

綠色生活在聖城 (續)

三合一彙編

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萬佛聖城第一堂的環保課

1991年9月14日，正就讀史丹佛大學的易瑞華（培德女校畢業生）看到聖城的山坡地，竟然變成垃圾山！她告訴我們：「很多東西可以回收，若能把這些垃圾分類為：（1）紙類、（2）瓶罐、（3）菓皮菜葉廚餘、（4）木箱、（5）油紙箱；然後送去回收公司，或廢物利用，或作堆肥用；如此一來，剩下的垃圾就會減至一半，乃至更少。」又說：「如果垃圾未做分類，就隨意丟棄；雖然在此處消失了，可是卻出現在世界的另一個角落，那麼問題永遠不能解決。所以溯本追源，垃圾分類與資源回收，才是最根本解決方式。」

資源回收需要很多的耐力及細心，是忍辱負重的環境保護使命。

設立資源回收中心的最初歷史(1991-2008)

萬佛聖城是國際性的道場，城內還有小學、中學、大學，所以城內的常住四眾、義工、住宿生、老師、訪客，以及參加法會的佛友等，有來自美國本地及世界各地，加上不同生活背景、風俗習慣的各界人士，來來去去；最初，要在聖城推行資源回收，光是教導與建立環保的概念就相當不容易。但無論怎樣的艱難，我們仍然需要去做，因為這是唯一可保持世界資源的方法。

1991年為了方便大家做垃圾分類，最初我們在大廚房外的對面（也即是法大的後

Green Living at CTTB (Continued)

Compiled by San He Yi

☞ Continued from cover inner page

The First Class on Resource Conservation and Environmental Protection at CTTB

On September 14, 1991, Shari Epstein discovered that a beautiful hill had been transformed into a stinking, black mountain of trash. Shari said, "Dharma Masters, these items can be recycled and even sold for money! If we sort out the garbage, we can sell the aluminum cans and glass bottles to the Recycling Center in Ukiah. They'll take the old books, newspapers, and magazines and recycle them, but they won't buy them. But at least, we can conserve many raw materials for the world. We can reuse lots of this stuff ourselves. The fruit peels and vegetable waste can be composted into fertilizer. And we can use the wooden boxes and crates as kindling and firewood in the woodstoves. Then the trash will be reduced by at least half!"

She said, "**The garbage that we throw away may disappear from our corner of the world, but it will reappear in another corner. The problem will never be solved.** Therefore, to get to the root of the problem, we must sort the trash and then recycle it."

We then realized how much patience and assiduous care recycling requires.

The Early History of Establishing the Recycling Center (1991 to 2008)

CTTB is an international monastery that also houses an elementary school, high school, and university. The people here include monks, nuns, laypeople, volunteers, boarding students, teachers, short term guests, as well as those who come to participate in Dharma assemblies. They come from all over the world with their different cultural backgrounds and social customs. In the beginning, it was not easy to promote recycling and resource conservation at the city. However, we had to do it because it was the only way to preserve the natural resources of the world.

Our first rather crude recycle center was set up behind the Dharma Realm Buddhist University in 1991. We reused produce boxes as



面) 靠牆處，設了一個非常簡陋的回收中心；此即萬佛聖城第一個回收地點。1991年6月7日，改在小齋堂外成立了一個「小小回收中心」，女校同學在矮牆上用顯眼的青藍色油漆寫了「RECYCLING CENTER / 資源回收中心」幾個大字，所以遠遠地就可以看見。

設立資源回收中心及垃圾分類回收處

1991年12月，我們又在城內設立七個垃圾分類回收處。1993年新年後，為了保持環境整潔美觀，上人特別允許我們用如來寺斜對面的一排木屋子作為資源回收中心，由此萬



佛聖城的環保又跨前了一步。2007年12月，由於又有了十二個大型的資源回收桶及垃圾桶，因此城內又增添了幾個回收點。

用卡車送回收物出城的歷史

1990年8月，我們借來一輛非常堅固的軍用車，以便把回收物送出城，但因為是敞篷的，要載回收物是較困難，所以需要以大塊油布罩著。當時都是由比丘尼在百忙中抽空駕駛卡車載回收物出城，此外來自台灣的留學生黃果娟也經常來幫忙開車及分類回收。當時有人說：「我很喜歡這份工作，因為法師教我在倒垃圾之餘，也同時教我把內在的垃圾一起倒掉，重新再來！」

這輛軍用車做全城性回收垃圾，直到壽終正寢，可謂勞苦功高。後來，總辦公室提供了一輛中型舊軍用綠色卡車，也非常堅固。

1994至2008年期間，資源回收部門終於可借用一輛還很好的黃色大卡車。每個月我們用黃色大卡車載出大約一兩次的回收物，為聖城減少了許多的垃圾。還有，自行把垃圾送去掩埋

recycling containers and labeled them: Newspapers, Cans and Bottles, Cardboard Boxes, Mixed Paper. But it was too close to the kitchen, so we moved it to a walled-in area next to the small dining hall. The girl students painted RECYCLE CENTER on the wall. The sign could be seen from far away!

Setting up the Recycling Center and Garbage Collection Stations

In December 1991, a lay person from San Jose donated 12 large recycling containers, which we placed in seven locations to facilitate garbage sorting and recycling. After the 1993 Lunar New Year, to keep the city clean and attractive, the Master gave us permission to use the row of wooden sheds across from Tathagatha Monastery; thus establishing a new Resource and Recycle Center (R&RC). Now we had sufficient space for our multifaceted activities. The progress of environmental conservation and resource recycling work took another bold step forward! A new chapter was launched. (This place has been used since 1993.) On December 10, 2007, there was another lay person who donated 12 large recycling containers and garbage containers; therefore, several recycling locations have been added in the Sagely City.

The Early History of Using Trucks to Transport the Recyclables out of the City (mid-August 1990)

In August 1990, we used an old military truck with a flat bed to transport the recyclables out of the city. It was necessary to tie down the materials with a large tarp to keep them flying off and injuring someone. A senior American Bhikshuni (Heng Chia Shr) used to take time out of her busy schedule to specifically drive the truck to the recycling center in town. A college student from Taiwan (Huang Guo-Juan) volunteered to drive the truck and help to sort the recyclables. At that time someone said, "I like this work because the Dharma Masters teach me to purge the garbage within myself as I dump the garbage outside."

Having performed productive service through hard work, and like all things in this world of impermanence, the old truck died and couldn't be used anymore. The office then provided us with another old military truck that was painted camouflage green.

From 1994 to 2008, the recycling department finally was able to borrow a very good yellow truck to deliver the recyclables and reduce the trash at CTTB. From March 2, 2006 onwards, the men's side took care of delivering recyclables outside the City. The money generated from redeeming and selling recyclables was kept in a "Resource Recycling Fund."

Recycling Kitchen Waste

In 1991, the kitchen began recycling as well. Every day the trash would be collected from inside and outside the small and large dining halls and the kitchen and carted to the Resource and Recycle Center,

場較衛生，費用也較低。2006年3月2日起，運送回收物出城外的工作就交予男眾去做，所有賣回收物的錢就作為「資源回收基金」。

廚餘回收

自1991年開始，廚房也開始做資源回收的工作：每天須收集大小齋堂和廚房內外的垃圾，用齋堂的手推車把這些回收物及垃圾推到回收中心，再進行分類、整理及善後；然後再將廚房外面桶內的果皮、菜葉、廚餘等，送往喜捨院後面的園地內掩埋。當時廚餘回收的工作，需很大體力和耐力，才能為之。

堆肥新進展

由於掩埋的方式不會產生肥料，我們就採用堆肥方式來處理廚餘。因此在男眾的協助下，我們將掩埋菜葉及廚餘的地點換到資源回收中心正對面，也找來一些鐵絲網充當柵欄，所以開始在裏邊做起堆肥了。但是，因為堆肥的工作並不是由專人來做，而是以輪流方式處理，效果欠佳。所以堆肥地點改去更遠的地方，即是在大齋堂對面空曠處挖一個又長又深的大洞。此次的優點，是比較容易挖及鏟泥沙到坑裏去；但其缺點是每個洞太小，很快就填滿了。於是堆肥地點又再改到喜捨院過去的菜園，當時男眾就在長滿野草的菜園內挖洞，但此處有更多的大小石頭；如果是下雨天，工作人員就得走過泥濘，才能到堆肥處，很不方便。

2005年5月，有位從台灣來的范居士正好要在城內造個有機菜園，理所當然，這一切有關的有機堆肥就在此處統一處理。開始的前一兩年，效果也不是很好。從第三年開始，不再使用堆積方式，而是將葡萄渣等鋪在已收割過的土地上，然後再用機器怪手去翻覆。換言之，已收割過的大片土地由於沒有營養了，不能再種植任何東西；但是，當把每日拿回來的葡萄渣和木屑鋪在上面之後，經過幾次翻弄，久而久之，整片土地也就和葡萄渣、木屑完全混合了。每天再用機器這麼樣來翻覆，整片土地就不再有酸葡萄酒味了，而是上乘肥料之香味。

2007年7月份開始，「萬佛聖城有機菜園」獲得美國農業局有機菜園的認證。2008年10月份開



where it was sorted into recyclables and throw-away trash. The fruit peels, discarded veggies, and other organic kitchen waste (called biomass) was pulled on a cart and buried in a compost pile at the vegetable garden behind Joyous Giving House (JGH). As you can see, recycling work required great strength and endurance.

New Developments in Composting

Our method of composting at JGH, we learned, did not produce good compost, so we tried a more conventional technique. The men built a compound near the R&RC, where we made compost piles by layering biomass waste and dirt, then turning the pile with a shovel. However, due to a shortage of workers, the compost was not turned on a regular basis. So we moved the location of the compost pile yet again. At one time, it ended up right in front of the dining hall. The advantage was that digging the holes and shoveling the dirt was easier, but the disadvantage was that the holes were too small and filled up quickly. So the compost location was moved back to JGH garden, but the new area was filled with rocks, making it difficult for the women to walk over on rainy days, without slipping.

In May 2005, Mr. Fan from Taiwan came to start an organic garden at CTTB. It seemed natural that the organic compost could be taken care of next to the garden. During the first few years, the results were not that good. In the third year, Mr. Fan stopped making compost piles. Instead, after harvesting, he spread grape pomace, woodchips, weeds, straw, and leaves straight on the land and plowed them into the soil. That way, the soil would be ready for the next planting season. Now that Mr. Fan uses this method, the smell of wine has been replaced by the aroma of rich organic fertilizer.

In July 2007, “The City of Ten Thousand Buddhas Organic Garden” obtained an organic farm certification from the U.S. Department of Agriculture. In October 2008, someone donated a new composting machine that makes the composting work even more complete.

Sorting Trash Is Everyone's Responsibility

We began to promote resource recycling in 1990, but since the residents at CTTB are mostly from Asian countries, it has been difficult for them to accept a new method of dealing with garbage.

The problem with the dumpster needed to be resolved. It cost \$200 per month, and it only caused people to generate more garbage. The recycling department proposed to DRBA to discontinue the dumpsters and to encourage more recycling. Thus, the garbage will be reduced to the least. The proposal passed. We then wrote a letter to the local government stating the

始，因為有人捐一台新的機器怪手，因此堆肥工作更趨完備。

垃圾分類，人人有責

雖然從1990年已開始推行資源回收，但是聖城是國際性的大道場，除了美國本身外，大多的住眾皆來自不同國家，如台灣、馬來西亞、新加坡、越南、香港、法國、加拿大、英國、緬甸，還有印尼等國家。又因為來自於亞洲地區的人佔多數，往往在一開始時都不太能接受這種資源回收分類的方式。

一個小型的垃圾箱，當時大約是200多塊美金；若每個月都租一個，一年後就須\$2,400，實在不划算！何況根據以往的經驗，多一個垃圾箱，等於製造更多機會讓人亂丟垃圾。為此，於1996年，資源回收部門就修書建議法總以後都不要再租垃圾箱，鼓勵大家多多回收，這樣垃圾必定會減至最少的。結果如願通過議程，於是我們就寫信件去給政府，說明不租垃圾箱的理由。

我們很積極的用各種方式，譬如海報或公告，乃至隨機開一堂環保課，以宣導大眾減少垃圾，盡力配合資源回收。我們的口號是：「垃圾須分類，人人有責任！」

漸漸的，我們發覺有成立環保展示中心/媒體介紹之必要，於是在各方支持下，於2001年6月30成立環保展示中心，並開放給大眾參觀。此中心共分為七個單元：（1）如何做環保（五大分類法），（2）宣公上人的環保/放生開示，（3）學生欄（學生的作品），（4）生活美勞創作欄，（5）如何做個慈悲心的消費者，（6）閱覽處，（7）放生。

資源回收部門，近年來針對參加夏令營的學生提供環保與資源回收課程，並於課程結束後進行簡單的問卷調查，總計收回40份有效問卷。經過資源回收部門的居士統計發現：95%的受訪者認為這項環保與資源回收課程對他們很有幫助。環保課程分為三種如下：一，成人（住眾/訪客）。二，學生（中/小學生）。三，幼稚園（自製彩繪圖手冊）。為令人更進一步了解環保，於是編訂環保課評估問卷，給住眾及學生們回答；結果所得回饋，使每個人都獲益不淺。

法會期間，很多人來參加法會，我們就用海報、傳單、影像，或者製作Powerpoint、短片等來加以宣導。2005上半年，終於製作了第一部「萬佛聖城2005年的環保」影片，有中、英、越南文、廣東話、西班牙話五種語言；但由於內容較嚴肅，圖片也少，時間又長，所以效果不佳。於下半年，法大開辦「多媒體設計」課，有了新的技能，我們製作出第二支幻燈片「心靈環保/資源回收部門」，目前仍在課堂上播放。

☞待續

reason for no longer renting the dumpsters.

It was accepted. Thereafter, we began to use various methods of promotion such as posters, public notices, and classes on environmental conservation. Our slogan was: **Sorting trash is everyone's responsibility!**

Gradually, we discovered a need for an environmental education center with exhibits and multimedia presentations. With support of the community, we cleaned up a big warehouse—the site of the old kitchen—and on June 30, 2001, we established the Environmental Protection Demonstration Center, open to the public. There were seven departments: 1) How to Recycle, 2) The Master's talks on liberating animals intended for slaughter, 3) Students' Corner, 4) Creative Recycled Art Corner, 5) The Compassionate Consumer 6) Reading Room, and 7) Cherishing Life.

The Recycling Department recently provided an environmental protection and recycling course for summer camp participants, and did a simple survey at the end of the course. A total of 40 valid surveys showed that 95% of the respondents thought that the environmental protection and recycling course was very helpful. Environmental courses were designed for three types of audiences: (1) adults (residents / visitors), (2) students, (3) Kindergarteners (with a coloring book that they make themselves). To provide further understanding of environmental protection, we drafted an environmental course survey for resident and students to answer. The feedback showed that everyone benefited significantly from the course.

During the sessions when many people joined the Dharma assembly, we used posters, leaflets, images, slide shows, or videos. In early 2005, we created our first video, "Environmental Protection at the City of Ten Thousand Buddhas," in Chinese, English, Vietnamese, Cantonese, and Spanish. It was not very appealing because it was too somber, too long, and had too few graphics and pictures. Later that year, DRBU offered a Multimedia Design class on Powerpoint presentations. With new skills, I was able to produce a second slide show called "Environmental Protection of the Mind / Resource Recycling Department," which is still being used in the classes.

☞To be continued

