 9, 6:00 - 7:30 p.m. High School Room 215 D. Mounce

This session will cover the 3 -step process to achieving financial security: protecting your family, eliminating debt and paying yourself first! Learn in-depth about each step and how YOU can use these steps to achieve financial security.

***704**Investing/Retirement/College Planning* Cost: FREE**

May 16, 6:00 - 7:30 p.m., High School Room 215 D. Mounce

Building upon class 703, this session will be packed with information on the basics everyone should know when thinking of investing, as well as retirement planning/withdrawing, and tips for college planning and saving for the kids.

705**Cover Letter and Resume Help

Cost: Free

May 23 & 25, 6:00-8:00 p.m., High School Art Classroom M.Keilholz

Learn how to format a cover letter and make an impressive resume. Bring lap top each night to get started making your documents. Last night will be to review what you have made.

Crafts, Food, Health & Safety

***706** MHHF Hunter Education Clinics* Registration**

Cost: Refundable

Missouri Hunting Heritage Federation. Clinics are intended to provide an introduction to hunting, the shooting sports, and an outdoor way of life. For students 9-15 who are not currently hunter Ed. Certified and who have no prior hunting experience (at least no prior experience with the species being hunted during the Clinic). Clinic includes: Hunter Education class, live fire session and a youth - mentored hunt. Clinics are small, usually limited to 5-6 students and no one is allowed to "walk-in" without registering in advance. New MHHF Memberships are always welcome -please see website for all details and requirements! <http://www.mhhf.us>

707** Line Dancing

Cost: \$10

May 26, 6:30-8:15 p.m., High School Gym

C.Schifferdecker

Come have some fun learning *country line dancing*! We will slowly break down the steps and build on them to teach easy line dances to country music. Items needed: Jeans/boots OR fitness apparel, water bottle. Guaranteed to be a very fun time!

708**Zumba

Cost: \$6

May 12, 4:15 - 5:30 p.m.

C. Schifferdecker,
Certified Instructor

This is a fun, popular, energetic class of repeating rhythms to music of various types (Latin, Pop and Rock and Country) for an overall body work-out which has excellent health benefits—physiologically and mentally! It is easy to follow and appropriate for all ages. Grab a friend and join the fun while we crank up the music and perform repeated mirror images in sequence for a total cardiovascular work-out. Attire: Fitness wear, tennis shoes and a water bottle. Be ready for some FUN EXERCISE!

709** Introductory Digital Photography

Cost: \$10

May 1 & 8, 6:00-8:00 p.m., High School Art Classroom

A.Carter

This will be a one night session covering composition and how to use and function a digital camera. Please bring in your own personal camera for this class.

710**Acrylic Painting in One Night!

Cost: \$30

May 2,4,9 & 16, 6:00-8:00 p.m., High School Art Classroom A.Carter

Each night will be a one -night painting class. Cost includes supplies! We will be painting one of the following each night: Landscape, Ocean Life, Royals and Tree Painting! Please check out the four pictures on the cover of this flyer to see the awesome acrylic paintings you will be painting!

711**Human Trafficking

Cost: \$Free

May 18, 7:00-8:00 p.m., High School PAC J.Mauderer, One by One Project

Sex trafficking doesn't just happen in the movies and the dangers are too close to home to ignore. Please attend and learn how young adults are lured into this serious issue to be educated to protect our young people. One by One Project is empowering communities through awareness to end sex trafficking. An Awareness Presentation shares statistics, videos and stories about sex trafficking and supports local nonprofits who provide services to victims/survivors in the Kansas City Area.

Agricultural Diversity

(Because the Pleasant Hill Agriculture Department is also rated as a full-time Adult Agriculture Program, there will be at least 10 Agricultural related courses that will be offered at no cost to the Pleasant Hill School District Patrons!)*

*712**Canning Pickles*

May 25, 6:00- 9:00 p.m., High School FACS 200B

Learn how to make pickles using a heirloom recipe which will relate to other high acid foods for canning like salsa and relishes. You will get to take some of your canned food home with you! Get ready for the up-coming garden season! (Limit 10).

Cost: \$15

N. Keilholz

*713**Everyday Nutrition and Healthy Eating*

May 9 & 10, 6:30-8:00 p.m., High School FACS 200B

Learn how your body processes food and how to use this to your advantage. We will discuss the basics of nutrition, weight loss for all ages and activity levels. We will also interpret labels and how it can aid us in living the healthiest lifestyle possible. Bring your questions and join me for this interactive seminar. TWO nights! Topics include: Nutrients, Calories, Weight Loss, Exercising/Stretching, Labels, and will be Making Healthy Snacks and Meals on a budget (Second Night).

Cost: \$10

C. Oden, UCM

*714** Floral Design*

May 9, 6:30 - 8:00 p.m., High School Ag Classroom 004

Learn the techniques in how to make boutonnieres and corsages which will apply to other floral arrangements.

Supply Cost Only: \$8

A. Wingard

*715**Landscaping Your Home *

May 16, 6:30 - 8:00 p.m., High School Ag Shop Classroom

Learn the basic landscaping techniques that you will be able to apply to your house and yard that will get attention! We will focus on the three landscape areas, tree/shrub care, turf and how to tie in science to the art of landscaping!

Cost: Free

M. Keilholz

*716** Missouri Show Me Quality Assurance*

Required for youth state-wide who are ages 8-13 exhibiting a food animal project (beef, sheep, swine, poultry, rabbits, dairy & goats).

ON-LINE

On-line at www.agebb.missouri.edu/smqa

*717** Veterinary Feed Directive Info Meeting*

May 10, 6:30-8:00 p.m., HS Ag Shop.

Question/Answer Format on the new law that went into effect January 1, 2017 for feeding oral antibiotics to livestock. Sponsored by the Pleasant Hill Pet and Livestock, Pleasant Hill YF and the Pleasant Hill Animal Clinic. Refreshments provided.

Cost: Free

Pleasant Hill Animal Clinic

*718**Garden Soil Health*

May 8, 6:30-7:30 p.m., High School Ag Shop

Learn ways to improve your garden's soil health to produce an abundant amount of wholesome foods you raised.

Cost: Free

M. Keilholz

*719**Cover Crop Concepts*

May 9, 6:30-7:30p.m., High School Ag Shop

See what all the buzz is about in planting cover crops to improve soil biology, organic matter, reduce soil erosion, increase soil water holding capacity and how to "mine nutrients" to improve soil fertility.

Cost: Free

M. Keilholz

Agricultural Diversity Cont.

*720**Make and Balance Feed Ration*

May 18, 6:30 - 7:30 p.m.

High School Ag Shop Classroom

Make and balance a feed ration for any type of livestock (horse, chickens, swine, goats and cattle) to meet protein requirements and other feed amendments.

Cost: Free

M. Keilholz

*721**Plant Cuttings*

May 24, 6:30 - 8:00 p.m., High School Ag Greenhouse

Learn how to take cuttings from three popular plants "Mosquito Plant (Citronella) and two other plants by using rooting hormones and learning proper plant care.

Cost: Supplies \$5

M. Keilholz

*722** Rotational Grazing Systems*

May 22, 7:00 -8:00 p.m.

High School Ag Classroom 004

Rotational Pastures can ensure quality forages for your livestock. Learn ways to rotate paddocks and improve pasture quality and get the most from your forages by exploring/selecting the correct types of grasses and legumes for your needs.

Cost: Free

M. Keilholz

723 Goat Q&A Symposium*

May 17, 6:30-7:30 p.m. High School Ag Shop

Do you have goat questions? We will have a panel of Goat Producers, etal. to ask questions to on all of your goat needs. Shared information is a key to successful goat animal husbandry.

Cost: Free

Panel

*724** Arc Welding*

May 12, 6:00 – 8:30 p.m., High School Ag Shop

Get hands-on training in learning how to weld with different arc welding polarities, positions and weld with the 4 electrode groups that will give you an edge for DIY welding.

Cost: \$30

M. Keilholz

*725** Oxy-Fuel Welding*

May 5, 6:00 – 8:30 p.m., High School Ag Shop

Master safely how to Oxy-fuel fusion weld, braze and cut.

Cost: \$20

M. Keilholz

Agricultural Information

*726** FFA Greenhouse Plant Sales

Saturday's Starting April 22 - May 27, 8:300 a.m. - 1:00 p.m.

Vegetables: Tomatoes, Broccoli, Cabbage, Peppers and herbs.

Flowering /Bedding Plants: Annuals, perennials and hanging baskets all grown by Agricultural Education

Students/FFA Members.

REGISTRATION

(Please Print)

NAME: _____

ADDRESS: _____

DAYTIME PHONE: _____

CELL OR ALT. NUMBER: _____

EVENING PHONE: _____

E-mail: _____

Class space reserved in order of fee payment. Please send in registration form or e-mail to reserve a spot, even if the cost of the class is free.

Early Registration Avoids Class Cancellation!

CLASS: _____

Topic (if Specified): _____

FEE INCLUDED: _____

****If enrolling for more than one class, please send a separate check for each enrollment.****

CLASS: _____

Topic (if Specified): _____

FEE INCLUDED: _____

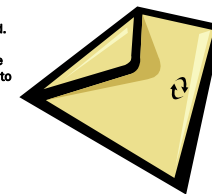
SUGGESTION FOR FUTURE CLASSES:

Checks will not be deposited until the day following the first class meeting.

Refund Policy: A full refund will be given if the class is cancelled or doesn't make. There will be no refunds once a class has started.

Bad Weather: If school district classes are cancelled, adult classes will be cancelled.

Since the VoCEP classes are self-supporting, the decision to run a class is based on the number enrolled. We reserve the right to cancel, combine or divide, change the time, date or place they meet, and to make other revisions as necessary. An attempt will be made to notify registrants of changes by phone or e-mail.



Mail to: **Pleasant Hill R-III Schools**

ATTN: Keilholz / Wingard

One Rooster Way

Pleasant Hill, MO 64080

or mkeilholz@pleasanthillschools.com