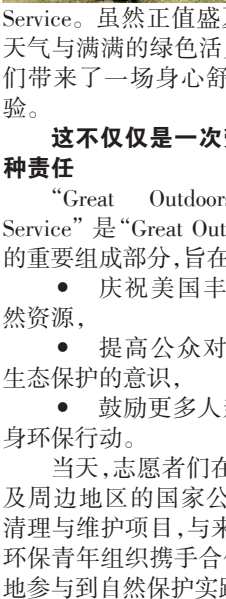


## CYOC参与“Great Outdoors Day of Service”志愿活动——一起守护自然资源,共筑绿色未来

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2025年6月27日,华府青年CYOC作为唯一的以华裔为主的非赢利组织,共有18位大小义工参与了由The Corps Network在马里兰州Greenbelt Park举办的年度环保志愿服务——Great Outdoors Day of Service。虽然正值盛夏,但凉爽的天气与满满的绿色活力,为志愿者们带来了一场身心舒畅的环保体验。

### 这不仅仅是一次劳动,更是一种责任

“Great Outdoors Day of Service”是“Great Outdoors Month”的重要组成部分,旨在:

- 庆祝美国丰富的公共自然资源,
- 提高公众对国家服务和生态保护的意识,
- 鼓励更多人亲近自然、投身环保行动。

当天,志愿者们在华盛顿特区及周边地区的国家公园中开展了清理与维护项目,与来自全美多个环保青年组织携手合作,身体力行地参与到自然保护实践中。

### 嘉宾致辞:你们在塑造环境,也在塑造生命

活动伊始,The Corps Network 总裁兼首席执行官 Mary Ellen Sprenkel 致辞,感谢来自全国各地的志愿者为保护国家与社区公园所做出的贡献。The Corps Network 拥有150多个成员组织,长期致力于植树造林、修复步道、清洁环境与生态恢复等工作。当天特别嘉宾、美国鱼类与野生动物管理局 (USFWS) 主任高级顾问 Joshua W.D. Coursey 给所有志愿者留下了一句意味深长的话:“You are not only shaping the landscape, but you are also shaping lives.”“你们不仅在塑造自然环境,更在塑造生命。”

这句发自内心的寄语令在场志愿者深受触动。我们所做的每一项环保行动,既影响着环境,也悄然影响着身边的人和自己。

### CYOC 任务:清除入侵植物,学习识别毒藤

CYOC 义工们本次的主要任务是清理三种在本地生态系统中具有侵害性的入侵植物 (invasive species): Wineberry (野覆盆子), Stilt Grass (矮柄草), 和 Beefsteak Plant (紫苏)。环保队长在活动开始前为大家讲解了这三种植物的识别特征与危害性。大家还学习了如何识别户外最常见的有害植物

之一——Poison Ivy (毒藤),这不仅是环保实践的一部分,更是保障户外安全的基本知识。随后,CYOC 义工们分组进入林地,亲手拔除杂草、整理绿地,既掌握了生态保护技能,也深刻体会到守护自然的劳动与责任。

### 环保口号:团队合作,梦想成真

今年志愿者统一着装的T恤上印有一句口号:

“Teamwork makes the dream work.”(团队合作,梦想成真)

正是因为每一位志愿者的努力协作,这样一场跨地区、跨组织的大型环保行动才能顺利进行并取得实效。深入自然、保护自然,就是在保护人类自身。CYOC非常荣幸能够成为这场团队合作中的一员。

### 服务社区,守护自然,从点滴做起

通过这次志愿服务,CYOC 成员不仅增长了关于生态系统、植物物种和环保工具的知识,还亲身参与到国家公园的维护与修复中。他们用双手还原绿地生机,用行动诠释责任担当。每一棵拔除的杂草,都是对自然环境的尊重;每一滴流下的汗水,都是对绿色未来的守护。服务社区,从身边做起;守护自然,从小事开始。CYOC 的孩子们在劳动中成长,在自然中思考,真正实现了“知行合一”的环保教育目标。我们为CYOC的热情参与与杰出表现感到由衷骄傲,更期待未来有更多年轻人投身环保行列,共同守护我们美丽的地球家园!

### Restoring Greenbelt Park

By: Diana H. Zhao

It was my first time working instead of seeing my sister and the rest of the CYOC members do all the work. On a crisp summer morning, I joined several dedicated volunteers from CYOC (Capital Youth Outreach Club) at Greenbelt Park to participate in the Corps Network's Great Outdoors Day of Service. The mission was clear and urgent: to help remove poisonous and invasive plant species threatening the park's natural ecosystem. As someone who loves spending time outdoors, I was both excited and a little nervous about the hard work ahead, because I got to help out at the park and give back to my community, but I was also nervous because I was told that there was going to be a lot of ticks in Greenbelt Park. Little did I know that this day would become one of the most rewarding experiences of my life.

When we arrived, the park was peaceful and full of morning light filtering through the trees. Yet beneath this beauty lurked an invisible danger—poison ivy and other invasive plants choking out native vegetation and making the trails unsafe for visitors. The Corps

Network's initiative aimed not just to clean up the park, but to restore balance to its fragile ecosystem. CYOC volunteers, many of them students and young community members, gathered in groups to learn about the different harmful plants and how to remove them safely.

Under the guidance of park rangers and experienced National Park Service members, we put on protective gloves and learned to identify poison ivy, wine berries, and other invasive species that were damaging local trees and crowding out native wildflowers. Working together, we carefully cut and pulled the vines, placed them on the trees and made sure no fragments were left behind to regrow. Another plants we had to remove was stiltgrass. Since stiltgrass spreads rapidly, there were lots of them everywhere along the trail. Luckily the guide showed us how to remove them, it was really fun and easy to pull out. It was physically challenging and at times tiring, but seeing the immediate difference along the trails was deeply satisfying and felt like my hard work had paid off.

Beyond the physical work, the day was full of meaningful connections. I had the chance to meet new people from other organizations. Leaders taught and explained the importance of environmental stewardship and the ways even small actions can protect wildlife and improve public space, and how volunteering shapes us as individuals. Many young people felt empowered for the first time, realizing that they could directly impact their community and the environment.

Throughout the day, we removed a lot of invasive plant material, making the park safer and healthier for both visitors and native species. By the end, the trails looked clearer, trees were freed from strangling vines, and there was a renewed sense of pride among all the volunteers. Seeing the immediate results of our hard work reminded me that service doesn't always have to be grand to be meaningful—sometimes, simply protecting a single tree or patch of flowers makes a world of difference.

Participating in the Great Outdoors Day of Service with the Corps Network at Greenbelt Park taught me the power of collective action and the importance of caring for the spaces we share. It reinforced my commitment to environmental conservation and community service. Most importantly, it showed me that when we come together with a common purpose, we can create real, lasting change—one plant at a time.

This opportunity was fun and educational, it taught me how to identify invasive plants and how to remove, also while making it fun in the process!

### Restoring Nature: CYOC Volunteering at Greenbelt Park

By: Camille Hu

In an era where environmental conservation has become a pressing priority, local actions often hold the most immediate and tangible impact. One such initiative took place at Greenbelt Park, where volunteers from CYOC, AmeriCorps, and other organizations volunteer group gathered at Greenbelt Park in Maryland, ready to participate in The Corps Network's Great Outdoors Day of Service. This nationwide initiative encourages young people to connect with nature, give back to public lands, and learn about environmental stewardship. For CYOC, this was an opportunity not just to volunteer but to make a meaningful contribution to the long-term health of the park by tackling one of its most pressing ecological challenges: the removal of poison and invasive plant species.

Greenbelt Park is a lush, forested area within the National Park System, serving as a green oasis for residents of the D.C.-Maryland area. However, like many natural areas, it faces constant threats from invasive species—non-native plants that spread rapidly and outcompete the native vegetation. Some of these plants, like stiltgrass, forms rapidly and dense mats. It's an annual grass that thrives in disturbed areas like roadsides, trails, and floodplains, and can quickly dominate an area, outcompeting native plants. Others, such as poison ivy, pose health risks to park visitors and volunteers. If left unchecked, these species not only damage biodiversity but also disrupt the balance of the local ecosystem. However, we did not touch poison ivy because of the potential danger it can cause.

During the Day of Service, CYOC volunteers received training from professionals on how to identify and safely remove harmful plants. Dressed in protective clothing and equipped with gloves, glasses, and cutting tools, the group fanned out across affected areas. Each pull of an invasive vine revealed native plants struggling beneath—a visual reminder of the difference their efforts could make. Volunteers worked diligently to remove stiltgrass from trail sides, ensuring that the native plant can be healthy and thrive.

In the end, the event at

Greenbelt Park was not just about removing invasive plants—it was about restoring harmony to the ecosystem and building community through service. The work was dirty, sweaty, and sometimes itchy, but it was also deeply rewarding. As the sun began to set over the newly cleared trails and native plants were given room to thrive once more, CYOC volunteers left not only with sore muscles but also with a renewed sense of purpose. Their service was a small act of environmental justice—and a big step toward a greener future.

在环境保护已成为当务之急的时代,地方行动往往能产生最直接、最明显的影响。来自中国青年志愿者协会、美国志愿服务队和其他组织志愿者团体的志愿者们聚集在马里兰州的格林贝尔特公园,准备参加美国志愿服务队网络的“户外大服务日”活动。这项全国性的活动鼓励年轻人与大自然建立联系,回馈公共土地,并学习环境管理知识。对CYOC来说,这不仅是一次志愿服务的机会,也是一次通过解决公园最紧迫的生态挑战之一:清除有毒和入侵植物物种,为公园的长期健康做出有意义贡献的机会。

绿化带公园是国家公园系统内一片郁郁葱葱的森林地带,是华盛顿特区-马里兰州居民的绿洲。然而,与许多自然区域一样,它也面临着外来物种的持续威胁—这些外来植物会迅速蔓延并取代本地植被。其中一些植物,如高跷草,会迅速形成密集的草垫。这是一种一年生草,在路边、小径和洪泛区等受干扰地区生长茂盛,能迅速占据一个区域,取代本地植物。其他植物,如毒常春藤,会对公园游客和志愿者的健康造成威胁。如果任其发展,这些物种不仅会破坏生物多样性,还会破坏当地生态系统的平衡。不过,由于毒藤可能造成的潜在危险,我们没有触碰它。

在服务日期间,中国青年志愿者行动中心的志愿者们接受了专业人员关于如何识别和安全清除有害植物的培训。志愿者们身着防护服,带着手套、眼镜和切割工具,在受影响地区分头行动。每拔掉一根入侵藤蔓,都会发现旁边的本地植物正在奋力生长—这直观地提醒我们,他们的努力可以带来巨大的变化。志愿者们辛勤地清除小径两旁的高跷草,确保本地植物能够健康茁壮地生长。

最后,绿化带公园的活动不仅仅是清除入侵植物,而是通过服务恢复生态系统的和谐并建立社区。虽然工作很脏,汗流浹背,有时还会发痒,但也收获颇丰。夕阳西下,新清理出的小径上,本地植物再次茁壮成长,CYOC志愿者们离开时不仅肌肉酸痛,还重新找回了目标感。他们的服务是环境正义的一个小行动,也是向更绿色的未来迈出的大一步。