

Riding for the Disabled Association Ltd.



香港傷健策騎協會有限公司

MAGAZINE



From left: Clement Ma, Kim K W Mak, Apollo Ng, Mr & Mrs K W Lam, Mrs Iren Kam Ho Suk-ye, Mr John Chan, Mr & Mrs K K Yeung, Mr Ray C T chan, Nelson S H Yip, Professor Benjamin Wong, Mr Heung Shu Fai and Mr Frankie Wu.

9th Issue - April 2008



Jo Eling
Operations Manager



Canney Cheng
Administrative Manager



Florence Wong
Administrator - Tuen Mun



May Cheung
Administrator - Tuen Mun



Rose Sung
Administrator - Pokfulam

Contents

- 1** Contents
- 2** Visit by Sue Adams Wheeler 2007
- 3** RDA Christmas Gymkhana + Sedan Chair Race and Matilda Bazaar
- 4-5** RDA Annual Ball 2008 + Pony Rides at the Canadian International School
- 6-7** Operation Santa Claus + Volunteer note
- 8** Riding for the Disabled Cantonese Opera Charity Show Concluded
- 9** 2007 to 2008 Flag Day in HK Island
- 10** Thanks to all our Volunteers! - The Annual Helpers Dinner October 29th 2007
- 11-12** Hong Kong Para Equestrian Team Competition in Guangzhou + Sharing Memo
- 13** Timetable - Autumn Term 2007 (PFL & TM)
- 14** Acknowledge + Volunteer note
- 15** Donation Form

VISIT BY SUE ADAMS WHEELER 2007

Sue Adams Wheeler 二零零七年造訪香港



In October 2007 RDA was very fortunate to have Sue Adams Wheeler visit us to conduct a six day workshop.

Sue Adams Wheeler is a RDASI from the UK, she is also an RDA examiner and Para Olympic trainer in the

UK. Sue runs her own stables in Shropshire, where she also helps with the local RDA programme.

During Sue's visit to Hong Kong, she helped instructors and volunteers at Pokfulam and Tuen Mun Riding School.

Sue raised a number of important points for our consideration. One of these was correct leading practice. She suggested leading from the outside could be beneficial as opposed to always leading from the inside. This was very helpful in the small paddock at Pokfulam. Sue also helped with mounting encouraging the riders to help themselves to mount instead of the helpers trying to lift or interfere too much with what the rider was trying to achieve. It was also stressed how important it was to have the horse stand square before a rider mounted so that the horse's weight was evenly distributed, especially having the hind legs of the horse standing under the hip joint and not out behind, which weakens the back muscles and can cause excess stress on the weakest part of the horse (this is also important for any rider to consider before mounting).

The instructors and helpers all gave very positive feedback regarding Sue Adams' visit and we hope to see her again in the later part of 2008. Many thanks to Sue for all her help and advice.

於二零零七年十月，我們很榮幸可以邀請到 Sue Adams Wheeler 來替我們舉辦一個為期六天的工作坊。

Sue Adams Wheeler 是來自英國的傷健策騎協會的高級教練，同是亦是傷健策騎協會的考官和英國殘疾奧運的訓練員。在英國什羅浦郡，她不但打理自己所擁有的馬，也在百忙中抽時間幫助當地的傷健策騎協會計劃未來。

Sue 在港的期間，不但幫忙指導於薄扶林和屯門的導師和義工們，也在帶領及指導技巧上提供了不少的寶貴意見。她指出「指導員有時只需在附近帶領馬匹及騎馬者，亦可達至在馬匹旁邊帶領的效果」，此技巧特別適用於小型馬場，例如薄扶林馬術學校等。

另一方面，她同時以心理鼓勵多於實質協助的方法，去協助騎馬者上馬。對於上馬的技巧，她表示騎馬者必需在馬匹站穩後才開始上馬，因為這樣馬匹的重量才可以平均地分佈。要留意的一點是，馬匹的後腳應該是在髖關節之下而不是後方，不然會為馬匹的背肌帶來不良的影響及於其他較弱的地方造成過度的擠壓。這點也是騎馬者上馬前應留意的。

本會各指導員及助理對於 Sue 的到訪皆十分熱衷和感激，同時亦期待她能於二零零八年再次來臨。在此再次感謝 Sue 的幫忙及意見。

Jo Eling

Jo Eling



RDA CHRISTMAS GYMKHANA 8TH DECEMBER 2007

香港傷健策騎協會聖誕障礙賽 二零零七年十二月八日



The RDA Christmas Gymkhana took place at Pokfulam Riding School on 8th December at 6.00pm. The evening began with the judging of the Christmas hat competition. Quite a number of the riders had taken the time to make their hats and there really were some wonderful creations. Barbara Kennedy the mother of one of our instructors Carolyn Blaauw was presented with the difficult task of judging the competition and prize for the best girls' hat was awarded to Sophie Milner and the prize for the best boys' hat was won by Greg Carruthers.

Then the riding began. There were three gymkhana games for each team to participate in and the teams consisting of three riders were competing in the paddock two at a time. There was great excitement and all of the riders were very determined to do their very best and hopefully win. The results were very close in each case and all of the riders rode extremely well.

The parents of the riders provided food for everyone. So as each of the teams finished their part of the competition they were able to enjoy something to eat whilst watching the other competitors. Thank you very much to all those who provided food and particular thanks go to Shirley Cross who organized this part of the evening.

The whole event was most enjoyable for everyone and there was a lovely Christmas atmosphere. A big vote of thanks goes to all the organizers, helpers and parents and congratulations go to all our competitors who put on a marvelous display of their riding talents.

Sue Gazzi

香港傷健策騎協會聖誕障礙賽於二零零七年十二月八日傍晚六時於薄扶林公眾騎術學校舉行。當晚首先會公佈有聖誕帽設計比賽的結果，其中為數不少的騎師花了相當的時間去完成他們的聖誕帽，當中實有不少精彩的設計。我們其中一位教練鮑嘉蓮的母親，巴巴拉甘迺迪委以重任，擔任是次比賽之評判。女子組的蘇妃米拿榮獲最佳聖誕則被帽之殊榮，而男子組的優勝者則為葛列格嘉爾瑟。

聖誕障礙賽於聖誕帽設計比賽結果公佈後開始。每隊參賽者需要參與三項障礙賽，其中三人為一隊的參賽隊伍以每次兩人一組的形式於草地圍場內比拼，場面非常刺激。所有騎師都全力以赴參賽，希望能獲勝。賽果都非常接近，每位騎師都有超水準演出。

各騎師的父母為眾人準備了食物，故此當每一隊完成他們的賽事之後，都可以一邊享用食物，一邊觀賞其他參賽者作賽。非常感謝每一位曾準備食物之人士，當中特別鳴謝雪莉哥羅絲於當晚安排這個環節。

整個活動為所有人帶來了歡樂，當晚更洋溢著令人快樂的聖誕氣氛。感謝所有有關之組織、是次活動的工作人員以及各參加者之父母，並熱烈祝賀於當晚展現技驚四座的騎術之所有參賽者。

Sue Gazzi



SEDAN CHAIR RACE AND MATILDA BAZAAR

「明德慈善籌款及抬轎比賽」



The annual Sedan Chair Race is the main fundraising event for Hong Kong's Matilda International Hospital.

The Race, which took place before the Bazaar started, was contested in good humor, with many teams in fancy dress. The Bazaar, which is held in the grounds of the Hospital, this year, had an Edwardian theme.

It's a day filled with excitement for kids and parents - game stalls, arts and crafts, live bands and a wide range of food and drinks. Riding for the Disabled ran a stall called "Save the Whale". Manned by Jane Stuart, Kelly Neal, Karen Rodda and Carolyn Blaauw, the stall proved very popular.

The whole day was a great success. Attendance by over 3,000 people raises money for several Hong Kong charities. Riding for the Disabled is grateful to be one of those beneficiaries.

Carolyn Blaauw

「明德抬轎比賽」是香港明德國際醫院一年一度的慈善籌款活動。

當日的抬轎比賽中，各隊伍皆穿著奇裝，以隊員激昂的情緒迎接賽事。而緊接著抬轎比賽的義賣活動，在醫院的地下大堂舉行。在該項以愛德華時代為主題的活動中，小朋友和家長們都盡情投入各式各樣的攤位之中，包括遊戲攤位、美術及手工藝、現場樂隊、及多款食物及飲料。傷健策騎協會的同事，包括：Jane Stuart, Kelly Neal, Karen Rodda 及 Carolyn Blaauw, 亦於當日負責一個名為「拯救鯨魚」的攤位。這個以環保為主題的攤位受到大小朋友的歡迎，攤位前人流更是絡繹不絕！

參加者莫不感到新鮮有趣。活動更是空前成功，超過三千名參加者，亦為香港不同的慈善機構籌得可觀的善款。而傷健策騎協會亦十分榮幸成為其中一間受惠機構。

Carolyn Blaauw



RDA ANNUAL BALL 2008 傷健策騎協會慈善餐舞會二零零七年



Another record breaking RDA Ball!

The "Black and Gold "Ball this year was held at the Conrad Hotel on November 16th. Black and gold balloons adorned the reception area of the ballroom and it

was good to see so many people dressing in the theme colours. There was also a huge board, which as the evening went on, was covered in signatures of guests and RDA personnel alike.

The mini ponies were spotless, plaited and beribboned and quite a sensation.

As always, the Sponsors had been incredibly generous and the Silent Auction, Raffle, Auction and table prizes were amazing.

The showstopper of the evening was definitely the Sponsored Singing! This turned out to be a howling success and responsible for an incredible chunk of the money raised.

The Ball Committee worked extremely hard to make the evening such a success...

A huge vote of thanks to them all, chaired this year by Mrs. Betty da Silva, the Committee consisted of Mrs. Pauline Cruz, Mr. Michael Lee, Mr. Edmond Lee, Mr. Apollo Ng, Mrs. Carolyn Blaauw, Mrs. Nicki Greeves, Mr. Winston Chow, Mr. Raymond Lee, Professor Benjamin Wong, Ms. Rose Sung, Ms. Karene Chan, Ms. Canney Cheng and their team of helpers for all their hard work and organizing, particularly as the day got closer.



又一刷新紀錄的傷健策騎協會慈善餐舞會。

今年的主題是「黑與金」晚會，於十一月十六日在港麗酒店順利舉行了。黑金二色的氣球點綴了大廳的接待處，同時各來賓亦以其主題的色調之衣著翩翩到來。而堂皇的簽名板上則蓋滿了嘉賓名人們的留名。當然，兩匹看來毫無瑕疵，頸上的毛被飾帶編結起來的小馬亦為會場帶來了小哄動。

一如以往，各來賓於獎券售賣、拍賣會、及每桌面獎品環節都慷慨解囊。當晚另一矚目的環節當然是慈善演唱，不但是空前的成功，也為當晚籌得不少善款。

是次晚會如此成功，籌備委員會絕對是應記一功。萬分感謝各勞苦功高的同事們，包括今年的主席施費葆奇女士及各委員：告東尼夫人，利子厚先生，李文杉先生，吳嵩先生，鮑嘉蓮女士，Mrs. Nicki Greeves, 周永健先生，李文俊先生，王振宇教授，宋小姐，陳淑儀小姐，鄭嘉儀小姐 和他們的一眾助手。再次感謝他們為此所付出的貢獻。

另外，要道謝的還有一眾獎券小姐，以群策群力的精神向現場



THANKS ALSO GOES To the Raffle ticket Ladies, who worked together as team and no-one escaped without buying at least one raffle ticket! In addition, we must thank O the R!A In,,,tractors, helpers and, all the people that make RDA such a success. Wiffiout all these people, there would be no need'for a Ball at all!

Almost \$2million was raised on the night. This is an amazing amount and will go a very long way to helping the RDA to continue the wonderful work that we do.

Nicki Greeves

每一位來賓售賣獎券，實在是貢獻良多。還有傷健策騎協會的各指導員、義工等等，令傷健策騎協會如此成功的一群，缺少任何一位都會令今年的晚會失色不少。

總結當晚，我們共籌得二百萬善款，而全部善款將會幫助傷健策騎協會的運作及繼續協助殘疾兒童的工作！

Nicki Greeves



PONY RIDES AT THE CANADIAN INTERNATIONAL SCHOOL 加拿大國際學校小馬策騎訓練

On the 25th November 2007, the Canadian International School held their Annual Open Day. Thanks go to the Lo Wu Saddle Club for sending 2 ponies to the event to provide pony rides for the young children there. The proceeds received from the rides were very kindly donated to RDA. It was a fine day for pony rides and there was a long queue throughout the whole period. The children enjoyed the rides although they were quite short. The parents were also quite excited taking photos of their children on horseback! When it was pointed out to the parents that the proceeds were going to help children who are not as fortunate as their own to ride for rehabilitation purposes, they were more than willing to put in more money in the donation box as well. Thank you also to the helpers from Lo Wu Saddle Club, Tuen Mun RDA and the parents from the Canadian International School. During the day HK\$7,000.- was raised from the pony rides and donations which was wonderful and will help us to continue with our work at RDA. We hope we can help at the Canadian International School's Open Day next year.

Winnie Tung

於二零零七年十一月二十五日，香港加拿大國際學校舉行了開放日。悉逢期會，羅湖騎術會於當天借出兩匹小馬供小童策騎作慈善籌款，而所有策騎的收入全數獲捐贈予傷健策騎協會。當日的天氣非常適合策騎小馬，等候的人龍不絕。小馬雖小，亦無損小孩策騎之心情。一眾家長也樂此不疲替馬背上的兒女拍照留念！當家長知道小馬策騎能夠幫助殘疾兒童康復時，他們非常樂意捐出更多的善款以協助殘疾兒童。在此特向羅湖騎術會、屯門騎術學校的義工及香港加拿大國際學校的家長們致謝，獲得大家的通力合作及慷慨解囊，令當天的小馬策騎共籌得七千元善款，對傷健策騎協會工作將有莫大裨益。我們期望下年度仍能於香港加拿大國際學校舉行開放日。

董玲芝



OPERATION SANTA CLAUS

愛心聖誕大行動

"Riding for the Disabled Association

Founded in 1975 by the then Governor's Wife, Lady MacLehose. The Association provides riding instruction and other activities associated with riding with disabilities.

Wish: To establish rehabilitation horse riding programs for new potential riders and to provide an intensive training program to existing riders, aiming at an opportunity to participate in the 2008 Paralympics."

This was our approach to Operation Santa Claus an organization which raises funds throughout the year and distributes them to numerous charities in Hong Kong. The RDA, along with 17 other charities, has benefited this year from the Community's generosity.

The launch took place on the Top Deck, in Aberdeen Harbour. Jane Stuart and I were invited to represent the RDA.

There was an hour-long live radio program, with speeches, music and an amazing Face Changer. Music ranged from straight jazz to jazz up Christmas carols and a piece from Phantom of the Opera. This was followed by a buffet dinner and more music.

Officiating guests included the Wife of the Chief Executive, Selina TSANG, and the Honorary Patron of the campaign, Acting Director of Broadcasting Gracie Foo, Acting Deputy Director of Broadcasting Tai Keen Man, SCMP Managing Director Nancy Valiente, SCMP Editor CK Lau and Operation Santa Claus Ambassador Janice M. Vidal (Wei Lan). All of the officiating guests were invited to light a giant lantern at the ceremony to signify the lighting of hope for the needy.

The event was also well supported by other dignitaries including Consuls General or their representatives from the Consulates of Argentina, Belgium, Colombia, Hungary, Indonesia, Israel, Mexico, Nepal, Netherlands, Poland, Portugal, Russia, Saudi Arabia and the United States of America. In addition there were representatives from the Broadcasting Authority, corporate sponsors and the charitable beneficiaries.

An interesting aspect of the fund raising this year was arranged by "Sino Group", one of the major donors. They organized two art exhibitions, by local artists. Sotheby's bought one of the paintings in the silent auction. Both Sino Group and Sotheby's are looking forward to an even bigger event of this kind for



傷健策騎協會

傷健策騎協會是由港督麥里奧夫人於1975年創建，專為殘疾人士提供騎術指導和其他有關馬匹的活動。

宗旨

為新加入且有潛質的殘疾人士訂立合適的策騎課程以幫助他們康復，此外，本會亦以參加2008年殘疾奧運為目標，為現有的騎馬人士提升訓練課程。

透過是次活動，將籌集經年的善款分發給多個香港慈善團體。而有賴廣大市民的慷慨解囊，活動成功籌得頗為可觀的善款數字。傷健策騎協會及另外十七家慈善團體亦有幸成為是次活動的受惠機構。

是次活動在香港仔海港的最高甲板舉行，Jane Stuart及本人亦獲邀請代表傷健策騎協會參與其中。

活動中有歷時一小時多的電台節目，當中包括演講、音樂、變面大師的現身，場內播放的音樂有爵士樂，亦有聖誕頌歌，更有一些來自夢幻的歌劇：歌聲魅影的音樂。大會並安排有於繞樑三日的樂聲下舉行的自助晚餐。

參與的嘉賓有曾特首夫人，是次活動的榮譽贊助人包括有：廣播處處長傅小慧小姐，廣播處副處長戴健文先生，南華日報管理處長Nancy Valiente，南華日報的編輯劉志權先生，及聖誕老人活動的大使衛蘭。上述主持嘉賓獲邀於一個巨大的提燈前進行亮燈儀式，象徵著為有需要人士燃點希望。

是次活動更得到廣大人士的支持，包括有：領使或領使的代表，他們分別來自：阿根廷，比利時，哥倫比亞，匈牙利，印尼，以色列，墨西哥，尼泊爾，荷蘭，波蘭，葡萄牙，蘇聯，沙地亞拉伯和美國，以及電台官方的代表，團體的發起者及慈善受惠者。

活動的其中一個贊助商集和集團，於當日舉辦了一個有趣的捐款活動：兩個由本地藝術家繪畫的藝術展覽。而蘇富比拍賣公司亦帶了一幅油畫進行拍賣，兩間公司均展望明年能籌備更大型的「愛心聖誕大行動」。

本人謹代表傷健策騎協會參與是次「愛心聖誕大行動」的捐款儀式，本會有幸獲得一張港幣五十萬元的支票。





next years Operation Santa Claus.

I attended the Ceremony for the presentation of donations from Operation Santa. We were very fortunate to receive a cheque for \$500,000. RDA

is extremely grateful for such a generous donation and it will help enormously towards realizing the wish for disabled riders.

The Closing Ceremony was held at the Waterfront Restaurant at the Star Ferry Pier. Another very well attended event; virtually standing room only! After lunch and another hour long live broadcast, the total amount of funds raised was announced. Children from the Canadian International School were invited on stage to un-wrap large dice and arrange the figures to illustrate the amount. It was chaos for a few moments but then the end result was announced. The total raised was HK\$ 14,051,708! The second largest amount ever raised during their 20 years of operation.

Nicki Greeves

本會希望藉此機會，向所有慷慨捐贈的人士致謝，該筆捐款將為更多的殘疾人士燃點希望，助他們一圓心願，實在十分有意義。

最後，閉幕儀式在天星碼頭海傍餐廳舉行，是次盛會有很多人參與，餐廳內幾乎被參加者擠得水洩不通。豐富的午餐後是一個長達一句鐘的廣播環節，接著便是公佈善款數字。加拿大國際學院的兒童被邀上台解開一個個大型骰子並將它們排列好，在一片歡呼聲公佈的善款總額是HK\$14,051,708！是次善款數字是活動舉辦二十年來第二次最高捐款額，實在有賴廣大市民的踴躍捐獻。

Nicki Greeves



馳 騁

Riding For The Disabled Association Ltd



馳 騁

No experience necessary

Volunteers wanted !!!

Tuesday to Friday Mornings 9:30 to 12:00 Pokfulam Riding School
Tuesday to Friday Mornings 9:00 to 12:00 Tuen Mun Riding School
Thursday Mornings 9:30 to 12:00 Lo Wu Saddle Club

Training sessions available
Sep 4th to 7th
at Pokfulam or
Tuen Mun
9:30 to 12:00

Helping to lead ponies or
work along side with disabled children

Good way to help those in need of
help and make new friends

Please call Pokfulam 2875 7711 or Tuen Mun 2454 9961
website: www.rda.org.hk email: info@rda.org.hk Charity Reg.No.91/1615



RIDING FOR THE DISABLED CANTONESE OPERA CHARITY SHOW CONCLUDED

香港傷健策騎協會慈善粵劇晚會圓滿結束

The Riding for the Disabled Cantonese Opera Charity Show was successfully held on Friday, 22 February 2008 at Sunbeam Theatre, North Point. There was a full house at that night and those participating guests included Mr. T.S. Tsang, Secretary for Home Affairs, Hong Kong Special Administrative Region; Mr. Lam Woon Kwong, Chief Executive Officer of Equestrian Events (Hong Kong) of the Games of the XXIX Olympiad Company Limited; Mr. John C.C. Chan, Chairman of the Hong Kong Jockey Club and Mr. K.K. Yeung, Chairman of RDA Hong Kong.

The Cantonese Opera Charity Show kicked off with the "Six States Appointing Prime Minister" performed by the Ming Chee Sing Cantonese Opera. This was followed by Honorary Guests Performance. Mr. Nelson Yip performed "A Wonderful Marriage", Mr. Ray Chan & Mrs Grace Lee performed "Goodbye So Sei" and Mr. John C.C. Chan and Mrs Iven Kam Ho Suk-yea performed "Wrong Number". They all received standing ovations from the audiences. Finally we had the famous show "Who Should Be The Commander-In-Chief?" performed by Ming Chee Sing Chinese Opera.

The money raised from this show will go to the RDA for daily operation expenses and the preparation of the HK Para-equestrian team towards 2008 Paralympic.

香港傷健策騎協會慈善粵劇晚會，已於正月初十六(二月二十二日)的星期五假北角新光戲院順利地舉行了。當晚出席者眾，有爆棚之盛；出席嘉賓包括香港特區政府民政事務局長曾德成先生、第29屆奧林匹克運動會馬術比賽(香港)有限公司行政總裁林煥光先生香港賽馬會主席陳祖澤太平紳士以及香港傷健策騎協會有限公司主席楊國琦先生等。

當晚首先由鳴芝聲劇團六大台柱一蓋鳴暉、吳美英、陳鴻進、呂洪廣、陳嘉鳴及阮兆輝為大家奉上精彩劇目《龍馬精神賀新春》，劇目改編自《六國大封相》，以馬術為題賀新歲；之後到名人粵曲演唱環節，由香港傷健馬術代表隊隊長葉少康打頭陣，演唱「丑生王」梁醒波名曲《光棍姻緣》；緊接著由香港馬主協會會長陳俊達先生與李綺嫦小姐合唱《蘇三贈別》；最後由香港賽馬會主席陳祖澤太平紳士與名媛甘何淑儀女士合唱《搭錯線》，眾名人之精彩表演，獲得全場觀眾歡呼喝采，為他們在新春帶來視聽之娛。壓軸則由鳴芝聲劇團演出《龍鳳爭掛帥》之精華選段。

晚會共籌得的善款，將撥予用作香港傷健策騎協會日常營運及香港傷健馬術隊海外集訓費用。



2007 TO 2008 FLAG DAY IN HK ISLAND

2007至2008年度港島區賣旗日



Thanks to the support of various organizations, in helping to arrange volunteers to participate in the flag selling activity on 19th January, 2008, the event was a success. The fund we raised would allow us to improve our existing services and let more people with disability to take part in equestrian training as well as horse riding rehabilitation. Our services can not only help strengthen their physique, and balance and co-ordinations of their bodies, but also their confidence and give them a sense of satisfaction which will improve the effect of their rehabilitation. We hereby express our cordial gratitude to the organizations listed below and we sincerely hope they will continue to support our services in the future. Thank you

本會賣旗活動得以順利舉行，實在有賴各團體/機構的支持，安排義工參與一月十九日之賣旗活動。籌得善款將讓我們提昇現有服務，讓更多殘疾人士參與馬術訓練及策騎治療服務，除增強他們的體魄、平衡力及身體各部份協調之外，亦因此而得到信心及成就感，提昇復康成效。我們在此衷心感謝下列機構/團體，並致以萬二分謝意，祈盼日後繼續支持本會殘疾人士復康工作，多謝！

American International School

EPPHK

French International School of Hong Kong

Hong Kong International School Z Club

Rotaru Club of HL-South

九龍真光中學

中華傳道會劉永生中學

天主教明我幼稚園家長教師會

半山扶輪社

好心

利民會新翠實習社

亞洲婦女協進會油麻地頤老中心

東華三院賽馬會復康中心健怡之家

香港中文大學校友會聯會張煊昌中學

香港中文大學校友會聯會陳震夏中學

香港仔街坊福利社會服務中心

香港真光中學公益少年團

香港痲痺協會高福耀紀念學校

香港賽馬會

真光女書院

耆康會東區長者地區中心

耆康會耆康學院方樹泉發展中心

香港復康力量

循道衛理灣仔長者服務中心

新亞中學

義務工作發展局

義務工作發展局西園長者中心

聖雅各福群會

漢基國際學校

鄰舍輔導會利東鄰里康齡中心

鄰舍輔導會雅妍社鄰里康齡中心

除上列機構/團體排出義工協助本會賣旗活動外，另下列公司及個人慷慨捐助，本會上下同寅感激不已！

Chan Koon Sang, Albert

Charlie Cheung

Fongs Foundation Limited

Great Asia Japanese Food Co. Ltd.

Mr Anthony Chiang

Mr Conrad Lee

Mr Eddie Hui Ki Bun

Mr Pang Yuen Hing

Mr Tony Lam

Mr Yuen Se Kit

Mr. Victor Lui Ting

Mrs Wong Tsai Shiu Man Lucy & Mr Wong Ching Wah Winston

Ms Ma Siu Tao

Ms Wong Yan On Georgiana

Oriental Logistics Company Ltd

PIETRO Ltd

Rotary 3450

Well & Well Group

Well Technic Ltd

太子珠寶鐘錶公司

左照興先生

華高電業有限公司

衛炳垣先生





THANKS TO ALL OUR VOLUNTEERS! - THE ANNUAL HELPERS DINNER OCTOBER 29TH 2007

義工週年晚會 - 向所 有義工致謝

It was our third annual helpers' party poolside at the United Services Recreation Club (USRC) Jordan on October 29th. Guests enjoyed the ever popular formula of a great buffet from the USRC, nostalgic music from the resident DJ Mr. Fred Fung Sik Leung and even better prizes thanks to our generous sponsors and the unstinting efforts of the RDA Admin team.

The RDA can only function with the help of unpaid volunteers so the annual dinner is one way of saying a big thank you. Guests also included others who are critical to the RDA's operation including Jockey Club instructors, grooms, blacksmiths, vets, also physiotherapists.

This year the evening was a little spookier than usual being close to Halloween and the night air was filled with the cackles of glamorous witches. Guests tested their drinking prowess by competing to drink a glass of beer through a straw but they were no match for the champion imbiber Michael Lee, Ma Foo at Pokfulam Riding School. Initiative was challenged with the Treasure Hunt; Helen Norton and her table left the opposition standing having no problem producing all the items required from the depths of their particularly large handbags.

RDA Chairman Mr KK Yeung officially welcomed guests. He commented that the RDA could not operate without the help of over 100 volunteers who instruct, lead, and help with the children and ponies at Tuen Mun, Pokfulam and Lo Wu centres. Other volunteers help staff stalls, sell Xmas Cards and organize fund raising events. Some volunteers stay briefly, others have been with the RDA for 10 years or more - he expressed his gratitude for all contributions.

Thanks go to Operations Manager Jo Eling, the RDA Admin team; Canney, Rose, Sarah and May and staff at the USRC for ensuring everyone had a great evening.

See you next year!

Jane Stuart

今年是本會第三次在同一地方舉行義工週年晚會，此晚會已於二零零七年十月二十九日假佐敦三軍會舉行。當晚由本地唱片騎師馮錫樑先生負責場內音樂，令賓客在享用美味的自助餐之餘，亦可享受各種既懷舊又有情調的音樂。本會在此感謝各贊助者及管理層的慷慨解囊，使獎金數字非常可觀，將晚會的氣氛推至高峰。

傷健策騎協會希望藉著是次晚會的機會，向一班為傷健策騎協會運作及活動籌備均義不容辭的義工們表示謝意。除了一班義工外，本會的行政單位及各位同工亦是次晚會獲邀的對象，當中包括傷健策騎協會的指導員、以及一班盡心盡力照顧馬匹的馬房的同事、獸醫、物理治療師等等。

臨近萬聖節，是次晚會在既歡樂又帶點詭異的氣氛下進行，場內到處充斥著女巫的笑聲，迷人的女巫似乎要用笑聲去魅惑場內人士的心，讓大家玩得更投入、更高興！此外，用飲管飲啤酒的遊戲環節更將當晚的氣氛推至頂點，在場的賓客互相較量、經過一番激烈比試後，結果由來自薄扶林馬術學校的一位馬伏李瑞立先生以無敵的姿態勝出。晚會的另一場矚目比試是「尋寶遊戲」，Helen Norton 及她左邊對手因各自備有大型手袋作後盾，所有物品皆手到拿來，因此輕易地勝出這場比賽。

除此之外，傷健策騎協會主席楊國琦先生為晚會致歡迎辭，指出義工們在本會一直擔當著重要的角色。超過一百名義工在本會的薄扶林公眾騎術學校、屯門公眾騎術學校及羅湖騎術會三間馬術學校擔當重要角色；他們帶領、指導、並鼓勵參加活動的小朋友。而部分義工更在員工攤位、售賣聖誕咭及籌備各慈善活動方面提供協助。本會有不少新加入的義工，亦有一些與本會共同努力超過十年以上的義工，實在十分難得。所以楊國琦先生藉以晚會的機會，再一次表揚各位義工對傷健策騎協會的貢獻。

是次晚會舉辦得如斯成功，令所有賓客均盡興而回，全賴各部門的同事的群策群力，包括營運經理Jo Eling，及本會的行政部：鄭嘉儀小姐、宋小姐、何湘樺小姐、張巧珠小姐及三軍會的工作人員。

期望明年再見！

Thanks to all our prize sponsors:

藉此機會，向所有贊助者致謝：

Conrad Hotel

Dr. Benjamin Wong

Hong Kong Jockey Club

ISA Workshop

Kanebo

Mr. Albert Yeung

Mr. Apollo Ng

Mr. Edmond Lee

Mr. K K Yeung

Mr. Michael Lee

Mr. Nick Rodgers

Mr. Spencer Foo

Mrs. Betty Da Silva

Mr. & Mrs. Rusy Shroff



HONG KONG PARA EQUESTRIAN TEAM COMPETITION IN GUANGZHOU

香港傷健馬術隊征戰廣州

The last qualifying competition in Australia has been cancelled due to equine influenza. In March the National Paralympic Committee of China in conjunction with the China Disabled Persons' Federation Chinese Equestrian Association conducted the first Para Equestrian Competition ever held in China. Those taking part included four riders from the mainland as well as competitors from Singapore, Taiwan and our own Hong Kong team which comprised Nelson Yip, Lam Tung, Gordon Li & Anthony Hsiah.

The Hong Kong team spent a week in Guangzhou training on borrowed horses. The team was led by Michael Lee (Chef d' Equipe) assisted by Bee Chan (Coach) and Canney Cheng (Manager). In addition, Eric Ma and YIU Kam Yuk were the team grooms.

The competition organizers had invited five top international specialists to officiate. They were Mrs. Jonquil Solt (Chairwoman Para Equestrian Committee) plus three International Judges: Ms. Hanneke Gerritsen (Holland), Mrs. Jan Geary (Australia) and Mrs. Waveney Luke (Great Britain) and one International Classifier: Mrs. Vicky Melville (New Zealand). Most of these officials will be at the Paralympics in Hong Kong this year. In addition there were specialists invited from Hong Kong and they included Mr. Nick Rodgers (Chairman of Appeals), Mr. Nigel King (Chief Steward), Mr. Keith Watkins (Chief Vet) and Ms. Cecilia Kwok (International Classifier).

The facilities at the Guangdong Huangcun Training Centre were very good and the organizers made excellent arrangements regarding both accommodation and catering. There was a most enjoyable welcome dinner and a boat trip along the Pearl River for all competitors and officials.

由於出現馬匹流行性感冒，原本最後一場在澳洲舉行的殘奧馬術資格賽宣佈取消。但在國際殘奧委及國際馬術聯盟加上中國殘奧委會互相協調下，決定了在三月七日至三月九日，首度在中國舉行的傷殘馬術比賽「廣東國際殘疾人馬術盛裝舞步錦標賽」，令不少亞洲區的傷殘馬術成員都重燃希望，爭奪殘奧馬術入場券。今次賽事有四位來自內地的選手，聯同新加坡隊、中國台北隊及香港隊參賽，而香港隊的四位成員分別是葉少康、林棟、李光明及夏明威。

今次香港隊由利子厚先生為領隊，連同教練陳世健、香港傷健策騎協會項目經理鄭嘉儀，以及兩位義工馬雲忠及姚金玉與四位運動員配合。由於參賽各國都無法自己帶馬遠征廣州，故此我們隊員在廣州用了一週的時間與租借回來的馬匹建立默契。

主辦單位邀請了四位歐洲頂級的評審員作為今次賽事的評判，他們是國際傷健馬術聯會主席Mrs. Jonquil Solt，連同三位國際裁判分別是來自荷蘭的Ms. Hanneke Gerritsen、澳洲的Mrs. Jan Geary及英國的Mrs. Waveney Luke，他們亦會為今年在港協辦的殘奧馬術作為裁判。除了這幾位國際裁判外，還有Mr. Nick Rodgers、Mr. Nigel King、Mr. Keith Watkins及郭二鳳小姐在今次賽事中擔當不同的角色。

今次賽事安排在廣東省黃村，體育訓練基地馬術場舉行，當地的設施相當好，而且主辦機構還安排了妥善的住宿，亦為各國代表舉行一個盛大的歡迎晚宴及遊船河節目，令他們樂在其中。





In the team competition the mainland team, who were riding their own horses, were placed first with the Hong Kong team coming second.

There were some very good performances from the riders and the international judges commented on the high standard of performance of many of the riders.

Hong Kong riders gained a lot of experience from the trip and were grateful for the opportunity to compete so close to home.

Many thanks must go to all involved in the organization of the competition especially Joan Pai, Jianwei Chen and Ma Jing for putting on such a good competition in Guangzhou. In addition thanks also goes to Mr. & Mrs. K K Yeung (Chairman of RDA), Mr. & Mrs. Spencer Foo (Chairman of RDA Sports SC), Mr. Soenke Lauterbach (Chairman of RDA Rehab SC) as well as Miss Jo Eling, Mrs. Sue Gazzi, Mrs. Carolyn Blaauw and Mrs. Ann-Sofi Poyhonen for attending the individual competition on Saturday 8th March and supporting the Hong Kong team.

最終中國隊因出策自己本身的馬匹，故可順利取得所有的冠軍，而香港隊則在今次賽事得亞軍。

所有的參賽者不少都能交出相當好的表現，而且大部份的參賽選手都被裁判評價為最高等級。

今次遠征令香港騎手取得很多的寶貴經驗，而且他們也很高興能夠有這機會在國內參賽。

在此要多謝參與今次賽事的人仕，特別是白捷勇小姐、陳健威先生及馬靜小姐將這樣好的賽事帶來廣州。另外還要多謝本會主席楊國琦太平紳士及夫人、體育委員會主席傅俊康先生及夫人、復康委員會主席Mr. Soenke Lauterbach以及Miss Jo Eling、Mrs. Sue Gazzi、Mrs. Carolyn Blaauw及Mrs. Ann-Sofi Poyhonen，在三月八日到來參與這項盛事，以及支持香港隊。



SHARING MEMO



I have been acquainted with the Riding for the Disabled Association Limited (RDA) in Hong Kong for a long period of time. Three years ago, when I accompanied my daughter on our return to Hong Kong for her treatment, I stumbled across a news article stating how patients suffering from cerebral palsy could enhance their balance, concentration and other skills from riding. Without a second thought, I enrolled her in the therapeutic horseback riding program and received notification half a year later that she would be able to receive specific therapeutic riding training from RDA at the Tuen Mun Public Riding School.

I can still remember the frightened face of my daughter when she first saw a horse. After some soothing words and assistance from the riding instructors, she eventually calmed down and was able to mount the horse. It was at that time that I particularly noticed the instructors' attentiveness and patience which was required to teach every child. I did not realize until much later that all the instructors are actually involved in RDA on a voluntary basis. From then on, I have had only the utmost respect for them all. After a year of training and thanks to the relentless dedication of the instructors and volunteers, my daughter has evolved from someone who could barely sit on a saddle to an able rider. I would like to take this opportunity to express my sincerest gratitude to all the RDA staffs, volunteers and instructors at the Tuen Mun Public Riding School.

Pheonica Chiu, Flora Chiu's mother

不經不覺認識傷健策騎協會已有一段時間，還記得三年前，當我陪伴女兒回港治療時，無意中在報章得悉患有腦性痲痺的病人；可透過學習騎馬中學懂平衡、專注力等技巧，因此我毫不猶疑的便馬上為她報名，終於在大半年後接到回覆，女兒終於可在屯門騎術學校參加由傷健策騎協會主辦的特殊騎術訓練。

想起第一天女兒對着馬兒的那個害怕的樣子，我仍然歷歷在目，後來經協會導師的慢慢引導及協助下，她心情才平伏下來，在那時刻我發覺他們是非常的細心及有無限的耐性，循循善誘的教導每一位學童，日子久了，我發覺導師們全部是義務幫忙教導學童時，我對他們更有一份無比的尊敬。經過一年的訓練，女兒由最初在馬上坐得東歪西倒到的，今天她可自行策騎馬匹了，這全賴協會所有導師和義工們的悉心教導，我藉此機會，衷心的向香港傷健策騎協會(屯門)的所有導師、義工及員工說聲「多謝」。

邱太 Pheonica Chiu [學童邱國婷 (Flora Chiu)母親]



Riding for the Disabled Association Ltd Spring Term - 2008 for Tuen Mun

New Term

19th Feb - 19th Mar, inclusive

Normal RDA lessons for Tuen Mun (屯門正常課堂)

20th Mar - 4th Apr, inclusive

No RDA - Ching Ming Festival & Easter Holidays (清明節及復活節假期)

8th Apr - 11th Apr inclusive (4 days)

Spring Group Rides (一日騎馬樂)

15th - 30th Apr, inclusive

Normal RDA lessons for Tuen Mun (屯門正常課堂)

1st May, inclusive

No RDA - Labour Holidays (勞動節假期)

2nd - 9th May, inclusive

Normal RDA lessons for Tuen Mun (屯門正常課堂)

13th - 16th May, inclusive (4 days)

Spring Group Rides (一日騎馬樂)

20th May - 13th Jun, inclusive

Normal RDA lessons for Tuen Mun (屯門正常課堂)

START SUMMER HOLIDAY

Riding for the Disabled Association Ltd Spring Term - 2008 for Pokfulam

New Term

19th Feb - 14th Mar, inclusive

Normal RDA lessons for

18 March - 28 March, 2008

No RDA - Ching Ming Festival & Easter Holidays (清明節及復活節假期)

1 April - 11 April, 2008

Normal RDA lessons

4 April, 2008

No RDA - Public Holiday (勞動節假期)

15 April - 18 April, 2008

Spring Group Rides

1st May, inclusive

No RDA - Labour Holidays

22 April - 13 Jun, inclusive

Normal RDA lessons

START SUMMER HOLIDAY

NOTES:

There is NO RIDING and RDA lessons are automatically cancelled when:

- Typhoon Signal No.3 or above is hoisted, or
- Thunderstorm Warning is in effect, or
- Black Rainstorm Warning is in effect or
- Red Rainstorm Warning is in effect.

If you are in any doubt about the weather conditions, please contact the RDA Pokfulam Office (Tel No: 2875-7711) after 8:30 a.m. or Tuen Mun Office (Tel No: 2454-9961) after 8:45 a.m.

GROUP RIDES:

Group rides will be arranged when schools or centres that come regularly are going to miss their class. Instructors and helpers will be notified in advance of any stand-in groups.



香港賽馬會慈善信託基金
The Hong Kong Jockey Club Charities Trust

TRIFINITY
advertising & marketing limited



香港傷健策騎協會有限公司



無需經驗

義工招募!!!

星期二至五 早上 9:30 - 12:00 (薄扶林公眾騎術學校)

星期二至五 早上 9:00 - 12:00 (屯門公眾騎術學校)

星期四 早上 9:30 - 12:00 (羅湖騎術學校 - 上水區)

本會將於薄扶林及
屯門公眾騎術學校
以下時段提供訓練:
九月四日至七日
早上 9:30-12:00

**帶領馬匹或協助
殘障人士學習騎馬**



**一個幫助別人及
結識朋友的良機**

有意請來電預約: 2875 7711 (薄扶林) 2454 9961 (屯門)
或電郵至: info@rda.org.hk 網址: www.rda.org.hk Charity Reg.No.91/1615

