

APPLYING FOR (SELECT ONE)

Bronze Medal



OFFICE USE ONLY

PARTICIPANT RECORD BOOK

PARTICIPANT INFORMATION

First Name _____ Last Name _____

Address _____ City _____ State _____ Zip _____

Date of Birth _____ School _____

Email _____ Phone _____

Employed? Yes, Part-Time ☐ Yes, Full-Time ☐ No ☒

If Yes, List Employer _____

What I have gained by participating in The Congressional Award:

I have learned to set better goals for myself and be a better leader. I have learned to take better care of myself and also found out I have a love for helping others.

I have set goals and met the requirements to earn The Congressional Award as outlined in this submission.

Participant Signature _____ Date _____

ADVISOR INFORMATION

First Name Valerie Last Name Seefeld

Address 2301 S. University Ave. City Little Rock State AR Zip 72204

Email vseefeld@uaex.edu Phone 501-671-2352

I certify that the participant established goals, completed hours, and recorded the activity stated herein.

Advisor Signature Valerie Seefeld

Date 2/13/2020

Submit the completed Record Book to The Congressional Award national office.
The Congressional Award | PO Box 77440 | Washington, DC 20013

Only submit your Record Book after you have completed your goals and the required hours/months in all four program areas.

VOLUNTARY PUBLIC SERVICE

(Each goal should have its own Record Book page. Make as many copies as necessary to accommodate your goals.)

Name _____ Did you receive any class credit for this goal? Yes ☐ No ☒

What is your goal?

I am going to dedicate 100 hours of voluntary public service under the direction of my County Extension Agents and the 4-H Program

Describe your activities to achieve your goal:

I organized and collected clothes, bedding, toys, and small appliances to donate. I worked at State fair working in arena, inputting data, delivering feed and hay, setting and cleaning up for the sale. I collected food for the state 4-H and county 4-H food drive.

What did you learn?

I learned that I an impact people across the United States not just in my community with my efforts to help others.

How did you serve the greater community at large?

The clothing and etc. went to Oklahoma to be distributed to native Americans in the area. I served the people of Arkansas by working at the State fair.

TOTAL MONTHS for this goal: 17 TOTAL HOURS for this goal: 119

Enter year(s) and check all months where activity was logged for this goal. Only report new hours logged since your last Record Book submission.

YEAR	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC
2018								3	8	22	3	2
2019	3	7	10	8	18	3	3	5	10	7	5	2

VALIDATOR INFORMATION

First Name _____ Last Name _____

Email _____ Phone _____

Are you a parent or relative of the participant? Yes ☐ No ☒

Validator comments regarding the participant's completion of the goal:

I certify that the above goal, hours, and activities were completed by the participant.

Validator Signature _____

Date _____

Remember, you may have up to four goals for Voluntary Public Service.

PERSONAL DEVELOPMENT

(Each goal should have its own Record Book page. Make as many copies as necessary to accommodate your goals.)

Name _____ Did you receive any class credit for this goal? Yes ☐ No ☒

What is your goal?

I will learn beef management skills to be able to better take care of my livestock and help me get a job in the future in beef science.

Describe your activities to achieve your goal:

I read articles, watched videos, interviewed Vet and went to educational seminars. I practiced safe handling practices.

What did you learn?

I learned to be calm and slow around my cattle. I learned biosecurity practices to keep my animals healthy and safe. I learned to feed heifers the right nutrients so that they can grow and be able to reproduce.

TOTAL MONTHS for this goal: 17

TOTAL HOURS for this goal: 57

Enter year(s) and check all months where activity was logged for this goal. Only report new hours logged since your last Record Book submission.

YEAR	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
2018								4	2	2	3	1
2019	2	3	3	5	2	10	5	3	3	2	2	2

VALIDATOR INFORMATION

First Name _____ Last Name _____

Email _____ Phone _____

Are you a parent or relative of the participant? Yes ☐ No ☒

Validator comments regarding the participant's completion of the goal:

I certify that the above goal, hours, and activities were completed by the participant.

Validator Signature _____

Date _____

Remember, you may have up to two goals for Personal Development.

PHYSICAL FITNESS

(Each goal should have its own Record Book page. Make as many copies as necessary to accommodate your goals.)

Name _____ Did you receive any class credit for this goal? Yes ☐ No ☒

What is your goal?

I will improve my dance skills from a beginner level to an intermediate level.

Describe your activities to achieve your goal:

I increase the time I spent in extra practice with my new ballet shoes to be able to balance and perform well with my dance.

How did your skill level change / advance?

My skill level advance changed by me learning to dance ballet in toe shoes.

TOTAL MONTHS for this goal: 14 TOTAL HOURS for this goal: 54

Enter year(s) and check all months where activity was logged for this goal. Only report new hours logged since your last Record Book submission.

YEAR	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
2018									3	1	4	7
2019	3	1	5	3	5	5	0	0	8	2	4	3

VALIDATOR INFORMATION

First Name _____ Last Name _____

Email _____ Phone _____

Are you a parent or relative of the participant? Yes ☐ No ☒

Validator comments regarding the participant's completion of the goal:

I certify that the above goal, hours, and activities were completed by the participant.

Validator Signature _____

Date / /

EXPEDITION / EXPLORATION

(Each goal should have its own Record Book page. Make as many copies as necessary to accommodate your goals.)

Name _____ Did you receive any class credit for this goal? Yes ☐ No ☒
What is your goal?

I will observe and document invasive species the nilgai, a type of antelope, and their impact on the coastal south region of Texas.

Provide a brief overview of your planned activities to achieve your goal:

I scouted nilgai to document herd numbers and how many males to female per herd. Spoke to locals about the impact and damages the nilgai are doing to hurt the agricultural business in that area. I spoke to guide about tick born diseases.

TRIP DETAILS

Location of Expedition/Exploration: Los Fresnos, Texas

Trip Duration: 2 Days, 1 Nights *Must show at least 6-8 hours of activity to earn a day

Trip Dates: Dec 25, 2019 to Dec 26, 2019

In addition to the information above, please provide a detailed write-up of your Expedition or Exploration by using the prompts on the next page.

VALIDATOR INFORMATION

First Name _____ Last Name _____

Email _____ Phone _____

Are you a parent or relative of the participant? Yes ☐ No ☒

Validator comments regarding the participant's completion of the goal:

I certify that the above goal, hours, and activities were completed by the participant.

Validator Signature _____ Date / /

How does any great exploit start? With extreme research and long phone calls later and a Nilgai extravaganza is formed. First, I researched Nilgai on the internet along with South Texas environment then called the landowner to arrange a date for the visit and called a friend to be a guide. We stayed in the Los Fresnos Inn.

This experience was unique to any prior endeavors because the environment was a tropical savanna climate that I am not accustomed to. One small part of the land we explored was located on the Gulf of Mexico. So, while on the border I immersed myself into the Tex-Mex culture it put me out of my comfort zone by throwing me into situations I was not used to like encountering the pests of the earth.

The area proved difficult to travel through due to the heavy rainfall which made some areas not explorable. The cactus and thorn filled brush made walking not ideal because it made home to pests, I had to be aware of especially on one encounter with an eight-foot rattlesnake. Because of encounters like these I only exited the truck in open areas. And because of the mosquitoes and brush I made sure I wore a long thick sleeved coat.

I plan on leaving George West, TX, with my family and a friend, who is to be our guide, on December 25th, and travel to Los Fresno, TX by personal vehicle and checking into Los Fresnos Inn by 1:00 pm. On the guided exploit I will survey the number of Nilgai and observe plant growth compared to the untouched National Wildlife Refuge. I will interview the landowner about the impact of the invasive species on the environment. I will have our guide show us around the property and help spot animals. I plan to ride in the back of a truck with binoculars. Our guide will cook and teach me about Mexican food and culture.

We left George West, TX, at 10:00 am, with my family and a friend, our guide, on December 25th, and traveled to Los Fresno, TX by personal vehicle. We ate lunch at a Tex-Mex restaurant which delayed the planned arrival time to Los Fresnos Inn by an hour. I called the landowner at this time to make sure our arrival was expected. After an hour of settling into the hotel we drove for another thirty-minutes and arrived on the landowner's 800 acres at 4:00 pm which is located next door to the National Wildlife Refuge. I was surprised to see how tropical the area was. I met the landowner and we reloaded up into a truck and our guide started showing us the property. He explained that there were large rattlesnakes and to stay clear of brush and thick grass. We drove to the Nilgai's favorite environment which is the thicker brushy areas of the acres over the savanna area. Our guide drove us to the pond so we could walk around and see hoof prints and fecal matter. We drove around for three hours and did not spot one Nilgai. Since it was 7:30 pm at this time we decided to call it a night on the search for Nilgai and I told everyone we were getting up at 5:00 am so we would have an early start.

December 26th found us up and dressed warm for the cold morning by 5:30 am. Our guide took us to the gulf side of the acres where I spotted flamingos, pelicans, ducks, and sea gulls. Our guide drove us around till we spotted something off in the brush, our first Nilgai bull. He was far way, but I knew he was a bull by his blue color. The next one my Dad spotted. Both bull rams fled before we could get a good look at them. Part of the land was still too muddy to drive across limiting where we could go. We ended our morning escapades at 9:00 am for a bite of breakfast. Our guide cooked scrambled eggs, cheese, and chorizo in tortillas. I do not eat eggs however with the added chorizo and tortilla it is a delicious combination. Our guide showed me how to make this dish. After breakfast at 10:30 am, I tracked down and talked to the landowner about Nilgai. He told me they were introduced in the 1930s to

1940s by the King Ranch and released in South Texas to be free range animals. The male once matured are blue six-hundred-pound bulls and can have horns measuring from 8.6 to 10 inches while the cows are brown and do not grow horns. They reproduce really easy and can have two or three babies at a time. They are skidish and have excellent eyesight and hearing. I think talked with the guide about Nilgai and he followed up with Nilgai carrying tick fever which can kill cattle. The deer carry ticks from Mexico to the U.S and distribute it to other animals. A hunting season for both deer and Nilgai control the population which limit the spread of disease. And a fun fact Nilgai do not have any predators. Nilgai left on their own would over-populate and cause destruction of property. The time was about 12:00 pm, so, after all the learning I took a nap to rest up for the evening exploring. Sleeping till 3:00 pm we then drove out and explored more of the land with our guide. From our vehicle we spotted the from under the brush an eight-foot rattlesnake. It was the biggest snake I had ever seen! We continued our drive and looked for Nilgai in the underbrush bedded down. I spotted a coyote running across the field. We then headed over to the watering holes. Halfway there we spotted a javelina. We then headed back to the hotel at 5:00 pm. We packed up and headed to security checkpoint a forty-minute drive. Once there we had our truck gone over with a bomb sniffer dog after that we were cleared for departure and were sent on our three-hour drive back home.

I would like to add that hunting plays a key role to keeping the population of Nilgai to a manageable level to prevent the spread of disease. And that during my trip I had food I had never experienced before such as athletic Mexican food. I found a love for chorizo and cooking street tacos. I learned to speak a few words in Spanish to talk to others. I am planning on going back again to see the new fawns.

Expense Report:

Fuel: \$145
Lodging: \$496
Food: \$356
Maps: \$78
Consultant: \$125
Total: \$1,200