

Instilling Goodness and Developing Virtue Summer Camp

育良培德夏令營



The 2021 Instilling Goodness and Developing Virtue Summer Camp was held at the City of Ten Thousand Buddhas and Sudhana Center between June 7 and June 18, with sixty-five participants (boys and girls K-10) from the local community attended. Although the pandemic limited the camp to half-days and was only open for day students, they were still able to participate in the exciting activities described below.

Boys Division

By Emelia Moore

Chinese Translation by Lingying Xia

The 2021 Boys Summer Camp was a wonderful experience for all involved. Students participated in meditation, virtue studies, science, art, theater, games, and more! It was refreshing for the children to come together after a year of mostly online learning.

Each day at Summer Camp started with meditation and exercises. Then off to Virtue Studies! Each student created a virtue studies book based on stories about making

2021年育良小學培德中學夏令營於6月7日至6月18日在萬佛聖城和善財參學中心舉行，共有65名營員（幼稚園至十年級的男女生）參加，他們都來自萬佛聖城附近的社區。雖然因疫情之故，每天只開放半天，且不提供住宿，但營員們仍能參加令人興奮的種種活動，請見以下報導。

男校夏令營

伊蜜莉亞·摩爾 文

夏凌穎 中譯

2021年育良培德中小學男校夏令營對所有參與的人而言，都是非常美好的經驗。學生課程包括打坐、道德研究、科學、藝術、話劇、遊戲等等。在長達一年幾乎都是網路上課的學習之後，孩子們都很開心能夠重新相聚。

夏令營每天都以打坐和運動展開，並以道德研究結束當天課程。每個學生要自己製作一本道德研究的書，內容則是「在人生中作出正確抉擇」的故事。

天氣很好，特別方便我們在戶外活動，最受

the right choices in life.

Beautiful weather gave way to outside play with four-square being the favorite game! Science activities included making a water pump sprinkler, bottle cap rocket, slime, balloon powered lego car, and building a wooden SUV toy car. A scavenger hunt taught teamwork and problem-solving. It led the boys all around the school, inside and outside, piecing together different clues to their final destination with a surprise treat!

Art classes focused on many watercolor paintings, tie dye, playdough making and sculpting, as well as dinosaur crafts. Two guest artists worked with students in their area of expertise.

The last day of summer camp ended with students performing a play for parents called The Great Race, about the Chinese New Year and zodiac animals. We also enjoyed a magical puppet show from the art teacher and several students. Campers had fun getting to know each other better while participating in the variety of activities this summer camp had to offer. We look forward to next year's summer camp and welcoming more children from all over the world.

Girls Division

By Amy Liu and Tanya Zhou
Chinese Translation by Wei-Chen

“Humility” was the theme for the 2021 Instilling Goodness and Developing Virtue Summer Camp. The camp was conducted safely and in-person on the City of Ten Thousand Buddhas campus, with strict COVID-19 precautions including mandatory masks, separate bubbles, consistent sanitation, surveillance testing, daily screenings and temperature checks. Although under these prevention measures, the campers were still able to participate in exciting activities, from arts and crafts to nature hikes and canoeing.

The kindergarteners and first-graders enjoyed many art activities, including painting, crafting paper peacocks, and making fans for Father's Day, along with plenty of time outdoors on the playground. The second- through fourth-graders also engaged in many hands-on activities. They explored the science of bubbles in a 4H lesson, created origami cranes and bead bracelets, learned woodworking and basket-weaving skills, and spent time in nature on scavenger

歡迎的是「無網四方場地手球遊戲」。科學活動則有自製噴水系統、用瓶蓋做成火箭、黏土遊戲、氣球帶動的樂高積木車、還有自製木造休旅玩具車。尋寶遊戲教會孩子們團隊精神和解決問題的能力，讓孩子們在教室內外到處找尋，將不同的線索拼湊起來，最後終於來到他們的目的地，並獲得一份驚奇禮物！

藝術課程聚焦於水彩畫、布料染色、自製黏土和雕塑、恐龍工藝品等，兩位客座藝術家帶領學生們探索他們專精的領域。

夏令營的最後一天，由學生們演出「偉大的賽跑」話劇，內容是關於農曆新年和十二生肖，並邀請家長觀賞。我們還有神奇的木偶戲，由藝術老師和幾位學生合作演出。夏令營的同學們很高興在參與各項活動中，彼此更加互相了解。我們期待明年夏令營的到來，並歡迎來自世界各地更多同學的參與。

女校夏令營

劉自如、周源 文
微塵 中譯

2021年育良小學培德中學夏令營的主題是「謙遜」。本年度夏令營在萬佛聖城校園內安全地舉辦，營員們都能親身參加。期間採取了嚴格的新冠肺炎預防措施，包括必須戴口罩、營員與聖城其他住眾隔離、始終如一的清潔措施、感染測試、每日健康和體溫檢查。雖然夏令營在這些防疫措施下展開，但營員們仍能參加令人興奮的種種活動，包括藝術、手工藝、野遊、划獨木舟等。

幼兒園和一年級的學生開心地參與了許多藝術活動，包括繪畫、作紙孔雀、為父親節製作扇子，並有充足的時間在操場上進行戶外活動。二到四年級的學生也參加了很多動手實踐的活動。根據四健會所提供的一門課程，他們探索了氣泡的科學原理。他們摺了千紙鶴，串了珠子手鍊，學習了木工和編籃子的手藝，還在大自然中

hunts and other physical activities. Furthermore, the campers practiced sitting meditation and kept camp journals, in which they reflected on examples of humility at school and in the home.

Campers also made custom tie-dye shirts and cotton masks, which were unique, colorful, and practical. Another highlight of the summer camp was the celebration of the Dragon Boat Festival, in the form of a series of activities related to Chinese culture and this significant holiday. First, the campers painted dragon boats, which were based on upcycled soy milk cartons. With elaborate decorations, the boats were complete with dragon heads, tails, and oars. Next, they learned about traditions surrounding the Dragon Boat Festival, as well as the Chinese custom of using chopsticks and a classic story of humility, “Kong Rong Shares Pears.” Last but not least, the campers made their own fragrant pouches filled with lavender and rose petals, traditionally worn at the Dragon Boat Festival.

Meanwhile, the 5th-10th grades participated in activities that brought them outside the campus. For example, they took trips to Mendocino College to help at Caring Kitchen, a Mendocino non-profit organization that serves cancer patients healthy meals, where they learned to harvest and prepare various herbs. Led by the staff of Caring Kitchen, they gathered rosemary, set it out to dry, and then stripped the leaves off the stems to use in cooking.

Another memorable experience was canoeing in Big River, near the Mendocino coast. It was a bonding experience, where campers learned to work together to paddle the boat, as well as an opportunity to appreciate the beauty of nature, as they spotted harbor seals, water birds, bull kelp, and a wondrous group of jellyfish. The campers also engaged in a wide variety of team activities inside the City of Ten Thousand Buddhas, including sports such as soccer, basketball, and volleyball.

After two weeks of fun, the 2021 IGDVS Summer Camp came to a close on June 18th. Thanks to the collective efforts of coordinators, teachers, volunteers, and parents, the campers were able to have a safe and delightful experience in spite of the pandemic. ❀



玩了尋寶遊戲和其他體育活動。此外，營員們練習打坐，還記了營地日記，在日記中回想學校和家中他人謙遜的榜樣。

營員們還自製了紮染T恤衫和棉口罩；它們獨特、多彩又實用。夏令營的另一個亮點是慶祝端午節：營員們參與了一系列與中國文化和這個重要節日相關的活動。他們首先用回收的豆漿盒製作和裝飾龍舟。他們做的龍舟裝飾精美，龍頭、龍尾和槳一應俱全。然後他們學了有關端午節的風俗習慣、中國使用筷子的習俗和有關謙讓的經典故事「孔融讓梨」。最後，根據端午節期間人們佩戴香包的傳統，他們每人還自製了一個裝滿薰衣草和玫瑰花瓣的香包。

與此同時，五至十年級的營員們參加了在聖城外的活動。例如，他們前往曼都西諾學院幫助一個曼都西諾縣非盈利組織--愛心廚房。該組織為癌症患者提供健康食物。在那裡營員們學會了採摘和準備各種香草。在愛心廚房工作人員的帶領下，他們採摘迷迭香，晾乾，然後將莖上的葉子摘下來待烹飪時使用。

另一個難忘的經歷是在曼都西諾海岸附近的大河裡划獨木舟。營員們學會了合作划船，建立了友情；同時又見到了斑海豹、水鳥、海帶和一群奇妙的水母，有機會欣賞自然之美。營員們也在萬佛聖城內參與了豐富多彩的團隊活動，包括足球、籃球、排球等運動項目。

兩週快樂時光一晃而過，今年夏令營於六月十八日結束。感恩協調員、老師、志願者和家長們的共同努力，即使在疫情期間，營員們也能擁有一段安全而愉快的經歷。❀