

# Riding for the Disabled Association Ltd.



香港傷健策騎協會有限公司

## MAGAZINE



From left to right: Mr. KK Yeung – Chairman, Mrs. Binkie Leader – Honorary Member, Mr. Tsang Tak Sing – Secretary for Home Affairs, Mr. John Chan – President, Mr. Apollo Ng – Chairman of PR & Fund Raising Sub Committee, Professor Benjamin Wong – Chairman of International Liaison Sub Committee

由左至右：主席楊國琦先生、榮譽會員Binkie Leader 夫人、民政事務局局长曾德成先生、會長陳祖澤先生、公關及籌募委員會主席吳嵩先生、國際統籌委員會主席王振宇教授

11<sup>th</sup> Issue - June 2009

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Tuen Mun



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Administrator - Tuen Mun



Rose Sung  
Administrator - Pokfulam



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Administrator - Tuen Mun

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## CISPA FAMILY FUN FAIR 2008 二零零八加拿大國際學校家長會同樂日

Riding for the Disabled Association Ltd. (RDA) was glad to participate in this year's Canadian International School Parents' Association (CISPA) Family Fun Fair.

Students, parents and friends of the Canadian International School enjoyed a wonderful Sunday on 2 November 2008 with delicious food, various games and activities. Adults and kids were able to support RDA by donating HK\$40 to enjoy a ride on Lo Wu Saddle Club's lovely ponies. We also took the opportunity to introduce the history and operation of RDA.

Around HK\$7,800 was raised from the pony rides and donations which will help us continue to provide important services to disabled people. RDA would like to say a big thank you to CISPA for their greatly appreciated support for RDA. We would also like to thank our four legged friends at Lo Wu Saddle Club!

Melody Tang

香港傷健策騎協會有限公司十分高興能參與由加拿大國際學校家長會舉辦的二零零八同樂日。

二零零八年十一月二日，加拿大國際學校的學生、家長及友好們於豐富的美食、精彩的遊戲和活動下享受了一個美好的星期天。大小朋友們都能夠透過付出港幣四十元，在羅湖騎術會與我們可愛的小馬同行，支持香港傷健策騎協會有限公司。我們亦藉此機會介紹協會的歷史和運作。

當日的小馬策騎活動共籌得約港幣七千八百元，對香港傷健策騎協會有限公司提供持續的傷殘策騎服務有莫大裨益。本會衷心感謝加拿大國際學校家長會及各位善長人翁對本會的支持。同時，別忘了謝謝羅湖騎術會親愛的小馬兒呢！

Melody Tang





# SEDAN CHAIR RACE AND BAZAAR NOVEMBER 16TH NOVEMBER 2008

二零零八抬轎比賽暨慈善賣物會 二零零八年十一月十六日

RDA was delighted to be invited to run a games stall at the Sedan Chair Race Bazaar again this year and to be selected as one of the charities benefiting from the funds raised.

The Sedan Chair Race was inaugurated in 1975 with four entrants running for the Matilda Hospital Shield. From the outset, the Race was not to raise money for the hospital but to attract people to "Matilda" to see for themselves its facilities and magnificent location. This founding mission continues today as all the money raised from the Race is donated to local Hong Kong charities. In 2008, 54 teams from across Hong Kong society - corporations, associations, clubs and schools - competed for numerous trophies. To date, the Sedan Chair Race has raised over \$48 million for Hong Kong charities.

The Bazaar following the Race is in the Matilda International Hospital grounds. It's a day filled with excitement for kids and parents - game stalls, arts and crafts, storytelling, live bands, a wide range of food and drinks, and shopping bargains. Attendance by over 3,000 people raises money for Hong Kong charities. Excitement of the day is enhanced by a new theme each year.

This year the theme was "around the world". RDA's stall was based on the game of croquet with players attempting to knock their balls into holes under the Eiffel Tower, Bank of China and Great Pyramid. The targets were challenging but achievable so lots of prizes were won. Thanks go to Jennifer Smith for her fantastic artwork! The stall was staffed in shifts throughout the day by volunteers lone and Jennifer Smith, Jane and Paul Stuart, Dominique Tombazzi and her daughters Alessandra and Nicole, and Nathan Clarke - many thanks to all.

Finally a big thank you goes to the Sedan Chair Charities Fund. We hope to see you at the 2009 Race!

Jane Stuart

香港傷健策騎協會有限公司很高興獲邀於一年一度的抬轎比賽暨慈善賣物會中設置攤位遊戲，更有幸獲選為抬轎比賽慈善基金的受惠團體之一。

抬轎比賽始於一九七五年，當時只有四隊參賽隊伍，競逐「明德醫院盾」。最初，創辦比賽目的並不是為醫院籌款，而是吸引人們去觀摩醫院內的設施及其優越的地處。該比賽沿習使命至今，將活動所籌得的善款悉數撥捐本港慈善團體。二零零八年，共五十四支來自不同機構、組織、會社及學校的參賽隊伍爭奪不同的獎項。至今，抬轎比賽已為本地慈善團體籌得超過 4,800 萬元善款。

慈善賣物會在抬轎比賽後於明德國際醫院場地內舉行，是一個適合一家大小同樂的節目，現場設有攤位遊戲、手工藝製作、說故事工作坊、現場樂隊表演、小食攤位及賣物會。是次活動入場人次超過三千人，活動所籌得的善款將撥捐本港慈善團體。每年新的主題令活動生息不少，更令人興奮不已。

今年的主題為『環抱全球』，寄意維繫社會及世界上不同界別的人。香港傷健策騎協會有限公司設計了槌球遊戲的攤位，玩家要在仿艾菲爾鐵塔、中銀大廈及巨型金字塔下擊球入洞，遊戲甚具挑戰性，擊中者更可贏取豐富獎品。特別鳴謝Jennifer Smith巧奪天工的美術創作，同時感謝所有義工於當日協助攤位工作，包括Ione Smith、Jennifer Smith、Jane Stuart、Paul Stuart、Dominique Tombazzi及其女兒Alessandra和Nicole，與及Nathan Clarke。

最後，衷心多謝抬轎比賽慈善基金，希望二零零九年比賽盛會再見！

Jane Stuart





## OVERSEAS TRAINER – JENNY LEGGATE VISIT HONG KONG 海外教練 — JENNY LEGGATE 訪港

Jenny Leggate (BHSI, RDASI and level 3 vaulting coach) a long time friend of RDA Hong Kong came to visit us in November 2008. While she was here she shared her wealth of knowledge and particularly helped our Grade III trainees. Jenny also gave some lectures on team-work to the Jockey Club Riding Instructors, RDA Instructors and volunteers alike. Jenny also conducted a vaulting clinic for two days in Tuen Mun PRS. Jenny is always a welcome guest and her lectures and clinics are an inspiration to us all. Thank You, Jenny for taking the time to visit us!"

香港傷健策騎協會的老朋友Jenny Leggate(BHSI, RDASI 及三級馬上體操教練)於二零零八年十一月份來訪。其時，她分享了其豐富的專業知識，令三級練習生獲益尤甚。Jenny以團隊作業形式演講，向香港賽馬會的導師、香港傷健策騎協會有限公司的指導員及義工們授課。Jenny亦在屯門公眾騎術學校進行為期兩天的馬上體操的臨床講授。Jenny時刻都是受歡迎的特別來賓，她的課堂及講授對我們都是十分具啟發性的。謝謝Jenny撥冗光臨指導！

Ann-Sofi Poyhonen

Ann-Sofi Poyhonen



## OVERSEAS TRAINER – MARIETTA SCHULZ VISIT HONG KONG 海外教練 – MARIETTA SCHULZ 訪港

In December 2008 RDA Hong Kong was very fortunate to have Marietta Schulz visit us for a week. During this time Marietta conducted a five day clinic which covered Psychomotor Movement Therapy and Therapeutic Riding and Vaulting.

The clinic was divided in to two sections, the first part was held at the Pokfulam Riding School. During these three days instructors, helpers, physiotherapist from centres such as Heep Hong and the Spastics association were instructed in psycho-education and how it helps students with learning and behaviour problems.

Students from Bradbury School came on the third day to work with Marietta; this was a wonderful opportunity for everyone to see how her teaching practices actually worked and could be used by RDA's own instructors in the future.

The second part of the clinic was held at Tuen Mun Riding School. These two days focused more on vaulting, especially for riders with learning difficulties, and those who have difficulties operating within group activities. Independent riders were invited to take part and the RDA horse Jubilee was used for the vaulting.

Several instructors and helpers did not think RDA would be able to adopt this form of vaulting, until they took part in Marietta's course and learned that it is possible and were able to observe first hand how it benefited the children who took part. Vaulting was only one part of the work Marietta did with the children. She also worked with the instructors and helpers to show how they could side lead giving the rider a wider range of space to do tasks on the horse without restricting the horses movement. The horses also seemed to prefer the side leading, being more relaxed and free to move their shoulders, head and neck which resulted in a better walk or trot pace for the rider.

Marietta has a Diploma in Special Education from the University of Cologne with specialised training in Psychoanalytical Family Therapy. She is an accomplished horsewoman and has been a certified German National Equestrian Federation Riding Instructor since 1981 and a FN German Vaulting Instructor since 1988.

In 1993 Marietta, in conjunction with the University of Dortmund and the German Kuratorium for Therapeutic Riding (DKThR), developed a curriculum for Psycho educational Vaulting/Riding. She has been a leader for instructor certification courses for the DKThR since 1987. Marietta has also conducted workshops for psycho educational riding and vaulting in the USA, Canada, Austria, Netherlands, Italy UK, Japan, Dubai and Brazil.

We count ourselves as very fortunate to have had training from someone with such a wealth of experience and expertise and it is easy to see why all at RDA Hong Kong really enjoyed learning from Marietta and is hoped she will visit Hong Kong again in 2009.

Jo Eling



於二零零八年十二月，香港傷健策騎協會有限公司非常幸運地邀請到Marietta Schulz進行一週的訪問。Marietta指導了為期五天的臨床講授，內容包括心理性肌肉運動的療法、治療性策騎和馬上體操。

課程分為兩個部份，第一部份在簿扶林公眾騎術學校舉行。在這三天的課程裡，各指導員、義工、及來自不同機構的物理治療師如協康會、香港耀能協會等，皆參與授課活動，並學習了心理教育分析及如何利用它去幫助有學習及行為問題的學生。

白普理學校的學生參與了Marietta第三天的授課。這是一個難得的機會讓眾人去考察其教學練習如何應用實踐，而本會的指導員亦可在日後自行運用其教學法。

第二部份則在屯門公眾騎術學校舉行。為期兩天的教學側重於馬上體操，尤其針對具學習障礙及在團體活動上有困難的騎生。所以我們邀請了幾位獨立騎生參與其中，並運用了本會馬匹Jubilee作馬上體操的教學之用。

幾位指導員和義工本來不認同本會能夠採用這套馬上體操的模式教學，直至他們參與了Marietta的課程，明白到整套教學方式及能夠直接地觀察參與的小朋友如何受益。馬上體操是Marietta其中一個與小朋友互動的環節。她同時向指導員和義工們展示了如何在從旁領馬時，給予騎生在馬背上更大的活動空間，而不致於約束馬匹的動作。同樣地，馬匹似乎都十分喜歡有人從旁領導，它們會因此變得更放鬆和自由地活動肩膀、頭部及頸項，導致騎生有較佳的步行和小跑步法。

Marietta擁有科倫大學特殊教育的文憑，並接受過心理分析學家庭治療的專門訓練。她亦是合資格的德國國家騎術聯會的女騎馬師，更自一九八一年起擔當策騎指導員，與及自一九八八年起成為德國馬術協會的馬上體操指導員。

於一九九三年，Marietta聯同多特蒙德大學及德國治療性策騎中心(DKThR)研發了一門心理教育性馬上體操的專題課程。自十九八七年，她成為了該中心指導員證書課程的領導員。Marietta亦在美國、加拿大、奧地利、荷蘭、意大利、英國、日本、杜拜及巴西等地教授了多個有關心理教育性馬上體操的工作坊。

我們非常幸運地能夠跟一位經驗豐富的專家作訓練，這是顯而易見地解釋何以香港傷健策騎協會有限公司全人都十分享受跟Marietta學習，祈望她在二零零九年再度訪港。

Jo Eling





# RDA 33 LEGACY BOOK LAUNCH COCKTAIL RECEPTION

## 「香港傷健策騎協會有限公司三十三週年會刊」誌慶酒會



2008, was a landmark year for Riding For The Disabled Association Ltd (RDA). Its 33rd Anniversary Celebrations coincided with Hong Kong successful co-hosting of the 2008 Olympic and Paralympic Equestrian Events. It was a joyful occasion for RDA celebrating its "RDA 33 Legacy Book Launch Cocktail Reception" on Friday, 28 November 2008 at Foreign Correspondents' Club. The event was attended by RDA prestigious members and distinguished community guests.

Secretary for Home Affairs Mr. Tsang Tak Shing J.P. was invited as our Guest of Honour and officiated at the Book Presentation Ceremony. In his welcome speech, Mr. Tsang commended the commitment of RDA for providing therapeutic riding service for the disabled community and the efforts to work towards cultivating a young generation of potential riders. He expressed the wish that RDA continued in its effort to strengthen international development and interaction of Riding for the Disabled around the world as well as supporting the movement of Paralympic Equestrian sports.

Chairman Mr. KK Yeung expressed his hearty gratitude to the past founding chairwoman Mrs. Binkie Leader who had returned from overseas to attend the 33rd Anniversary celebration and applauded her for invaluable vision and her enormous contribution to RDA. He has witnessed the growth and development of RDA from early 1990's and has been deeply impressed by all the effort and support of the contributors. He encouraged RDA to build a loving and caring community for the disabled to build on the Legacy in the future.

After the cocktail reception, there was a Book Presentation Ceremony at Leighton Hill Community Hall. The Under Secretary for Education, Kenneth Chen had kindly accepted the invitation to officiate at the Ceremony. The book presentation was made to student representatives of Ebenezer New Hope School and Po Leung Kuk Wai Yin College. Mr. Chen paid tribute to RDA's contribution to the rehabilitation of persons with disabilities through riding services provided in the past 33 years.

Under the leadership of Chairman of International Liaison Sub Committee Prof Benjamin Wong and Chairman of PR & Fund Raising Sub Committee Mr. Apollo Ng, the publication of RDA 33 Legacy Book was a great success. RDA would like to express our sincere thanks to all members, guests and friends for all the enthusiasm, effort and contributions made to help bring about the publication of the book. The launch of the RDA 33 Legacy Book was an extremely successful event marking another milestone in the long life of RDA Hong Kong and all the guests attended expressed their appreciation.

May the RDA experience continued success in the years ahead!

Renee Chan



President Mr. John Chan presented the limited and numbered RDA 33 Legacy Book to Mr. Tsang Tak Shing, Secretary of Home Affairs.  
會長陳祖澤先生致送限量專號的「香港傷健策騎協會有限公司三十三週年會刊」予民政事務局長曾德成先生。

二零零八年是香港傷健策騎協會有限公司三十三週年的誌慶時刻，適逢今年香港成功協辦北京殘疾人奧運會馬術比賽，絕對是個值得紀念的歡樂時刻。為隆重其事，本會於二零零八年十一月二十八日(星期五)假香港外國記者會舉行雞尾酒會暨會刊頒贈儀式，廣邀社會各界、協會功臣及各方好友出席，濟濟一堂共賀會慶，並於會上介紹三十三年光輝歲月。

喜蒙民政事務局局長曾德成太平紳士蒞臨主禮演講及頒書儀式。曾局長致詞肯定了本會多年推動傷健策騎不遺餘力，期望本會能夠堅持服務傷殘人士社群的信念，並肩負起培育傷健策馬人才的任務，促進國際傷健策騎的溝通與交流，及加強香港殘奧馬術在國際比賽中的地位而努力。

本會主席楊國琦先生致辭時不忘感謝遠洋專程返港赴會的前創會主席 Binkie Leader 女士，高度讚揚其前膽及貢獻，更與嘉賓分享了協會並肩而行的感受。楊主席由九十年代開始見證著本會的成長與發展，表示今年昂然踏入創會三十三週年，已邁進了一個新里程，深深感謝創會賢臣的貢獻和社會各界的支持，並寄望協會為傷健人士的社群作出更多貢獻。

酒會在一片讚美聲之下完滿結束。緊接著的是假禮頓山社區會堂的會刊頒贈儀式，教育局副局長陳維安先生應邀出席，並頒贈會刊予心光恩望學校及保良局慧妍雅集書院的學生代表。陳副局長讚揚了協會三十三年來為香港傷健人士提供策騎服務的貢獻。

在國際統籌委員會主席王振宇教授及公關及籌募委員會主席吳嵩先生的領導和統籌下，籌委會悉力以赴，令三十三週年會刊圓滿地誕生，對於協助製作會刊的會員、朋友及嘉賓致上無限的感謝，為協會開創了欣欣向榮的局面。三十三週年會刊發佈誌慶確是一大成功美事，更為協會的生命樹立另一個里程碑，所有出席盛會的嘉賓均樂盡歡騰。

願本會在未來的歲月裡，取得更光輝的成就，讓我們齊來為協會茁壯成長和發展作美好的見證！

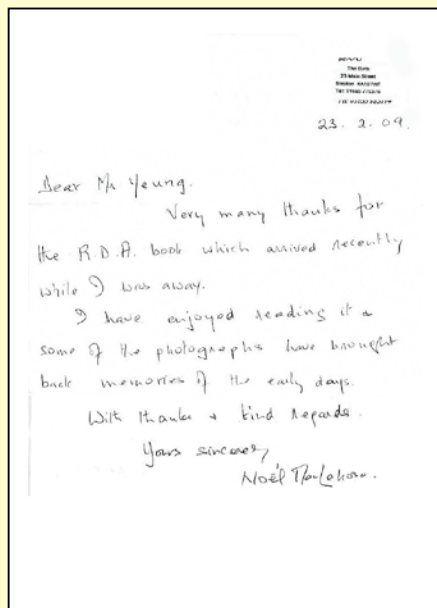
陳韻育



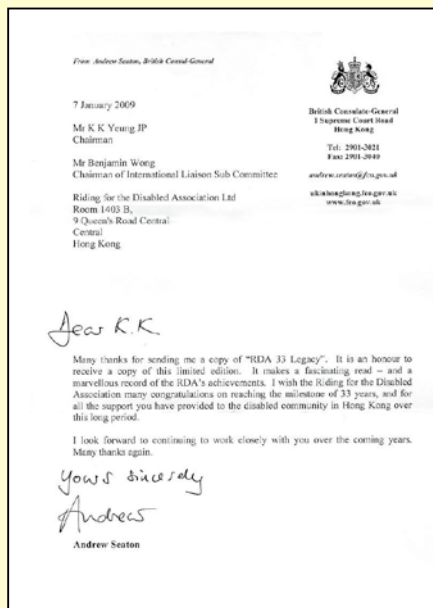
The RDA 33 Legacy Book was successfully launched on 28 November 2008 and dispatched to our honorable guest. We have now had the great pleasure of receiving the thank you letters and thank you email from the following guests!

香港傷健策騎協會有限公司三十三年週年會刊已於二零零八年十一月二十八日發佈出版，並將會刊致送予尊貴的賓客。本會非常榮幸地收到下列貴賓發出的致謝函！

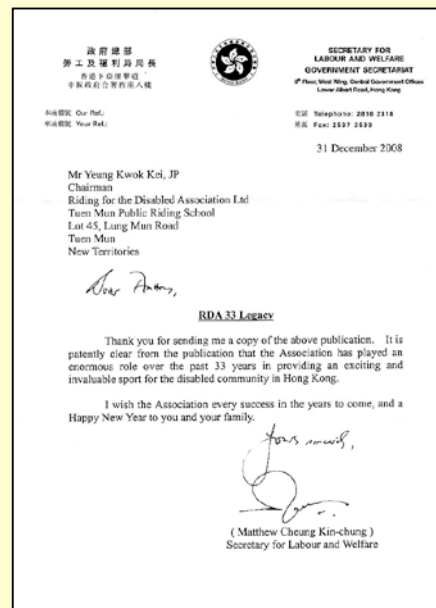
## THANK YOU LETTER 致謝函



Thank you letter from Lady Maclehorse, Founder of RDA  
香港傷健策騎協會有限公司創始人麥理浩夫人的致謝函



Thank you letter from Mr. Andrew Seaton,  
British Consul General  
英國領事奚安竹先生的致謝函



Thank you letter from Mr. Matthew Cheung,  
Secretary for Labour and Welfare  
勞工及福利局局長張建宗先生的致謝函



Thank you letter from Mr. Philip Chen, Steward of HKJC  
香港賽馬會董事陳南祿先生的致謝函



Thank you letter from Mr. Soenke Lauterbach, Secretary  
General and CEO of German Equestrian Federation  
德國馬術總會常務秘書及行政總裁劉德強先生的致謝函



Thank you letter from The Royal Princess Anne  
皇室安妮公主的致謝函

## THANK YOU EMAIL FROM MR. IAIN BRUCE, STEWARD OF HKJC 香港賽馬會董事布魯士先生的致謝電郵

It was extremely kind of you to make me a beneficiary of this wonderful book. The RDA has come a long way in its 30 plus years of existence, and largely through the efforts of those directly involved, who should be very proud of what has been achieved to date. I can only hope that the holding of the Paralympic Equestrian Games in Hong Kong last autumn will give Joe Public the opportunity to help the RDA to expand its horizons in the future.

Many thanks again, and best regards,

Iain Bruce





# UNITED STATES NAVY



## US NAVY VISIT RDA POKFULAM CENTRE 美國海軍到訪香港傷健策騎協會有限公司薄扶林分校



Wednesday 18<sup>th</sup> February 2009 was a special day in Pokfulam. We had the privilege of hosting 10 sailors from the visiting aircraft carrier USS Stennis who were visiting Hong Kong for port leave. They arrived not knowing anything about "Therapeutic riding" and left with a new sense of what RDA is all about. After some initial training with our elderly pony Cricket, a few opted to help sidewalk and the remaining volunteers became the props for some arena games.

The Ebenezer School for the blind also benefited from their help, as the sailors became the guiding sounds for the arena marker posts that signaled to the rider where they were inside the paddock. One of the riders felt shy at first toward the sailor who was assigned to her as a side walker. However, she gave her name to him as Lulu and by the end of the lesson and both were smiling and all shyness was forgotten as he encouraged her to use her reins and steer her horse.

Our guests asked all sorts of questions about the RDA horses and ponies and we ended the day with some group pictures.

One of the lady sailors expressed her delight at Turnip who happened to be the horse that posed for pictures. She enthusiastically hugged him and said, "I was terrified of horses, I've never been able to get even close to one before, and I just love this horse!"

Those of us who frequently experience the wonder of relationship building between people and horses can only smile and agree that, "Yes, Turnip is a pretty wonderful fellow."

Over the course of two days over 250 sailors participated in 14 community events all over Hong Kong. This is a common feature of U.S. Navy port calls and one that RDA Hong Kong was happy to be part of.

二零零九年二月十八日（星期三）在薄扶林是特別的一天。我們很榮幸招待訪港的史坦尼斯號航空母艦登岸休假的十位船員。他們來訪初時並不了解何謂「治療性策騎」，最後卻帶著對本會的了解和認知離開。經過與年長小馬Cricket作初步的訓練後，部份船員選擇陪騎工作，而其餘的義工則成為一些競技遊戲的支援人員。

心光盲人學校受惠於船員的幫助，只因船員化身指導性聲音的訊號站，向場內向騎生發出指示。初時，有一位騎生在面對陪騎的船員時感到害羞，但她在課堂尾聲卻將自己的名字Lulu告訴了該名船員。原來船員鼓勵她捉緊韁繩來操控馬匹，兩人皆會心微笑，令所有的羞怯都被忘掉了。

我們的來賓均就香港傷健策騎協會有限公司的馬匹和小馬作出了不同類型的垂詢，當天活動結束還拍了不少團體大合照。

其中一位女船員對Turnip尤其鍾愛，牠又為照片擺好姿勢。她熱情地擁抱牠說：「我是十分害怕馬兒的，所以從未如此親近過馬匹，我實在喜愛這匹良駒！」

那些經常體驗人類與馬匹之間那美好關係的，都笑容滿面並一致認同「Turnip真是一匹駿馬良駒。」

為期兩天的課程結束後，超過二百五十位船員在全港參與多達十四個的社區活動，這就是美國海軍停靠抵港時常見的特色，香港傷健策騎協會有限公司十分高興成為其中一部份。

Ione Smith

Ione Smith



# RDA Christmas Gymkhana December 6<sup>th</sup> 2008

香港傷健策騎協會有限公司聖誕障礙賽  
二零零八年十二月六日



The annual RDA Christmas Gymkhana was held at Pokfulam Public Riding School on Saturday 6<sup>th</sup> December 2009.

It has become a tradition at this event for there to be a fancy hat competition in addition to the gymkhana games. As in previous years the competition was judged by Barbara Kennedy the mother of one of the Grade 3 instructors Carolyn Blaauw. The competitors kept up the standards of previous years and produced some wonderful creations which made judging no easy task. The decisions were finally made with first prize going to Lincoln Poon, second prize to Andrew Wu and third prize to Sophie Milner. In addition there was a special mention for all the work that had been put into the hat worn by Natasha Tse.

The gymkhana games themselves took place with teams with three members mounted on their horse or pony and two teams competed at each time in the paddock. Competition was fierce and each team was really determined to do their very best and hopefully win. There were three games for each session: 'Deliver the Parcel', 'Dress the Elf' and 'Complete the Snowflake'. Each game was beautifully designed to reflect the Christmas season. Rosettes were presented after each session and there really was some wonderful riding from the competitors who must be congratulated on their performances.

After all the fun and games everyone enjoyed a BBQ which had been arranged by HKJC mahfoo. There was also additional food and drink which has kindly been provided and arranged by our riders' parents. This completed a really delightful Christmas celebration.

Many thanks go to the Jockey Club and their staff, Rose Sung and Jo Eling and all who helped with this event in whatever capacity. Thanks and congratulations also go to the riders who took part for putting on such a wonderful show.

香港傷健策騎協會有限公司一年一度的聖誕障礙賽於二零零八年十二月六日（星期六）在簿扶林公眾騎術學校舉行。

花式聖誕帽比賽及遊戲障礙賽已成為傳統的活動。一如以往，三級指導員鮑嘉蓮的母親巴巴拉甘迺迪擔任比賽的裁判。參賽者的水準絕不比往年遜色，他們設計了不少精彩的作品，要分出高下可謂絕非易事。最終，潘力衡獲得冠軍殊榮、亞軍優勝者為胡肇亨，而季軍優勝者為Sophie Milner。此外，不得不提Natasha Tse那花盡心思設計的聖誕帽。

遊戲障礙賽則以三人一組及策馬形式進行，每次均有兩組於沙圈內同場競技。比賽可謂激戰連場，各個參與的隊伍都全力以赴，希望能獲得最後勝利。比賽分三個環節，包括「包裹快遞」、「變變小精靈」及「雪花飛舞」。每個遊戲都粉飾得十分精美，以迎合聖誕佳節。完成每個環節後，優勝者獲頒花形獎章。另外，我們亦得讚賞一下各騎手們精彩的策騎及表現。

所有遊戲活動完成後，香港賽馬會馬伏為大家準備了豐富的燒烤大餐。而各騎手的家人亦準備了不少食物和飲料，讓大家都共渡了一個快樂的聖誕節。

我們衷心感謝香港賽馬會及馬會員工、宋玫瑰小姐、Jo Eling和協助是次活動的工作人員。最後，再一次感謝為我們演繹精彩騎術的各位騎手，謝謝！

Sue Gazzi

Sue Gazzi

Lady MacLehose was the wife of former Governor of Hong Kong Sir Murray MacLehose. It was in 1974 that Lady MacLehose was approached by the Hong Kong Pony Club mothers to start up a RDA project in Hong Kong.

Knowing the benefits of RDA and having been involved previously in New Zealand Lady MacLehose took the idea of a RDA project in Hong Kong to Mr Peter Williams who was the head of the Jockey Club at that time. She also approached Tony Grimshaw and General Penfold, who ran Beas River Country Club where able bodied riding took place. All parties believed it was a wonderful idea and were very supportive of Lady MacLehose.

The first RDA lessons began in 1974 at Beas River. They ran a once a week program using mules borrowed from Lo Wu Saddle Club, which was still under British army ownership. The RDA also used some of the ponies from Beas River. They also tried to use the ponies from Lo Wu that were from Mongolia but they proved very unsuitable for this type of work.

There was great support from the expat community at Beas River at the time, nearly all the helpers were members of the Jockey Club and were also involved in the Hong Kong Pony club and the Hong Kong Horse Society (now the Hong Kong Equestrian Federation). Some of the helpers that Lady MacLehose remembers well were Gillian Stuart who was an orthopaedic nurse, Binkie Leader who ran the actual program once it was up and running, also Val Brown and Jill Agar who was a Pony club judge and ran both the Pony club and Horse Society in Hong Kong until 1976.

Although the Beas River RDA program ran only once a week, the riders came from schools, special centres and there were also private individuals. Each week there were different riders; some would arrive by bus or by taxi some others, Lady MacLehose remembers, arrived in a Rolls Royce car!!

This once a week program continued until 1976 when land was acquired at Pokfulam with the help of a local orthopaedic surgeon Professor Sir Harry Fang, who was known internationally for his pioneering work in rehabilitation

麥理浩夫人為前任港督麥理浩爵士的妻子。於一九七四年，香港少年馬術會的太太們聯繫了麥理浩夫人，著手展開了在港營辦傷健策騎的計劃。

當時在紐西蘭已有傷健策騎的活動，麥理浩夫人深諳當中的好處，與當時香港賽馬會主席韋彼得先生及兩位在雙魚河鄉村會所習騎的Tony Grimshaw和彭福將軍商討過後，大家都一致認為這個項目極佳，故大力支持麥理浩夫人向此方面發展。

香港傷健策騎協會有限公司的首堂課程於一九七四年在雙魚河舉行，除了雙魚河本身的小馬外，當時還需向英軍屬下的羅湖騎術會借軍驃以進行每週一次的課堂。雖然亦有向羅湖方面借來蒙古小馬進行練習，可惜牠們卻顯得不太適合用於策騎課堂之用。

當時，在雙魚河的外籍社群十分支持本會，大部份義工均是香港賽馬會會員，亦有香港少年馬術會及香港馬術協會的成員。而麥理浩夫人印象比較深刻的包括有整型外科護士Gillian Stuart女士、Binkie Leader就負責管理策騎課程，還有任香港少年馬術會及香港馬術協會裁判員至一九七六年的Val Brown和Jill Agar。

雖然香港傷健策騎協會有限公司在雙魚河的課堂每星期只舉辦一次，騎生卻來自不同的學校團體、不同的特殊中心，也有私人習騎的騎手。每星期的騎生都不盡相同，有的乘坐巴士或的士到達，麥理浩夫人猶記得也有些乘坐勞斯萊斯房車而來！

每週一課的練習在一九七六年起正式擴展，在享譽國際復康醫學的先驅知名本地骨科醫生方心讓教授推動下，港督麥理浩撥出薄扶林一處的土地給予香港賽馬會作策騎之用，同時也包括傷健策騎。麥理浩夫人還希望獲得另外一片指定的低地作為花園，

為港督府及政府用

地種植花卉，可惜她最終未能取得這片土地。

然而，在數年

**LADY MACLEHOSE -**  
**FOUNDER OF RDA**  
**麥理浩夫人 -**  
**香港傷健策騎協會有限公司創協人**





medicine. The Governor of Hong Kong allocated a site at Pokfulam to the Jockey Club for riding, which also included riding for the disabled. Lady MacLehose also tried to get the land next to that allotted lower down the hill which was used as a garden, growing flowers for the governors' house and government land. Unfortunately she was unable to acquire this piece of land. However, a few years later she did manage to establish a hacking trail, now known as Lady Clementi's ride, which is about 4,800 metres in length and loops around the slope along the Pokfulam reservoir.

After the setting up of the Pokfulam riding school, Lady MacLehose came to help from time to time but she remained a loyal helper at Beas River which also continued to run the service for the disabled for many years.

It was also in 1976 that RDA acquired its first imported ponies from New Zealand.

Lady MacLehose also had fond memories of the head Groom at the time, a mafoo named Curley. He looked after all the ponies at Pokfulam exceptionally well and trained his apprentice Ah Gay to take over from him when he retired. Ah Gay continued with RDA and has only recently retired from his position as head groom at the Pokfulam stables

Funding in the early days was all handled by Binkie Leader. Lady MacLehose remembers that she also ran the whole operation ranging from appointments, venue bookings and all the day to day administration. In those days however RDA did not have to have fund raising events as she remembered that the Hong Kong Jockey Club was a great supporter of RDA and covered a lot of the expenses for the running of the RDA program. Lady MacLehose left Hong Kong in 1982, leaving the running of RDA to the very experienced hands of Mary Selway Swift.

Lady MacLehose is always very happy to hear how well RDA is doing in Hong Kong today and congratulates Mr. KK Yeung on a wonderful job as Chairman for the RDA. She would also like to thank the Hong Kong Jockey Club for the many years of invaluable support. Without this support RDA would not have been able to start in the first place or function for the 33 years that it has been in existence.

Jo Eling



之後，她負責創辦了一條騎馬的小道，現名為金夫人馳馬徑，長達4800米，環繞薄扶林水塘斜坡而建。

完成創辦薄扶林騎術學校後，麥理浩夫人經常親臨幫忙，不過她仍為雙魚河的忠心義

工，多年

來為傷殘人士提供服務。於一九七六年同年，本會引入首匹來自紐西蘭的小馬，麥理浩夫人找來了Binkie Leader去覓尋更多同類型的馬匹。

麥理浩夫人亦深深記得當年一位名為Curley的馬匹料理員，他在薄扶林悉心照料這些小馬，把牠們打理得頭頭是道，而在他退休之前而培訓了亞基作為他的接班人。亞基其後繼續為香港傷健策騎協會工作，近期才由薄扶林馬房經理的職位退休下來。

早年籌集資金都是由 Binkie Leader 一手策劃，而麥理浩夫人記得她亦負責全面的日常運作，當中包括預約見面、場地預約，以及所有日常行政工作等等。當時本會還沒有舉行籌款活動，她記得當年香港賽馬會是本會最大的支持者，捐助本會大部份的運作經費。麥理浩夫人於一九八二年離開香港後，將營運本會這個重任交予施偉富夫人。

麥理浩夫人總是十分高興看到現時香港傷健策騎協會有限公司發展得相當完滿，亦恭賀楊國琦先生榮任香港傷健策騎協會有限公司主席。她亦感謝香港賽馬會多年來的鼎力支持，如果沒有香港賽馬會的支持，香港傷健策騎協會有限公司就不能開辦和不能在三十三年來發揮作用了。

Jo Eling



## LEE PEARSON – PARA EQUESTRIAN CHAMPION 李·皮爾遜 - 殘奧馬術冠軍

Lee Pearson has won a record 9 Gold Medals at the Paralympics Games in Sydney, Athens and Beijing.

I met with Lee Pearson at his home in Staffordshire England, where we discussed the games in Hong Kong and his future plans.

Lee's next main goal, as a Paralympic rider, has to be maintaining his number one position at the Paralympic Games in London in 2012. However, he informed me that the media have heard that he trained his previous horse Blue Circle Boy to Grand Prix Level and is now suggesting with the right funding he could train another horse to represent Great Britain in the Olympics as a dressage rider. His previous horse Blue Circle Boy would not be able to come out of retirement so it would mean finding the right new horse to train to this level in only four years, which would be quite an achievement in itself.

Gentleman is the name of the horse on which Lee won his 2009 gold medals. He said he had only competed this horse 6 times before going to the games which is a very small number of competitions for any horse and rider combination. He remarked that Gentleman was quite tense at the games and did bite a few people while he was there. However Gentleman does normally live up to his name and behaves very well at home.

For Lee the Paralympics held in Hong Kong will be one of his most memorable as he thought the facilities were fantastic and the volunteer's and helpers the friendliest and most helpful he had ever come across at any International event. He felt Hong Kong had done a wonderful job of holding the Paralympics games and hoped one day we could hold another great International equestrian event.

Lee looks for his potential Paralympics horses in Germany as he likes the German Hanoverian breed as they have a big movement which is important for scoring good marks in the tests. However, Lee has now started to develop his own breeding programme and he now owns several mares and foals. One of his other previous competition horses who is by Rubenstein was covered by a German stallion called Breitlin. Lee said he hopes his breeding programme will help him either breed his own horses of the future or be able to sell the youngsters to help fund the purchase of new up and coming horses.

Lee receives funding from the Lottery in the UK but is also sponsored by various companies. However due to the credit

李·皮爾遜在悉尼、雅典及北京三屆殘疾人奧運會中共取得了九面金牌。

我造訪了李·皮爾遜在英格蘭斯塔福德的居所，並詳談了他對在港舉行的殘奧會的感受和他未來的計劃。

作為殘奧騎手，李·皮爾遜下一個首要目標，當然是在2012年倫敦殘奧會上保持世界第一的榮譽。他指其前座騎Blue Circle Boy已訓練達大獎賽水準，只要有充裕的資金，他就可以培訓另一匹馬匹代表英國出戰奧運盛裝舞步賽。由於其前座騎退役，故李·皮爾遜要在短短的四年間，重新找尋並訓練出一匹與他參加2012年倫敦殘奧會盛裝舞步賽的拍檔。

Gentleman是李·皮爾遜在二零零九的殘奧會上夥拍奪金的馬匹。但是，原來在比賽之前，李·皮爾遜和Gentleman只參與六次的比賽，相比起一般的情形，這是很少的比賽次數以作人馬合一。他談到Gentleman在比賽時很緊張，而且在賽場亦曾經咬到了好幾人，不過當牠回到家中的時候，便馬如其名變成了一位謙謙君子了。

對於李·皮爾遜而言，在香港舉行的殘奧會是他最難忘的一屆。相比起任何一個國際性的賽事，香港的設施相當完善之餘，義工和工作人員亦很友善而且工作效率十分高。他認為香港把殘奧馬術賽舉辦得相當完美，亦希望香港有機會可以舉行更多大型的國際馬術賽事。

李·皮爾遜在德國找尋具潛質參加殘奧馬術的馬匹，因為他認為出自德國漢諾威王朝的馬匹一般會步幅較大，這對於參加傷殘馬術檢驗標準裡取得高分數是十分重要的。但同時李·皮爾遜亦正發展自己的育馬計劃，他現在擁有幾匹雌馬以及幼馬，而其中一匹名為Rubenstein的賽駒乃出自德國的父系Breitlin。李·皮爾遜希望其配種計劃除了可以幫助他將來擁有屬於自己的馬匹外，亦可透過出售子嗣去籌集更多的資金，購入更佳的新馬。





problems in the economy at the moment he has lost one of his main sponsors. If he is unable to find another suitable replacement soon he will have to look at selling some of the foals to supplement the cost of competing at this level.

In the UK there are two main levels of Paralympics riders, those like Lee who are on the World Class Performers list receive funding and training. The next level is the Star Potential riders who receive training but not the cash funding. There are lots of competitions in the UK and Europe for Para riders to take part in, including the winter and summer dressage series each year.

When asked about the grading system used in the Paralympics games, where riders are assessed according to their functional ability, Lee said there had been a lot of work put into the grading system and he felt it was as fair as it could be. He also made the comment that it was important "never to confuse ability with disability". In addition, he suggested that in the future it may be easier to explain to people about the grading system if there are five grades 1 to 5 instead of Grades 1a and 1b 2, 3 and, 4.

What are his plans for the future? Well as there are no age limits to competing in the Paralympics he could go on for a long time as he enjoys the competition. The only thing that might slow things down would be the finance.

Lee is looking at one day developing a centre of excellence for national and International riders to come and train with him or other top rider/ trainers at one venue This would be based in Staffordshire not far from Lee's home. He plans to have indoor and outdoor arenas and school master horses so riders from developing countries could come and ride horses that can perform all the movements and give them a chance to ride horses they may not otherwise get the chance to ride and train on. This riding Academy would need a large financial backing not only to develop the site and run but also to cover the administration. One feasibility study, alone, which would need to be carried out before any work could begin would cost 40,000 UK pounds.

Lee Pearson attended the RDA conference in 2006 which was held in Hong Kong. He was asked how he felt the conference had gone and what he remembered the most from the experience. The high point was meeting the riders and trainers from some many up and coming countries who are working hard to develop RDA in their country and are doing the best they can. He felt it was encouraging that so many people asked him to help them with their horses and riders and he particularly remembers helping Nelson Yip with the rising trot and helping some of the young Hong Kong riders with their skills.

Lee is always impressed with Hong Kong and the achievements it is able to make on a World stage. He wished RDA well in the next 33years and after and hopes one day to be invited back to Hong Kong by RDA.

Jo Eling

李·皮爾遜主要的資金來源為英國的彩票公司，與及不同商業機構的贊助。但是金融海嘯的問題令他失去了其中一個重要的贊助人。如果他未能及時找到一個新的贊助商，那麼他將要出售部份培育的幼馬來填補日常的經費開支。

在英國傷殘馬術騎手可分為兩級，李·皮爾遜所屬的一級為世界級騎手，他們可接受資金援助和訓練；而另一級則為星級具潛質的騎手，他們就只會獲得訓練，而欠缺金錢上的支持。在英國和歐洲等地，傷殘騎手都有很多比賽的機會，當中包括每年都會舉行的夏季及冬季盛裝舞步系列賽。

當問及有關殘奧會以評估機能的分級制度時，李·皮爾遜認為現時的制度已經極力讓大家公平地進行比賽。他表示「不要將傷殘程度與其能力混為一談」十分重要，用由1至5的「五級制」去取代現時只分為1a、1b、2、3及4級制，將會讓人較容易明白到不同級別的制度。

李·皮爾遜未來的計劃是甚麼？由於殘奧會並無參賽年齡的限制，所以李·皮爾遜仍有很長的時間去參與及享受其中，唯一會對他構成障礙的，就只有經濟問題而已。

李·皮爾遜希望他朝一日可以成立一個訓練學院，讓來自世界不同國家的騎手及一眾頂尖好手與他一同進行訓練，以其居所附近作為基地。他構想當中設有室內及室外的場館，與及馬匹訓練學校，來自發展中國家的騎手們可以到來習騎，讓他們有機會去練習不同的動作，及以不一樣的方式去習騎培訓。當然要成立這樣的一所學院，所需的資金將極之龐大，以應付營運及行政開支。在計劃未落實前，僅是推出一份可行性研究調查，已需要四萬元英鎊的成本。

李·皮爾遜曾於2006年出席香港傷健策騎協會有限公司在香港舉行的亞太會議，他對該次會議記憶猶新，因為他能夠與來自世界各地積極發展傷殘馬術的人士會面，包括騎手及訓練員。令他感到相當鼓舞的是很多人士向他請教有關馬術方面的知識，他特別地記得曾經協助葉少康提升快步的技巧，與及指導部份年輕的香港騎手基本技術。

李·皮爾遜對香港及其在世界舞台所展示的成就印象深刻。他恭賀香港傷健策騎協會有限公司邁向另一個三十三週年，亦期待他日可以接受本會的邀請，再次到臨香江。

Jo Eling



**RIDING FOR THE DISABLED ASSOCIATION LTD ANNUAL GENERAL MEETING**  
**THURSDAY 8<sup>TH</sup> JANUARY 2009**  
**香港傷健策騎協會有限公司 週年大會 二零零九年一月八日（星期四）**



The Annual General Meeting for Riding for the Disabled Association was held at Club Lusitano on Thursday 8<sup>th</sup> January 2009.

The usual business of the meeting was conducted with reports from the Auditors, the President of RDA, Mr John Chan and the Chairman, Mr KK Yeung.

Thanks were expressed for all the work of the retiring voting members being Messrs Ronald Arculli, John Hung, Robert Herries, David Eldon, Spencer Foo, Soenke Lauterbach and Mrs Carolyn Blaauw.

A warm welcome was extended to the new General Committee member Ms Ann Kwok who has taken up the position of Honorary Secretary. Dr York Chow, Mr Brian Stevenson, Mr Benjamin Hung, and Professor Benjamin Wong were welcomed as new Voting Members. Mr Sacha Eckjans has been co-opted as a General Committee member and new Chairman of the Rehabilitation Sub-Committee. In addition Mr Michael Lee has become Chairman of the Sports Sub-Committee.

In recognition of exceptional service to RDA over the years there was also an election of three lifetime Honorary Members: Lady Maclehorse, Mrs Binkie Leader and Mr Ronald Arculli. For each of the members a framed plaque outlining their services was presented by Mr KK Yeung. Ann Kwok collected the plaque on behalf of Lady Maclehorse and Rory Leader collected the plaque on behalf of his mother Mrs Binkie Leader.

After the conclusion of the meeting there was a most enjoyable celebratory dinner at the Yung Kee Restaurant hosted by Mr KK Yeung. Mr Ronald Arculli was presented with his plaque at the dinner as he was unable to attend the AGM Meeting.

香港傷健策騎協會有限公司週年大會於二零零九年一月八日（星期四）假Club Lusitano舉行。核數師、會長陳祖澤先生及主席楊國琦先生在會上匯報年度報告。

本會感謝所有退任的遴選委員為本會所作出的努力，包括夏佳理先生、洪承禧先生、Robert Herries、艾爾敦先生、傅俊康先生、劉德弼先生及鮑嘉蓮女士。

會議歡迎新任榮譽秘書郭藹欣小姐成為常務委員會委員。而周一嶽局長、施文信先生、洪丕正先生及王振宇先生亦加入成為新的遴選委員。韓啟仁先生被選為常務委員會候補委員及新任復康委員會主席。此外，利子厚先生亦當選為體育委員會主席。

麥理浩夫人、夏佳理先生及Binkie Leader夫人當選為終身榮譽會員，以肯定他們多年來對本會作出的努力及其卓越成就。主席楊國琦先生分別致送概述其貢獻的表揚名匾予三位終身榮譽會員。郭藹欣小姐謹代表麥理浩夫人代領名匾，而Rory Leader先生則代表其母親Binkie Leader夫人代領名匾。

會議完畢，主席楊國琦先生在鑄記酒家特設歡聚晚宴。夏佳理先生因未暇出席週年大會，故在宴上獲頒名匾。

**Sue Gazzi**

**Sue Gazzi**



# FLAG DAY ON HONG KONG ISLAND 2008/2009 THANKS FOR YOUR SUPPORT!

二零零八至二零零九年度港島區賣旗日 謝謝您的支持！

The RDA Flag Day 2008/2009 was successfully held on Saturday, 17 January 2009 on Hong Kong Island. Although initially we had difficulty recruiting volunteers, in the end over five hundred people helped promote our worthy cause and the funds raised from the public amounted to more than HK\$240,000. So, we would like to take this opportunity to express our heartfelt appreciation to all our volunteers.

We would also like to thank all the donors who pitched in their support for our Gold Flag and Street Flag Campaign. Thanks to all the participating corporate organizations, government departments, social services organizations, community groups, colleges, secondary and primary schools students, kindergartens with parents and individual volunteers who spared their time to assist in our flag selling.

Special acknowledgement goes to Hong Kong Housing Authority for approving our flag selling in estates; to the Home Affairs Department for approving Causeway Bay Community Centre and Quarry Bay Community Hall as our collection booths free of charge; to Haagen-Dazs for partially sponsoring our Flag Day; to JC Decaux Texon Ltd for approving exclusive free bus shelter advertising; to HSBC for providing the venues for our collection depots and assisting us in the counting of all the donation bags. All funds raised from this event will be directed to the RDA for charitable purposes.

Last but not least, many thanks to Administrative Manager Canney Cheng and her team including Apple Wong, Rose Sung, May Cheung, Renee Chan as well as Philip Yau for their dedicated support and arrangements for preparation, logistics and flag selling.

We hereby express our cordial gratitude to the institutions and organizations listed below who helped provide our people power and we sincerely hope they will continue to support our services in the future. Thank you!

香港傷健策騎協會有限公司2008-2009年度港島區賣旗日已於2009年1月17日（星期六）順利完成。雖然招募義工初時遇上困難，但最後超過五百多名義工們仍落力地為本會籌得逾二十四萬元的善款，本會謹此深表謝意。

本會衷心感謝各善長慷慨捐助「金旗籌款」及「街上售旗」活動，以及協助售旗的工商機構、政府部門、社會服務團體、地區組織、中小學生、幼稚園小朋友及家長義工的鼎力支持。

本會特別鳴謝批准屋邨範圍內售旗的香港房屋委員會；免費提供銅鑼灣社區中心及鰂魚涌社區會堂作為旗袋收集站的民政事務總署；提供商品贊助的Haagen-Dazs；贊助免費巴士燈箱廣告的JC Decaux Texon Ltd；及提供場地設置旗袋收集站並協助點算旗袋善款的匯豐銀行。賣旗活動所得的善款將會用作支持本會用作慈善用途。

最後，衷心多謝幕後統籌的行政經理鄭嘉儀小姐及其團隊，包括王碧涓小姐、宋玫瑰小姐、張巧珠小姐、陳韻育小姐及丘惠文先生，由籌備活動、運輸物流以至售旗安排，均群策群力，實在功不可沒。

在此，本會衷心感謝下列機構及團體提供義工力量，祈盼日後能繼續支持本會殘疾人士復康工作，多謝！

# FLAG DAY



Baptist Oi Kwan Social Service  
Canossa School (Hong Kong)  
Chinese International School  
Chinese YMCA of Hong Kong, Home of Love Hostel  
Dominic Savio Kindergarten  
Fu Hong Society Hing Wah Adult Training Centre  
Hong Kong Police, Patrol Sub-Unit 1, Enforcement & Control, Traffic New Territories South  
SAHK Ko Fook Lu Memorial School  
The Hong Kong Jockey Club  
Yan Chai Hospital Wong Wah San Secondary School

浸會愛群社會服務處  
香港嘉諾撒學校  
漢基國際學校  
香港中華基督教青年會必愛之家宿舍  
天主教明我幼稚園  
扶康會興華成人訓練中心  
新界南交通總部執行及管制組(E & T 第一隊)  
香港耀能協會高福耀紀念學校  
香港賽馬會  
仁濟醫院王華湘中學

In addition to the above listed institutions and organizations, RDA would also like take this opportunity to thank the following companies and individuals for their generous donations.

除上列機構及團體派出義工協助本會賣旗活動外，本會亦藉此機會向下列公司及個人的慷慨捐助致以萬二分謝意！

Mr. & Mrs. Alan Smith  
Crown Worldwide (HK) Ltd.  
Mr. Iain F. Bruce  
Mr. James Riley  
Mr. Ma Kim Wai  
Ms. Nirmala Dani  
Mr. Robert Herries  
Mr. Sin Cho Chiu Charles  
Tinkerbelle

Mr. & Mrs. Albert Scott  
Mr. Dan Bing Kin Albert  
Mr. Ian Duncan Boyce  
Mr. Kevin O'shaughnessy  
Mr. Michael Lee  
Oriental Logistics Co. Ltd.  
Mr. Rober Schroeder  
Ms. Suen Kit Man  
Mr. Tyler Anthony Nigel

Ms. Chow Wai Yin Kurven  
Mr. David Leung  
Mr. James Bertram  
Lee Kee Group  
Mr. Ng Mau Chung  
Mr. Paul Brough  
Mr. Ronald Arculli  
Mr. Taylor Mark Lewis  
Mr. & Mrs. William Mocatta

Ms. Chung Yee Ling Alice  
Mr. Hu Fai Chung  
Mr. James H.M. McGowan  
Mr. Lester Kwok  
Ms. Ngai Sun Ching  
Pietro Ltd  
Mr. & Mrs Rusy M. Shroff  
Tin Wong Race Tips  
Mr. Tsang Yok Sing Jasper

(Names listed in alphabetic order. Please inform us of any amendments required.)  
(以英文字母順序排列，如有錯漏，敬請指正)



HONG KONG  
馳 騁

## Riding For The Disabled Association Ltd

### 香港傷健策騎協會有限公司



HONG KONG  
馳 騁

# Volunteers wanted !!!

# 義工招募 !!!

*No experience necessary*  
**無需經驗**



**Tuesday to Friday Mornings (9:30am to 12:00pm) at Pokfulam Public Riding School**  
星期二至五在薄扶林公眾騎術學校早上九時半至正午十二時

**Tuesday to Friday Mornings (9:00am to 12:00pm) at Tuen Mun Public School**  
星期二至五在屯門公眾騎術學校早上九時至正午十二時

**Thursday Morning (9:30am to 12:00pm) at Lo Wu Saddle Club**  
星期四在羅湖騎術學校早上九時半至正午十二時

**Helping to Lead Ponies or Work Along  
Side with Disabled Rider  
帶領馬匹或協助  
殘障人士學習騎馬**

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

一個幫助別人及  
結識朋友的良機



Please call Pokfulam 2875 7711 or Tuen Mun 2454 9961  
有意請來電預約: 2875 7711 (薄扶林) 2454 9961 (屯門)

網址 website: [www.rda.org.hk](http://www.rda.org.hk) 電郵 email: [info@rda.org.hk](mailto:info@rda.org.hk) Charity Reg.No.91/1615





## TUEN MUN PUBLIC RIDING SCHOOL OPEN DAY 屯門公眾騎術學校開放日

The Hong Kong Jockey Club hosted a successful "Open Day" at Tuen Mun Public Riding School on Saturday 16th May 2009.

The whole day's events were planned and directed by the Equestrian Manager of Public Riding Schools and Chief Riding Instructor, Mr. Bernd Knorr. His planning and arrangements were carried out and backed up by his brilliant staff.

The weather during the morning was somewhat inclement but as the day progressed it improved and by the afternoon it was sunny and hot. Over the course of the day, nearly 3,000 visitors were welcomed at the Riding School and all seemed to enjoy the activities. The program included the Hartpury College Inter-School Equestrian Challenge 2009, Dressage & Show Jumping, and the HKJC Celebrity Fun Race. There were also equestrian demonstrations which included a Puissance Challenge, a Vaulting Performance, and a Farrier & Grooming Demonstration. In addition there were special activities for the children who included game booths, a bouncy castle and most exciting of all "pony riding". Visitors were able to try their skills at riding horses and have their photos taken with the cute Shetland ponies for the small price of a charitable donation.

This year, five riders, Jamie Greeves, Sophie Milner, Timothy Tsang, Kwok Wai Tim, and Leung Kayne Cyril from Riding for the Disabled Association Ltd ("RDA") programs joined the "RDA Parade" to show a sport which can be for both entertainment and health. In addition riding requires an emphasis on concentration and self discipline and this focus often results in an improvement in rider's self confidence. Thanks goes to Jo Eling, Winnie Tung, Ashley Greeves and all the RDA helpers who contributed to the success to the RDA Parade. There was also, a farewell Ceremony for the first Hong Kong Paralympics Equestrian, an ex-racehorse called "Icy Bet". He is due to retire in June this year when he will be going to a Stud Farm in Australia. This ceremony was organized by RDA and commentary was provided by Mr. Apollo Ng.

In addition, RDA was involved in running three stalls. Firstly, was the "Mini Ponies Charity Photo Taking Booth" which was totally swamped with visitors. The Shetland ponies proved to be very popular with everyone. RDA was thrilled to have the busiest "Charity Ice-cream & Drinks Sales Stall" which provided much needed refreshment in the heat of the day. The "Charity Gift Stall" also attracted a lot of visitors who were obviously delighted with the exquisite gifts which resulted in a considerable sales income.

The day turned out to be a very successful fund raising event for RDA. Thanks goes to everyone who helped organize the event and all those who helped out on the day to make it so successful. All the dedicated efforts of those involved are greatly appreciated.

Renee Chan

香港賽馬會於二零零九年五月十六日(星期六)成功舉辦屯門公眾騎術學校開放日。

當日的盛會由公眾騎術學校馬術經理及總騎術教練駱柏特先生一手策劃及指導，並由他一班優秀的同事支援，令開放日順利舉行。

當日天公造美，上午偶有驟雨，下午卻陽光普照。全日盛會吸引了近三千位人士進場參觀，大小朋友皆盡情享受活動，精彩節目包括二零零九年校際少年馬術挑戰賽、盛裝舞步及跳欄賽和騎師馬上遊戲。還有其他馬術表演，包括飛越紅牆、馬上體操表演，以及釘甲和擦馬示範。此外，當日特設有不同的兒童攤位遊戲、充氣彈床，更可享受小馬策騎之樂，捐出善款即與可愛雪特蘭小馬拍照，豐富節目令人目不暇給。

今年，香港傷健策騎協會有限公司派出五位策騎學員參與「傷健策騎大巡遊」，包括Jamie Greeves、李蘇菲、曾毓賜、郭瑋添及梁璣言，展示一項娛樂與健體兼備的運動。除此之外，傷健人士策騎時需要全神貫注集中力和紀律性去增加騎生的自信。是次巡遊取得成功，實在要多謝Jo Eling、童玲芝、Ashley Greeves以及所有協會的輔助員。本會亦為香港首匹殘奧馬術代表賽駒「履冰之注」舉行榮休歡送儀式，由吳嵩先生宣佈今年六月正式退役澳洲牧場。

此外，本會更設置了三個攤位。「小馬留情影」人流絡繹不絕，親善大使雪特蘭小馬大受歡迎；在炎熱天氣下，「慈善雪糕飲品小賣部」亦人流暢旺，提供消暑解口渴的冰淇淋和飲品，令工作人員忙個不停；售賣多款小馬紀念品的「慈善精品部」同樣吸引不少捧場客，不俗的銷量為本會籌得不少善款。

當日的盛會可謂圓滿成功，各位工作人員都盡心盡力支持是次活動，實在居功至偉，謹此衷心致謝。

陳韻育





*Riding for the Disabled Association Ltd.*

香港傷健策騎協會有限公司

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*Main Sponsor: Mr. & Mrs. Rusy M. Shroff*

# *RDA Annual Ball 2009*

香港傷健策騎協會有限公司二零零九年慈善週年餐舞會

The RDA Annual Ball 2009 was held at the Grand Hyatt Hong Kong on Friday 8<sup>th</sup> May 2009. The theme for the night was the "70's" and the spirit of the 70's was maintained throughout the night especially as many ladies wore mini skirts, set omega hair style

and some gentlemen even came with the "Grease" look. More than 450 guests were invited to attend to enjoy this glamorous evening.

The dinner was started with a welcome speech by Mr. John Chan, President of RDA. This was followed by an address by Mrs. Betty da Silva who was the Ball Chairlady. Then Mr. K K Yeung, Chairman of RDA was invited to present a plaque to our main sponsor Mr. & Mrs. Rusy M. Shroff and also to other guests.

The guests enjoyed the dinner and the entertainment was provided by a performance by Change Face & Cloths. In addition, there were fantastic songs performed in the Charity Singing and Karaoke Charity Singing which was accompanied by a live band called The Young Once. The excellent food and entertainment made for a very successful night.

The highlight of the night was a Charity Auction hosted by Mr. Apollo Ng. Dr. Henry Chan was successful in bidding for a bottle of Chateau Lafite Rothschild 1982, donated by Mr. KK Yeung, at HK\$33,000. The Patravi Travel Graph "Watch", donated by Carl F. Bucherer, finally was acquired by Mr. Archie da Silva at a bid price of HK\$53,000.

We at RDA would like to thank our Chairman of PR &

香港傷健策騎協會有限公司二零零九年慈善週年餐舞會於五月八日假香港君悅酒店舉行。今年晚會主題為「七十年代」，當晚眾多女士皆悉心打扮，穿上迷你短裙、梳起經典的奧米加髮型，而部份男士甚至以時髦的「油脂」打扮到場，盡顯七十年代懷舊服飾神髓。當晚超過四百五十名賓客應邀出席這個盛宴魅夜。

晚會首先由本會會長陳祖澤先生致歡迎詞，及後由餐舞會主席施費葆奇女士致詞。接著，大會邀請了本會主席楊國琦先生致送紀念木匾予大會主贊助人施羅孚先生夫人以及其他貴賓。

出席的嘉賓都盡情享受晚宴，同場加演國粹絕技變臉和變衣的表演環節，叫人讚不絕口。此外，不少貴賓特意獻唱名曲為慈善晚會籌款，並由 "The Young Once" 樂隊現場演奏悅耳的音樂。精彩娛樂節目配上美食佳餚，令這個晚上生色不少。

由吳嵩先生主持的慈善拍賣成為了全晚的焦點。陳衍里醫生成功以三萬三千元投得主席楊國琦先生捐出的1982年Chateau Lafite Rothschild 紅酒一支。而寶齊萊捐出的柏拉維







Fund Raising Sub Committee Mr. Apollo Ng, Chairlady of Annual Ball Mrs. Betty da Silva and the Ball Committee: Mr. Michael Lee, Mr. Alan Ho, Professor Benjamin Wong, Mr. Marcus Lee, Mrs. Sally Chan, Ms. Maud Errera, Miss Agnes Liu, Ms. Rose Sung, Ms. Canney Cheng, and her team of staff and helpers for arranging such a wonderful and successful evening.

The money raised on the night was more than HK\$1.8 million, a really wonderful achievement. We sincerely thank all guests and patrons for their generous sponsorship and donations. These new funds will enable RDA to continue provide rehabilitation services to disabled people in Hong Kong.

Apple Wong

兩地時間計時碼錶，最終由一向熱心公益的施雅治先生以五萬三千元的價錢投得。

是次餐舞會取得圓滿成功，本會多謝公關及籌募委員會主席吳嵩先生、週年餐舞會主席施費葆奇女士以及籌備委員會：利子厚先生、何志強先生、王振宇教授、利承武先生、陳曾麗娜女士、Ms. Maud Errera、廖潔思小姐、宋玫瑰小姐、鄭嘉儀小姐及其團隊職員和義工人員。

當晚共籌得逾港幣一百八十萬元的善款，真是可喜可賀。我們衷心感謝每位嘉賓及善長的慷慨贊助和捐款。所籌得的資金將支持本會，繼續為香港傷健人士提供復康服務。

王碧涓







OPAL

## NEW RDA PONIES 2009 新紮小馬

### 二零零九年香港傷健策騎協會有限公司

Hong Kong RDA has been very fortunate in purchasing three ponies for the Re-habilitation programme that it runs at Pokfulam and Tuen Mun public riding schools.

RDA owns its own horses to enable the disabled riders to ride safe steady mounts that are not ex-racehorses, who can be quite flighty at times.

These new ponies have been very kindly donated to RDA by local organizations and companies, such as the American Womans Association, Swiss Reinsurance Company, Cathay Pacific and the Sunnyside Club.

The three new ponies arrived safely on the evening of 31st December 2008. Once through all the vet checks they were taken to Shatin for quarantine. This quarantine is generally for 14 days and the ponies will then travel to Tuen Mun Public Riding School and begin their training for the RDA programme.

The programme will include general equestrian skills, so that the ponies are well balanced, good mannered and calm. Training a pony for RDA purposes then includes making sure that the pony stands very quietly and calmly at the mounting block, for a little longer than may be required for an able bodied rider. RDA ponies also need to be quiet and easy to handle from the ground, as they will normally have a person leading them during the lesson. The pony must move at the speed and in the direction the leader indicates without panic or resistance, both of which can unsettle a disabled rider.

It is hoped that these new ponies will start work in the RDA programme soon and become as popular as some of our old favorites who have served RDA for many years.

香港傷健策騎協會有限公司非常幸運地購置了三匹小馬，以備薄扶林及屯門公眾騎術學校的日常策騎課堂之用。本會能夠擁有屬於自己的馬匹，可以令傷健人士更安全及穩定地策騎，因為那些退役競賽的馬匹，有時候也會情緒不穩而容易激動的。

本會能有幸添購新的馬匹，全賴本地熱心團體及公司的慷慨贊助和捐贈，現謹此衷心感謝香港美國婦女會、瑞士再保險公司、國泰航空公司及恩光之友會的鼎力捐助。

三匹駿馬已經在二零零八年十二月三十一日晚上安全地抵達本港，隨即接受獸醫的檢查，牠們繼而被運送到沙田作隔離及檢疫。檢疫期一般為十四天，完成檢疫程序後，牠們便會被轉送屯門公眾騎術學校，以備開始訓練作本會策騎課堂之用。

馬匹訓練內容包括一般的騎馬技術，旨在令小馬善於平衡、穩定情緒和保持溫馴。本會訓練小馬目的包括確保小馬平靜地和穩定地站在上馬台旁邊，同時亦希望在長時間訓練下，牠們能夠成為適合健全人士騎策的馬匹。本會的馬匹亦要善於在沙圈地面上運行，牠們需要在穩定而冷靜的情況下，在課堂上跟隨領馬員步伐的速度及方向，否則會影響傷健騎生在馬背上策騎的穩定性。

希望三匹新紮小馬能夠盡快投入本會課堂運作之用，並好像那些為協會服務多年的馬匹一樣，成為人見人愛的好馬。

Jo Eling

Jo Eling



BROWN SUGAR



SHAMROCK







Mr. KK Yeung presented the crystal plaque to Mrs. Carolyn Blaauw.  
楊國琦先生致送水晶紀念座予鮑嘉蓮女士。



Mr. KK Yeung presented the crystal plaque to Mr. Spencer Foo.  
楊國琦先生致送水晶紀念座予傅俊康先生。



Mr. KK Yeung presented the crystal plaque to Mr. Soenke Lauterbach.  
楊國琦先生致送水晶紀念座予劉德弼先生。

## FAREWELL PARTY FOR MRS. CAROLYN BLAAUW, MR. SPENCER FOO, AND MR. SOENKE LAUTERBACH

鮑嘉蓮小姐、傅俊康先生及劉德弼先生歡送晚宴

On November 25<sup>th</sup>, the Chairman of Riding for the Disabled Association Ltd, Mr. KK Yeung, JP hosted a farewell party for the former Hon Secretary Mrs. Carolyn Blaauw, former Chairman of Sports Sub Committee Mr. Spencer Foo and former Chairman of Rehab Sub Committee Mr. Soenke Lauterbach. The party was held at the poolside of Hong Kong Royal Yacht Club and was a great opportunity for RDA colleagues to offer hearty gratitude for their invaluable contribution.

A speech was given by Chairman KK Yeung in which he commended all the efforts of Mrs. Carolyn Blaauw, Mr. Spencer Foo and Mr. Soenke Lauterbach and thanked them for their leadership and contribution to the growth of RDA. They were each awarded with an exquisite crystal plaque in recognizing their efforts over the years.

Mrs. Carolyn Blaauw has contributed enormously to RDA since she started working as a volunteer. She then trained to be a Grade III Instructor, while at the same time working as Hon Secretary for five years. Mr. Spencer Foo has devoted considerable effort over the past three years to the establishment of the Sports Sub-committee. This led to Nelson Yip making history as the first ever Hong Kong rider to participate in the Equestrian Paralympics. Under the leadership of Mr. Soenke Lauterbach, the new Rehabilitation Sub Committee has been making great strides in developing the RDA's services for the disabled community.

Mrs. Norma Yeung and her daughter, Mr. Blaauw, the new Hon Secretary Ann Kwok and several instructors from Pokfulam and Tuen Mun also attended the party. They were also joined by Admin Manager Canney Cheng and four colleagues including Apple Wong, Rose Sung, May Cheung and Renee Chan. The poolside party was enjoyed by all the guests who had fun under a glittering night sky.

Renee Chan

二零零八年十一月二十五日（星期二）香港傷健策騎協會有限公司主席楊國琦太平紳士在香港遊艇會池畔設自助晚餐歡送前任榮譽秘書鮑嘉蓮小姐、體育委員會主席傅俊康先生及復康委員會主席劉德弼先生，衷心感謝他們多年來為本會作出的貢獻。

晚宴由主席楊先生揭開序幕，他在致詞中對三位俊賢的努力給予高度的評價，又讚揚他們一直帶領本會成長並為本會的發展作出重大貢獻。繼而，楊主席致送精美的水晶座予鮑嘉蓮小姐、傅俊康先生及劉德弼先生以表揚他們多年來的努力。

鮑嘉蓮小姐在本會初期擔任義工，後來訓練成為三級指導員，同時出任榮譽秘書達五年之久，對本會作出了很大的貢獻。而傅俊康先生在過去三年成立體育委員會期間，積極地促進了傷殘體育策騎的發展，造就機會予葉少康成為本港第一位出戰殘奧馬術比賽的騎手。在劉德弼先生的領導下，新復康委員會更令本會的策騎服務邁步向前，惠澤傷健社群。

當晚，楊主席太太及其女兒，鮑嘉蓮的丈夫、新任榮譽秘書郭藹欣小姐及多位薄扶林和屯門的指導員亦應邀出席歡送聚餐；出席別筵者還有行政經理鄭嘉儀小姐及四名助理，包括王碧涓小姐、宋玫瑰小姐、張巧珠小姐和陳韻育小姐。在璀璨星光下，新舊委員茗酒歡晤，渡過了一個歡愉的晚上。

陳韻育





## FAREWELL JANE STUART 再會 JANE STUART

I have been involved with the RDA for over six years since arriving in Hong Kong back in December 2002. As riding was my main hobby in the UK, I wondered how I would survive in Hong Kong without horses, however, some brief research on the internet and the discovery of the RDA reassured me I could survive here! Now it's hard to imagine what life would have been like without the RDA as it's been such a significant part of my time here.

I have gained great satisfaction from seeing the children's enjoyment, pleasure from working with the horses and ponies, many friends - locals and expats alike, new skills and lots of personal challenges from having to take exams again! The opportunity to volunteer at the Paralympics and indeed the Olympics last year was the icing on the cake.

A big thank you to the Friday team of volunteers; it has been a great pleasure to work with you all. Our Friday afternoon lessons in recent times have really benefited from the involvement of very capable and committed students from West Island School so thanks to you. Farewell to Jo and instructor colleagues, it has been great to know you and I've learnt such a lot from you all. Thanks to RDA admin staff Rose and Canney and the new team for all your help over the years. I recognize now how challenging it is for staff working in the "not for profit" sector.

Final thanks to my four legged friends - I will never forget their wonderful dedication and care for our disabled students. My special friend Flynn without whom I would not have passed my BHS Stage 2 Jumping, Spike and Dimity for many enjoyable hacks, Indian Jo for his devilment, Cricket and Turnip for their kindness and reliability, Charlie Mouse for his dedication and of course Suzie who I won't forget thanks to a certain scar!

So now it's back to Yorkshire and normal life including my pony who I left some six years ago. I hope to get involved with RDA again in the future - day job permitting! Au Revoir - keep in touch!

Jane Stuart



## FAREWELL YVONNE ELLIS 再會 YVONNE ELLIS

I have been mentoring Yvonne for the past two years and it has been a joy to see her develop into a fine Grade III trainee Instructor. The riders and the helpers alike fed from her enthusiasm and knowledge. Her energy just made us all want to do our best!

Yvonne was one of our hack leaders on Friday mornings and loved to ride Turnip. The RDA is now fund raising to send Turnip to Yvonne's family to retire and spend the rest of his days in lovely surroundings on a big farm.

Yvonne and her husband David (who was also a volunteer with RDA when he was not flying) have now relocated to Brisbane, Australia with their twin girls Shan and Darcy who now are 12 months old.

Yvonne will be missed immensely and I'm sure all of you will join me in wishing Yvonne and her family all the best in the future!

Yvonne's leaving or actually she has left already!  
I got to know Yvonne about six years ago when she came to help with RDA. Her bubbly personality made it easy for her to fit in and find lots of friends within RDA.

I have been mentoring Yvonne for the past two years and

自二零零二年十二月份來港後，我加入了香港傷健策騎協會有限公司工作已超過六年時間。由於我在英國的主要嗜好為策騎，若然沒有馬匹，我想像不到自己如何在香港活下來。然而，在互聯網上簡略的搜索令我發現香港傷健策騎協會有限公司，一個令我在此可以重生的機構！現在，在香港傷健策騎協會有限公司的時間已成為我生活之中重要的一部份，我難以想像沒有它的話，我的生活會變成怎樣。

看到小朋友的喜悦，令我得到莫大的滿足感；與馬匹和小馬工作、和許多本地及外籍的朋友並肩工作，更令我樂趣無窮；再次參加考試亦令我得到許多新的技能和挑戰自我。去年，我能夠有機會擔任殘奧和奧運的義工，實在是錦上添花，叫人喜出望外。

我衷心感謝星期五的義工團隊，與你們一起工作的確十分愉快。我感謝來自西港島中學能幹和忠誠的學生們，令我在最近的星期五下午課堂獲益不淺。Jo和指導員同事們再會了，我十分榮幸認識你們，我從你們身上學會了許多。多謝香港傷健策騎協會有限公司的工作人員宋玫瑰小姐、鄭嘉儀小姐與及新的團隊，由衷感激你們多年來的協助。現在，我認識到在一間「非牟利」機構內工作，對於工作人員而言，是何等具挑戰性的。

最後，我要多謝我的四腳老友——我不會忘記牠們對傷健學生全心全意且無言的奉獻和無微不至的關懷。倘若沒有我的特別朋友Flynn，我便不會順利完成英國馬術協會二級場地障礙試；策騎Spike和Dimity更令我不亦樂乎；淘氣小魔怪Indian Joe；友善可靠的Cricket和Turnip；無私奉獻的Charlie Mouse；我當然不會忘記給我留下一道道的傷疤的Suzie!

現在，我回到約克郡，重投平常的生活，再見闊別了六年的小馬。我希望將來能夠再次在香港傷健策騎協會有限公司內工作，只限日間工作而已！後會有期——保持聯絡！

Jane Stuart



Yvonne的離開或者她事實上已經離開了！

大約六年前，Yvonne來到香港傷健策騎協會有限公司工作，我便認識了她。她樂天活潑的性格使她很容易適應本會的工作，亦讓她在此會內交了不少朋友。

我為Yvonne指導已經兩年了，看見她發展為一位優秀的三級指導員練習生，實在是可喜可賀。騎生和

義工們同樣地受教於她的熱誠和知識。她的幹勁亦令我們想要做到最好！

Yvonne是其中一位在星期五早上策騎的領導員，她鍾愛策騎Turnip。香港傷健策騎協會有限公司現正籌募捐款，以助Turnip退休到Yvonne的家園，好讓牠在大農場的美好環境下盡享餘生。

Yvonne和其丈夫David（當他不用出航時，亦會為香港傷健策騎協會有限公司擔任義工）與他們十二個月大的雙生女兒Shan和Darcy現已重新安居到澳洲的布里斯班。

我們無限地想念Yvonne，亦確信大家跟我一起祝福Yvonne和她的家庭在未來日子裡一切安好！

Ann-Sofi Poyhonen

Ann-Sofi Poyhonen



## OUR HERO "ICY BET" RETIRING IN AUSTRALIA

### 殘奧英雄「履冰之注」榮休赴澳

Riding For The Disabled Association Ltd ("RDA") held a Farewell Ceremony for Icy Bet (K63) at Tuen Mun Public Riding School on Friday 16 May 2009, it was a fitting ceremony to bid farewell to the first equine Olympian Hero in the history of Hong Kong.

Icy Bet is now 20 years old. In 1991, he was shipped to Hong Kong from New Zealand to enter the racing world. Over the course of six years, he competed in 67 races and won 5 at Grand Prix level. Most of his days were spent at the Brian Kan stables and his greatest success was with the rider Anthony S. Cruz in Classes 1 & 2 at 1900M. In June 1997, Icy Bet was retired from competitive racing and was transferred to the Tuen Mun Public Riding School. With his gentle temperament and stylish movements, he was trained in dressage and became a real schoolmaster. Later in his career he was chosen as one of the therapy horses in RDA Sports program.

In 2003, RDA rider Nelson Yip decided to focus on his dressage training and began working with Icy Bet very closely. This resulted in a significant advancement in Nelson's riding skills. The pair also took part in a number of local competitions and even won in many able-bodied events. Despite the fact that Nelson travelled to many places overseas and tried out numerous horses in attempt to find the best possible equine partner for the 2008 Paralympics, he came to the conclusion that the best teammate for him was still the unbeatable "Icy Bet". The two of them represented Hong Kong in the 2008 Paralympic games producing a very creditable performance against the best in the world.

In his retirement, Icy Bet will be living at the Coolmore Stud in Australia which is a truly wonderful place for an ex-racehorse. He will be relaxing and acting as a companion to ponies and their offspring. On behalf of RDA we all wish Icy Bet a wonderful new life in his retirement in Australia.

香港傷健策騎協會有限公司於二零零九年五月十六日假屯門公眾騎術學校，替香港歷史第一匹殘奧馬術代表賽駒「履冰之注」舉行榮休歡送儀式。

「履冰之注」現年二十歲，於一九九一年由紐西蘭運港，服役參賽總共出賽67次，勝出頭馬5次，大部份時間隸屬簡炳堃馬房，最高成就為在告東尼胯下完成1900米二班混合賽。「履冰之注」在一九九七年六月退役，旋即送往屯門公眾騎術學校，正因其性格溫馴，步姿優美，被選作訓練盛裝舞步，並協助本會傷健策騎療程。

二零零三年當本會騎手葉少康決定專注於馬術訓練時，便開始與「履冰之注」展開緊密的訓練，此舉令葉少康的騎術突飛猛進，二人更多次於本地賽事中合作，並曾戰勝健全人士而獲獎無數。儘管葉少康曾到世界各地尋覓佳駒以應戰殘奧，最後他始終覺得老拍檔「履冰之注」與他合作無間，決定在殘奧騎「履冰之注」出征，結果亦以此佳績完成比賽。

「履冰之注」退役後被運往澳洲古摩亞牧場頤養天年，協助照顧幼馬並與牠們為伴。本會在此祝福「履冰之注」在澳洲退休生活愉快！

Apollo Ng

吳嵩

For the past 15 years, from 1994 to 2009, RDA and the HKJC Public Riding School enjoyed the privilege of using a special horse in daily lessons by the name of Turnip. All of us working with horses know that horses are special, each with their own personality and character. However,

由一九九四年到二零零九年的過去十五年，香港傷健策騎協會有限公司和香港賽馬會公眾騎術學校在日常課堂均享有使用Turnip的權利。深諳馬匹的人都知道馬匹是十分特別的，每匹都有自己獨特的個性和特質。然而，偶爾會出現一匹優秀品種，我們都驚訝於何以牠與人可以穩快地建立起微妙的關係。Turnip正正是這類馬匹，對於膽小而缺乏自信的策騎學員，牠經常友善而耐心地提供安靜而穩定的步伐。而對於面對困難的學員，牠則是一匹穩定的治療性良駒。在過去數年裡，Turnip力抗膝蓋傷痛，但到今年傷患惡化，令牠不能應付日常課堂的機能需要。

其中一位長期支持本會的義工，Yvonne Ellis和她的丈夫Dave都非常眷顧Turnip，他們在澳洲昆士蘭自家的農莊裡悉心安排了一個美好的退休安樂窩。Turnip可以在一片綠野山谷的環境下，和偶爾出沒的袋鼠，盡情享受退休生活。

今年二月初，我們發起籌款活動，目標是要籌得港幣九萬五千元，以支付船務運費和檢疫費用。香港少年馬術會的一批小朋友和騎術學校的定期顧客聞訊都馬上捐獻其零用錢。而Turnip最為忠誠的朋友一莊紫菱更製作了不少手工藝品，並於多個活動場合出售籌款。馬主David Boehm亦不遺餘力捐款支持，而忠實支持者Hallmark亦同樣地慷慨解囊。心光學校和思拔中心更將Turnip的退休計劃定為他們籌款活動的指定受惠者。事實上，不少的捐款是來自以Turnip作課堂策騎之用的人，或是那些認同牠是值得享有美好退休生活的人。我們仍然要籌集約一萬五千元，方可達至九萬五千元的目標，而本會常務委員會已批准在今年夏季以船運方式運送Turnip，好讓牠早日在Yvonne的照料下，適應農莊環境。我們都知道Turnip是無可取締的，並且在許多人的心目中都有一個特別的位置，所以大家都捨不得Turnip的離開，但我們仍會祝福牠一路平安，退休生活愉快。

Ione Smith

Ione Smith

## A WELL DESERVED REST FOR A SPECIAL HORSE

### 給一匹特別的駿馬一個安樂窩

occasionally an exceptional horse comes along and we marvel at how the connections between people and horses are forged. Turnip is just this kind of horse; he is always kind and patient providing a calm and steady gait to timid riders who lack confidence as well as a steady therapy horse for riders with all sorts of challenges. For the past few years, Turnip has managed with a bad knee, but this year it has become apparent he cannot handle the physical demands of daily lessons.

One of RDA's long time volunteers, Yvonne Ellis and her husband Dave know Turnip very well and they have kindly offered to arrange for a beautiful retirement home on their family owned farm in Queensland, Australia. Turnip will enjoy his retirement amongst rolling green hills and occasional kangaroos.

The goal for shipping and quarantine fees was set at HK\$95,000 and we launched our fund raising campaign in early February this year. Immediately, groups of kids from the Pony Club and regular clients of the riding schools donated their pocket money. Turnip's most ardent fan, Mary Chong made handcrafts and sold them at many functions. Racehorse owner David Boehm kick started us with his donation and long time supporter Hallmark also gave generously. The Ebenezer School and the Nesbitt Centre nominated Turnip's retirement as the beneficiary of their fund raising activities. In fact many of the donations have been from people who either took lessons on Turnip themselves or recognized how deserving he is of a nice retirement. We are still about \$15,000 short of \$95,000, but the General Committee has granted permission to ship Turnip this summer and allow him to acclimatize himself on the farm with Yvonne in attendance. We know it will not be possible to replace Turnip, as he holds a special place in so many hearts, yet it is with no small amount of satisfaction we bid him Bon Voyage and a Happy Retirement.



With the Compliments of



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



## ACKNOWLEDGMENTS



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## COMING EVENTS 活動預告

8 to 11 September 2009	Helper's Training 義工訓練
15 September 2009	Pokfulam & Tuen Mun Autumn Term Ride start 薄扶林及屯門秋季課堂開始
28 September 2009	Symposium for Lingnan Study Report 2009 二零零九年嶺南研究報告研討會
	RDA Strategy Meeting 香港傷健策騎協會有限公司策略會議
	Annual Helpers Dinner 2009 二零零九年義工週年晚餐
27 & 28 October 2009	Grade III Examination 三級指導員考試
29 & 30 October 2009	RDA 3rd Asia Pacific Conference 2009 二零零九年香港傷健策騎協會有限公司第三屆亞太會議
December 2009	RDA Annual General Meeting 2009
(To Be Confirmed 待定)	二零零九年香港傷健策騎協會有限公司週年大會
December 2009	RDA Christmas Gymkhana 2009
(To Be Confirmed 待定)	二零零九年香港傷健策騎協會有限公司聖誕障礙賽

## Riding for the Disabled Association Ltd

### Tuen Mun Autumn Term – 2009 屯門秋季課堂

8th – 10th Sept 2009, inclusive	New and existing helper's training (新舊義工訓練)
11th Sept 2009	New helper – Assessment by Grade 3 Instructor (新義工評估日)
	Existing helper to clean tack & equipment (舊義工清潔馬具及用具)
15th Sept to 28th Oct 2009, inclusive	TM Normal RDA lessons (屯門定期課堂)
1st Oct 2009	No RDA – National Day (國慶日)
26th Oct 2009	No RDA – Chung Yeung Festival (重陽節)
29th – 30th Oct 2009, inclusive	No RDA – RDA 3rd Asia Pacific Conference 2009 (二零零九香港傷健策騎協會有限公司第三屆亞太會議)
3rd – 6th Nov 2009, inclusive	Autumn Group Rides (一日騎馬樂)
10th Nov to 18th Dec 2009, inclusive	TM Normal RDA lessons (屯門定期課堂)
22nd Dec 2009 to 4th Jan 2010, inclusive	No RDA – Christmas & New Year Holiday (聖誕節及新年假期)
5th Jan – 5th Feb 2010, inclusive	TM Normal RDA lessons (屯門定期課堂)
9th Feb – 22nd Feb 2010, inclusive	No RDA – Lunar New Year Holiday (農曆新年假期) (14th Feb 2010 - Lunar New Year's Day 年初一)
23rd – 26th Feb 2010, inclusive	Autumn Group Rides (一日騎馬樂)

**2nd Mar 2010 New Spring Term Start (開始春季課程)**

#### 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 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.



## Riding for the Disabled Association Ltd

### Pokfulam Autumn Term – 2009 薄扶林秋季課堂

8th - 10th Sept 2009, inclusive	New and existing helper's training (新舊義工訓練)
11th Sept 2009	New helper – Assessment by Grade 3 Instructor (新義工評估日)
	Existing helper to clean tack & equipment (舊義工清潔馬具及用具)
15th Sept to 28th Oct 2009, inclusive	PFL Normal RDA lessons (薄扶林定期課堂)
1st Oct 2009	No RDA – National Day (國慶日)
26th Oct 2009	No RDA – Chung Yeung Festival (重陽節)
29th – 30th Oct 2009, inclusive	No RDA – RDA 3rd Asia Pacific Conference 2009 (二零零九香港傷健策騎協會有限公司第三屆亞太會議)
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#### 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.

## I would like to make a donation and/or volunteer to RDA

我樂意捐款資助傷健策騎協會提供免費馬術治療課程/ 有興趣當義工

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**Riding for the Disabled Association Ltd.**

Tuen Mun Public Riding School, Lot 45, Lung Mun Road, Tuen Mun, N.T.

**OR Tel/Fax for further information and/or Credit card details to :**

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