

Riding for the Disabled Association Ltd.



香港傷健策騎協會有限公司

MAGAZINE



The above photo shows over 80 attendees of 3rd Asia Pacific Conference, includes RDA committee members, sponsor, guest of honor, guests, speakers, overseas & local delegates attended the Opening Ceremony on 29th October 2009 at Beas River Country Club in Sheung Shui.

上述展示了第三屆亞太會議超過八十位與會人士，包括本會委員會委員、贊助、主禮嘉賓、主講嘉賓、海外及本地代表出席於二零零九年十月二十九日假上水雙魚河鄉村會所舉行的開幕式。

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Canney Cheng
Administrative Manager



Apple Wong
Administrative Officer -
Tuen Mun



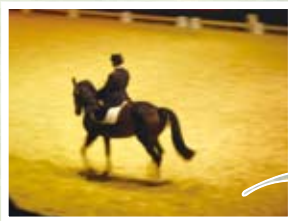
Renee Chan
Administrator - Tuen Mun



Rose Sung
Administrator - Pokfulam



May Cheung
Administrator - Tuen Mun



第十三屆「治療性騎乘國際會議」 馬匹的體格、智力和心靈 二零零九年八月十二日至十五日 德國敏斯特市 XIII. International Congress of Therapeutic Riding Horses for Body, Mind and Soul Münster, Germany 12 to 15 August 2009

香港傷健策騎協會有限公司的香港代表

韓啟仁 康復小組委員會主席
郭藹欣 常務委員會榮譽秘書、香港傷健策騎協會有限公司體育運動員的騎術助教
Jo Eling 營運經理

第十三屆「治療性騎乘國際會議」的開幕儀式是由步操及一片旗海來熱烈歡迎所有參加的國家。參加者超過八百五十名，來自三十九個不同的國家。其中包括新成員來自遙遠的南美洲的厄瓜多爾共和國。這是他們首次以國際治療性騎乘聯盟(FRDI)正式會員身分參加。

今次是德國自一九八二年第二次跟FRDI合辦這個大型國際會議。首先由德國治療性騎乘協會(DKThR)委員會委員主理外交事務的 Marietta Shultz 女士介紹FRDI理事長Gundula Hauser女士進場並致開幕詞。接著有敏斯特市長Berthold Tillmann博士以東道主身分歡迎所有參加者出席。

Martin H. Schmidt教授在大會開始時講述會議的主題：『有關馬匹治療對策騎者身、心幫助的成效我們知到些什麼？』。Martin H. Schmidt教授是德國曼海姆市(Mannheim)中央精神健康學院 Zentralinstitut for Mental Health之幼兒及青年期精神病学診所 Clinic for Child and Youth Psychiatry 的醫療主任。Martin H. Schmidt教授近年致力於評估各種馬匹療法的效用。差不多全球所有的治療中心都對這個題目很感興趣並努力進行研究、收集資料，參考個案來證明「馬匹治療」對傷健人士的身、心確實有益處。教授總結時說這是個漫長的過程，需要更長時間的研究，並有賴醫學專家的考究，才能得出更清晰的科學報告。

這會議是以工作坊的形式進行。共有七個不同主流的工作坊同時展開，邀請了世界各地不同背景之專業人士，包括：醫生、治療師、騎手、訓練員及指導員出席代表大會。共有大約一百七十個由半小時至兩小時的簡介及示範。集中關注的範圍有：馬術治療，馬匹矯正的工作及康復；傷健人士如何讓騎馬成為一項運動；職能治療與馬匹的關鍵；馬術促進精神療法；另外還有馬術輔助療法及如何揀選治療用的馬匹。

除了理論之外，還有實習時段，騎手和馬匹集合在大型室內運動場，體驗講者示範教授訓練騎手和馬匹的方法，並進行一連串的實習，使大家更清楚了解操作方式。

Hong Kong delegates from Riding for the Disabled Association Ltd (RDA):

Sacha Eckjans Rehab Sub-Committee Chairman
Ann Kwok Hon Secretary, General Committee and Assistant Coach of RDA Sports riders
Jo Eling Operations Manager

The Congress opened with a welcome ceremony of a march and display of the flags of all the participating countries. There were over 850 attendees from 39 different countries, with new members from as far away as Ecuador in South America, who were attending their first ever International Congress as full members of the Federation of Riding for the Disabled International (FRDI).

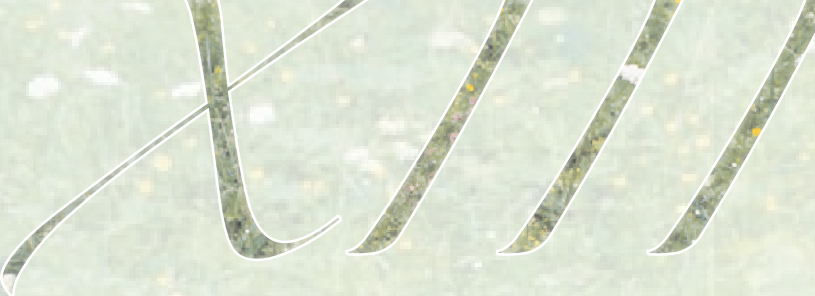
This is the second time since 1982 that Germany has been the host country of the Congress, working together with FRDI. Ms Marietta Shultz, Board Member of DKThR (German Association of Therapeutic Riding) for International Relations, started the day and introduced the President of FRDI, Ms Gundula Hauser who gave a welcome speech. Also welcoming the attendees was the Lord Mayor of Münster, Dr Berthold Tillmann.

Following the opening, Prof Dr, Martin H Schmidt from Germany presented the first keynote presentation on "What do we know about the effects of therapeutic riding on the body and soul." Prof Dr Schmidt is the Medical Director of the Clinic for Child and Youth Psychiatry at the Zentralinstitut for Mental Health in Mannheim Germany. His latest research has been to evaluate the effects of different therapy methods. This was a very interesting topic as nearly all therapeutic centers around the world are working towards information gathering, more research and case studies to prove that therapeutic riding does in fact provide benefits to the body and soul. He concluded that this is a long term process and more years of research and involvement of the medical experts will be needed to give clearer scientific results.

The Congress then opened up into 7 different streams of workshops running concurrently with speakers from varying backgrounds around the world including doctors, therapists, riders, trainers and instructors. This was the format for the following days of the Congress. In total, there was about 170 presentations and demonstrations, ranging from half an hour to 2 hours in duration. The areas of focus included hippotherapy; remedial work with horses; riding as a sport for people with disabilities; occupational therapy with the horse; equine facilitated psychotherapy; additional topics from equine assisted therapy; and therapeutic horses.

There were some practical sessions with horses and riders held in a large indoor arena. These presenters demonstrated methods of teaching and training both riders and horses.





工作坊是由不同專業人士主持。資深物理治療師Susanne von Dietze女士是一位馬匹運動治療師、訓練員及指導員；主力幫助健全及傷健人士如何從正確的馬上坐姿而達到平衡。她強調正確坐姿與平衡的重要性，並列出坐姿不平衡如何嚴重打亂馬匹步伐並構成對騎手和馬匹因不適而造成的傷害。

Klaus Balkenhol先生是世界知名的騎手和訓練員。他是傳統盛裝舞步的佼佼者，曾在奧運、歐洲以及世界錦標賽事得獎無數。他對馬匹的了解很深。他示範如何鼓勵幼馬工作並建立互信；至於平實的老馬則怎樣安全地跟牠們工作。

Reinhard Martier先生來自奧地利維也納，他是歐洲頂級的御馬者。他的示範過程中突出了一個訓練員怎樣與馬並進，建立馬匹的自信，又能讓牠安靜地參與一些具「爆發力」的治療活動。

理論敘述方面我們有些主講嘉賓曾經多次或會在今年首次到香港傷健策騎協會有限公司探訪。其中包括去年澳洲殘奧隊教練及《Coach with Courage》的作者，例如Mary Longden女士及英國Shewsbury的物理治療師Jane Barker女士。她們與騎手討論多種於課堂適用的治療項目及如何令馬匹身心健康快樂。

另外，還有曾於香港舉辦訓練的Ann Mayfield女士和Lynn Munro女士。她們不單是合資格的物理治療師，更是馬匹治療的大師。她們多與患有大腦麻痺症的騎手工作，並發現參與計劃的騎手在進行十二星期的療程後有明顯的進步。

Anita Shkedi女士來自以色列，是以色列國家馬術治療協會(INTRA)的始創人和馬術治療的專員。她講解有關馬匹治療對創傷後遺症的長久跟蹤研究。Anita Shkedi女士於二零零九年九月三十日到香港訪問香港傷健策騎協會有限公司，並舉行為期一天的「騎馬治療對自閉症及創傷後遺症的影響」工作坊。

Angelika Trabert博士是一位職業麻醉師，亦是去年在港舉行的德國隊制殘奧銀牌得主。她在會上以騎手身分與跟各人分享她的個人經驗。雖然手腳不健全，為了更有效地騎馬及取得好成績，她會自選馬匹，與馬匹訓練員一起訓練馬匹。為了增強身體的力量與控制，她選擇游泳及滑雪來操練體適能。Angelika Trabert博士更出席了本會於二零零九年十月二十九日至三十日假香港賽馬會雙魚河鄉村會所舉行的第三屆亞太會議。

除了技術交流，在社交方面，我們在 Westphalian馬房有一個難忘的晚上。育馬場內看到多隻培育的溫血馬和冷血馬。最後，大家都趁此機會與其他國家代表聯誼，一邊享受德國啤酒美食，一邊欣賞來自多間騎馬會和治療中心的馬術嘉年華精彩表演。我們特別喜歡馬、狗及羊的表演項目。

會議不僅提供了豐富的資訊，還有多方面的概念、想法可供本會參考。如欲了解有關本會的工作，請瀏覽網址：<http://www.rda.org.hk>或致電+852 2454 9961。

Jo Eling

Susanne von Dietze, an experienced physiotherapist, hippotherapist, trainer and instructor who has worked with both able-bodied and disabled riders presented on the importance of Balance in Movement. Emphasis was placed on achieving the correct seat and balance for all riders and how incorrect balance can severely disrupt the way a horse moves and can cause discomfort or problems for both riders and horses.

Klaus Balkenhol, a world renowned rider and trainer in classical dressage with countless Olympic, European and World Cup medals worked with a group of riders and horses to demonstrate how to encourage the best performance and create trust in young horses by working with steady older horses to give them security.

Reinhard Mantler from Vienna, Austria, one of the leading horseman from Europe gave a demonstration on how the trainer can establish his/her own presence to develop the horse's confidence, making it calm and "bomb proof" for therapeutic activities.

On the theory presentations, there were some very interesting speakers who have visited RDA in Hong Kong over the years or will come this year for the first time. For example, Mary Longden and Jane Barker discussed different therapeutic activities for riders in lessons and how to keep therapy horses healthy and happy both in mind and soul.

Ann Mayfield and Lynn Munro who have carried out training in Hong Kong and who are both highly qualified physiotherapist and hippotherapists, gave presentations on the effects of therapeutic riding on people with cerebral palsy, also showing the progress of riders who have attended a 12 week programme.

Anita Shkedi from Israel gave a presentation on longitudinal study of the effect of therapeutic riding on post traumatic stress disorder. Ms. Shkedi visited RDA in Hong Kong on 30 September 2009 to conduct a one day seminar on therapeutic riding for autism and stress disorders.

Dr Angelika Trabert, a medalist from last year Paralympics Games in Hong Kong, gave a presentation from a rider's point of view, sharing her own journey of training as a rider without legs and hand defects. She covered horse selection, working with trainers on the schooling of horses to enable her to ride them, building her strength and control of her body through other sports such as swimming, skiing, etc. Dr Trabert also visited Hong Kong again on 29 to 30 October 2009 as one of the presenters at RDA's Third Asia Pacific Conference at HKJC Beas River Country Club.

On the social front, we had a fabulous evening at the Westphalian Stud where we were shown the warm blood and cold blood (draught horses) stallions. This was also a chance to catch up and meet other countries' delegates and enjoy the great German food and beer. Finally there was an equestrian gala show which was spectacular with entertaining performances from various riding clubs and therapeutic centers. We particularly like the horse, dogs and goats show!!!!

The Congress not only provided a wealth of knowledge but also a lot of ideas for us to consider in Hong Kong. To find out more about RDA, visit our website <http://www.rda.org.hk> or contact us at +852 2454 9961.

Jo Eling



香港傷健策騎協會有限公司 服務研究報告研討會及策略會議 Riding For The Disabled Association Ltd Hong Kong Symposium on Study of the Services Provided by RDA and Strategy Meeting

於二零零九年九月二十八日，香港傷健策騎協會有限公司假銅鑼灣香港遊艇會舉行研究報告研討會及策略會議。

研討會首先由本會主席楊國琦先生正式致歡迎辭，接著由公關及籌募委員會主席吳嵩先生開始序言。研究報告的贊助人為夏佳里先生和陳衍里醫生。可惜，他們均未能出席頒贈儀式，本會特別鳴謝他們的慷慨贊助。嶺南大學被委託進行研究報告，並由潘永忠先生講解陳述。

報告內容主要是探討本會為香港傷健人士提供復康服務的能力範疇。此外，報告集中研究殘奧歷史的承傳，以及進一步推廣和發展本會體育運動的服務。總結而言，研討會上亦提出了一些建議，將成為本會日後討論和制定活動的基礎。接在研究報告發佈之後，席上的觀眾人士可以在問答環節中要求問題的闡述和詳細說明。

小休一會後，便開始香港傷健策騎協會有限公司策略會議。這個會議的目的是審視本會現時的方位，並提出前瞻性建議方案，以改進本會提供的服務。會議上，吳嵩先生和本會榮譽秘書郭藹欣小姐擔任仲裁者，而復康委員會主席韓啟仁先生、公關及籌募委員會主席吳嵩先生、榮譽司庫何志強先生及由郭藹欣小姐代表體育委員會主席利子厚先生先後發表講話。每位主講者完成講述後，緊接著是問答環節，觀眾可以提出進一步建議和意見作討論。

最後會議由郭藹欣小姐作總結，本會常務委員會將適時討論在有關決議的落實方案。

On 28th September 2009, the Riding for the Disabled Association Ltd. in Hong Kong held a Research Study Symposium and Strategy Day in the Gun Room of the Royal Hong Kong Yacht Club at Causeway Bay.

The Symposium began with an introduction by Mr. Apollo Ng, Chairman of the PR and Fund Raising Sub-Committee of RDA. This was followed by formal welcome by Mr. K K Yeung, the Chairman of the Association. The sponsors of the research study were Mr. Ronald Arculli and Dr. Henry Chan. Unfortunately, they were not able to attend the presentation but thanks were offered for their generous sponsorship. The study which was carried out by the Lingnan University was presented by Mr. Pun Wing Chung.

The study involved an examination of the extent of RDA's ability to meet the rehabilitation needs of disabled persons within Hong Kong. In addition the legacy of the Paralympics and the ability to promote and further expand the sports side of RDA's service was an area for focus. To conclude the study, recommendations were also presented which will form the basis for discussion and action within the organization. This was followed by a question and answer session so that interested members of the audience could ask for clarification and expansion of issues as appropriate.

After a short break the RDA Strategy Meeting began. The aim of this meeting was to examine current aspects of the organization and put forward proposals and identify goals for moving forward and improving the service offered by RDA. The moderators of the meeting were Mr. Apollo Ng and Ms Ann Kwok the Honorary Secretary of RDA. Presentations were made by Mr. Sacha Eckjans as Chairman of the Rehab Sub-Committee; Mr. Apollo Ng as Chairman of the PR and Fund Raising Sub-Committee; Mr. Alan Ho as Honorary Treasurer and Ms. Ann Kwok on behalf of Mr. Michael Lee Chairman of the Sports Sub-Committee. After each of the speakers there was a question and answer session and further suggestions and ideas for discussion from the audience.

A summing up and conclusion was presented by Ms. Ann Kwok and the resulting proposals will be discussed in due course within the General Committee of the RDA for potential implementation.

Sue Gazzi

Sue Gazzi

香港傷健策騎協會有限公司 二零零九年度義工週年晚餐



RDA ANNUAL HELPERS DINNER 2009

九月二十八日，颱風凱莎娜吹襲香港沿岸範圍，雖然當天晚上下著濛濛細雨，但由香港馬主協會贊助的香港傷健策騎協會有限公司義工週年晚餐的盛情卻絲毫無損。超過一百位嘉賓在香港遊艇會享用自助晚餐，並在我們鍾愛的唱片騎師Fred的動感節奏帶動下，盡情地在遊艇會池畔內載歌載舞。

義工週年晚餐是本會一年一度答謝所有義工的難得機會，他們每週不辭勞苦為馬術課堂克勤工作。我們定期的義工為本會屯門、薄扶林及羅湖三個分校的課堂提供不可多得的支持。他們與騎生建立社交的聯繫，並與馬匹共建安全的治療環境。

除了我們週期的義工外，還有其他為本會提供服務的人士，我們十分高興能夠邀請他們成為座上客。香港賽馬會的員工、騎術學校的指導員、獸醫及馬伕都提供了不少專業知識支持本會。

此外，我們肯定了多位特別的嘉賓為慈善週年餐舞會不遺餘力，在此致上無限的感謝。特別鳴謝二零零九年慈善週年餐舞會主席施費葆奇女士，她亦慷慨為義工週年晚餐贊助超級大獎LG電視，而指導員劉麗貞女士則成為中獎幸運兒。其他獎品包括由楊國琦先生贊助的紅酒、由傅俊康先生及廖潔思小姐贊助的電子相架和由陳曾麗娜女士贊助的行李箱。席上每人皆獲得兩份檯獎，包括由香港賽馬會贊助的趣緻電話繩及由廖潔思小姐贊助的計步器(總是關注健康義工的恩物)。

我們都熱切期望來年的活動，但願天清氣朗的天氣造就一個更好的晚上！



The 28th September proved to be a rainy evening as Typhoon Ketsana edged along outside Hong Kong, yet this didn't dampen the enthusiasm for Riding for the Disabled Association's Annual Helpers dinner sponsored by the Racehorse Owners Association held at the Hong Kong Yacht Club. Over 100 guests enjoyed a buffet dinner and dancing under cover to the tunes provided by our favorite DJ Fred along the deck of the Yacht Club pool.

The Annual Helper's Dinner is RDA's yearly opportunity to show how appreciative we are to all the volunteers who make the weekly horseback riding lessons a reality by their faithful attendance. Our regular volunteers provide invaluable support for the lessons at three different locations- the Tuen Mun, Pokfulam and Lo Wu riding schools. They make social connections with the riders and provide a safe environment for therapy with the horses.

Besides our weekly volunteers, there are other individuals who provide support to RDA and we also are happy to have them as our guests each year. They are the Hong Kong Jockey Club staffs who give their professional expertise to support us, namely the Jockey Club Riding Instructors, Veterinarians and the Mafoos.

Additionally, on this occasion some special guests were recognized and great appreciation was expressed for providing tremendous support with the Annual Ball. A special thank you goes to Mrs. Betty da Silva, the Chairlady for the Annual Ball 2009. She also very generously donated the grand prize for the Helpers Dinner of an LG TV that was won by our very own Instructor Marie Lau. Other prizes included wine from KK Yeung and digital photo frames from Mr. Spencer Foo and Ms. Agnes Liu and a trolley from Mrs. Sally Chan. Everyone received two table prizes, a cute cell phone charms from the HK Jockey Club and pedometer step counters (always appreciated for the health conscious volunteer) provided by Ms Agnes Liu.

We look forward to next year's event eagerly, but hope the weather will be calmer for an even better evening!

Ione Smith

Ione Smith





海外教練—ANITA SHKEDI訪港

Overseas Trainer – Dr. Anita Shkedi Visit Hong Kong

在二零零九年九月三十日，香港傷健策騎協會有限公司非常幸運地能夠受益於Anita Shkedi的訪問。

Anita是世界知名的自閉症和治療性策騎的專家。雖然Anita專門研究自閉症，但她具有醫學知識的背景亦令她深層地認識所有殘障的種類。

早上Anita首先以引人入勝的講授，介紹其背景和其主要應對的騎生種類。她的演說亦介紹了一些短片，有助於她向我們展示所言所談。

節奏性的踱步

無聲的課堂

耐性

重覆

上述各樣都是Anita教授我們的。她向我們展示的幻燈片和錄影片段介紹了這些簡單的事情如何對一位患有自閉症的孩子產生難以置信的變化。

在下午的時間，我們觀摩了兩堂由雷桂珍及童玲芝指導的策騎課堂。Anita作了一些筆記，然後就每個課堂作出了非常正面且鼓勵性的回應。

Anita帶給我們很多精彩的信息…她的兩個要點就是保持「節奏性的步伐」和著眼於騎生的正面之處。

我十分確信我們都期望Anita下次的蒞臨。

Nicki Greeves



On 30th September 2009, RDA Hong Kong was lucky enough to benefit from a visit by Anita Shkedi.

Anita is a world-renowned expert in Autism and therapeutic riding therapies. Although Anita has specialized in Autism,

she comes from a medical background which has given her a very deep understanding of all the types of disabilities she works with.

The morning was taken up with a fascinating talk from Anita about her background and the types of riders that she works with. Her presentation also had some short films, which helped to demonstrate what she was telling us.

Rhythmic Walking

Silent Lessons

Patience

Repetition

These were all things that Anita taught us. Her slides and videos showed us all how these simple things can make such an incredible difference to an Autistic child.

In the afternoon, we watched 2 RDA lessons, given by Ada and Winnie. Anita made notes and then gave us her very positive and encouraging feedback on each lesson.

Of all the wonderful information Anita gave us... her 2 main points were keep a 'rhythmic walk' and concentrate on the positive aspects of the rider.

I am very sure that we are all looking forward to Anita's next visit.

Nicki Greeves





三級指導員考試

GRADE

INSTRUCTOR EXAM

香港傷健策騎協會有限公司非常高興為旗下幾位指導員舉行三級指導員考試，而他們在過去數年來都努力不懈力求達到所要求的水平。

國際評核員Sue Adams Wheeler (英國傷健策騎首席評核員)和國際級別鑑定員Vicky Melville 以及知名的物理治療師均被邀請蒞臨指導今次考試。而且，本會三級指導員考試史無前例地假屯門公眾騎術學校舉行，可以肯定的是這裡為為期兩天的考試提供了優越的場地。

恭賀所有應考者成功通過考試，分別為雷桂珍、黃嘉惠、楊啟明、梁偉滔及Sonja Kronhart。而楊啟明和梁偉滔本身亦是香港賽馬會指導員，現擁有雙重的資歷。

考試範圍涵蓋不同有關教導傷健人士的範疇，例如教導班級和獨立的課堂、如何明智地為騎生選擇合適的馬匹、如何訓練輔助員，以及辨識健全騎馬學員正確的騎馬器材及動作。

各應考者均表現卓越，令評核員留下深刻的印象。但問題在於現時大部份騎生都屬學習困難的類別，相對以往的騎生而言，現時較少是肢體殘障的類別，而評核員指出在他們的國家亦出現同樣的情況。就其本身而論，我們需要肯定應考者已掌握如何評估和教導嚴重殘障的騎生。

在薄扶林公眾騎術學校，Ione Smith每星期都有一次教導騎馬學員，她認為理想的做法是由指導員準備騎生的個案研習報告，寫下他們計劃如何在六星期的時間內評估及改善騎生的情況。對於三級指導員的考試而言，這是一個新的理念。然而值得注意的是，須確保我們的指導員都能長期並全面了解有機會遇到的殘障類別。

當完成個案研習報告，便交由Vicky Melville評審有關醫療的部份，所有應考者均獲頒發三級指導員證書。對於本會的未來及課程質素而言，都是可喜可賀的美事。齊來祝願本會在未來可以繼續栽培高質的指導員。

It was with great pleasure that RDA was able to hold a Grade 3 exam for a number of it's instructors who had being working very hard for several years to reach the standard required.

International examiners Sue Adams Wheeler (chief RDA examiner in the UK) and Vicky Melville International classifier and renowned physiotherapist where invited to conduct the exam. Also for the first time in RDA exam history the exam was held at Tuen Mun Public riding School, which proved to be an excellent venue for the two days.

Congratulations go to the candidates who were Ada Louie, Kally Wong, Raymond Yeung, David Leung and Sonja Kronhart. Raymond and David are also Hong Kong Jockey Club instructors aiming for a dual qualification.

The exam covers many different areas relating to teaching disabled riders, such as teaching class and independent lessons, understanding the correct choice of horse for the rider, how to train the helpers and also being able to assess able body riders in correct riding aids and exercises.

All the candidates did a sterling job and really impressed the examiners. One problem was raised and that was the fact the most of our riders at the moment have learning difficulties and less physically disabled riders than before are now attending RDA Hong Kong. The examiners stated was an issue in their country too. As such it was decided to make sure the candidates really understood how to assess and teach severely disabled riders.

At Pokfulam Public Riding School a group of riders attend a class once a week taught by Ione Smith. It was thought that these riders would be ideal for the candidates to study to produce rider's profiles, which would show how they would assess and progress these riders over a 6 week period. This is a new concept to be introduced to the Grade 3 examination but one that may now be put in place permanently to make sure all our instructors fully understand all the types of disability they may face.

Once the profiles were complete and examined by Vicky Melville who was overseeing the medical section, all the candidates were awarded the Grade 3 instructors certificate, which is fabulous news for the future of RDA and the quality of its lessons. Let's hope RDA can continue to produce this high level of instructors in the future.

Jo Eling

Jo Eling

第三屆亞太會議

3rd Asia Pacific Conference



3rd Asia Pacific Conference Programme Book
第三屆亞太會議會刊

今次會議的使命是「治療性策騎和馬術體育運動之間的橋樑」。我們相信香港傷健策騎協會有限公司已透過是次會議達到目標，效果更遠遠超出預期所想。

於二零零九年十月二十八日，本會假香港新界雙魚河鄉村會所舉行一項會議前奏活動——策騎示範。作為今次會議主講嘉賓的三位殘奧騎手，分別是阿尼哥·李克·多爾哥夫小姐、查伯特醫生、及菲立柏·莊遜小姐於活動中表演精湛的策騎技巧。約七十位來自紅十字會雅麗珊郡主學校、香港耀能協會高福耀紀念學校、保良局慧妍雅集書院的學生及香港賽馬會的訓練員獲邀出席觀賞。是次活動讓學生們有機會一睹世界級馬術運動員展示他們的騎術，令席上的學生從中得到莫大的啟迪。

會議於同月二十九日假雙魚河鄉村會所舉行。一切盡善盡美的設施為出席會議的代表帶來舒適的環境，還滿足了實地策騎示範的需要。

會議開幕儀式首先由本會國際統籌委員會主席王振宇教授致歡迎辭，接著由香港賽馬會行政總裁應家柏先生致辭。今次會議邀請了五位海外和一位本地的主講嘉賓，加上二十九位海外代表和四十六位本地代表出席開幕式。

特別貴賓包括主贊助香港保險業聯會的代表譚仲豪先生和余健南先生。

會議為期兩天。早上第一個環節主要是主講嘉賓的演說和講授，包括上述三位殘奧騎手，還有兩位世界級冠軍訓練員，珍妮·戈德史密斯女士和克萊夫·米爾金斯先生，以及本地主講嘉賓骨科專科醫生李威儀先生。

在下午的環節，與會者觀摩了三位騎手騎乘馬匹，並與訓練員討論他們如何策騎，以及談論就個別馬匹所運用的不同輔助器材。

The mission for this Conference was to "Bridge the Gap between Riding for Therapy and Riding for Sport". We believe that during the course of the Conference RDA achieved this goals and the results were much better than expected.

On the 28th October 2009, RDA held a Riding Demonstration at Beas River Country Club in New Territories of Hong Kong as a pre-Conference event. The 3 Paralympic riders, Ms. Annika Lykke Dalskov, Dr. Angelika Trabert, and Ms. Philippa Johnson who were keynote speakers at the Conference performed in the demonstration and exhibited truly excellent riding skills. In attendance were 70 students from Princess Alexandra Red Cross Residential School, Ko Fook Lu Memorial School and Po Leung Kuk Wai Yin College as well as trainees from the Hong Kong Jockey Club. This demonstration provided an opportunity for students to watch World Class Equestrians displaying their skills which greatly enlightened all students present.

The Conference started on the 29th October at Beas River in a wonderful setting with all facilities needed for the comfort of the attending delegates yet meeting all equestrian needs for the practical demonstrations.

The Opening Ceremony started with a welcome remark from Professor Benjamin Wong, the Chairman of International Liaison Sub Committee of RDA and was followed by a speech from the Chief Executive Officer of The Hong Kong Jockey Club ("HKJC"), Mr. Winfried Engelbrecht-Bresges. There were five overseas and one local speaker plus 29 foreign delegates and 46 local delegates attended the opening.

VIP guests included the sponsors: the Hong Kong Federation of Insurers, represented by Mr. Peter Tam and Mr. Allen Yu.

The Conference ran over two days. The first session in the morning included talks and lectures from guest speakers, namely the 3 Paralympic riders mentioned above, two trainers of world champions, Mrs. Jane Goldsmith and Mr. Clive Milkins plus the local speaker, Dr. Wilson Li who is an Orthopaedic Specialist.

In the afternoon session, the Conference participants watched the 3 riders working horses and discussing with the trainers how they rode and what varying aids they used on each horse.

During this session we also saw two Hong Kong RDA riders working hard to show their skills which they are attempting to improve to achieve their goal of also

3rdda
3rd Asia Pacific Conference
29th to 30th October 2009



3 Paralympic Riders perform excellent riding skills
三位殘奧騎手表演出一流的策騎技術。



Around 70 students from different schools are invited to attend "Riding Demonstration".
約七十位來自不同學校的學生獲邀出席「策騎示範」。



Chairman of RDA Mr. KK Yeung presents a plaque to the Chief Executive Officer of the HKJC, Mr. Winfried Engelbrecht-Bresges.
本會主席楊國琦先生頒發名匾予香港賽馬會行政總裁應家柏先生。



President of RDA Mr. John Chan presents a plaque to the Deputy Chairman of HKFI, Mr. Clive Milkins.
本會會長陳祖澤先生頒發名匾予香港保險業聯會副主席余健南先生。



Over than 80 attendees, includes speakers, overseas & local delegates, attended the Opening Ceremony.
超過八十位與會人士，包括主講嘉賓、海外及本地代表出席開幕式。



(from left to right) Mr. Peter Tam and Mr. Allen Yu from Hong Kong Federation of Insurers, Mr. KK Yeung and Professor Benjamin Wong from RDA.
(由左至右)香港保險業聯會的代表譚仲豪先生和余健南先生以及本會的楊國琦先生和王振宇教授。



Mrs. Jane Goldsmith shares her presentation of "It takes team work to make a dream".
珍妮·戈德史密斯女士分享「團隊合作才能夢想成真」的演講。



Mr. Clive Milkins shares the experience of "From Therapy to Gold Medals – a Walk in the Park".
克萊夫·米爾金斯先生分享「由接受治療至贏得獎牌 – 輕而易舉，有如在公園漫步」的經驗。

在這個環節中，我們亦得見本會的兩位騎手竭盡所能力求進步，以朝著晉身殘奧運動員的目標昂然邁進。然後，他倆都接受了來自英國教練的諄諄指導。

第一天完結時，本會主席楊國琦先生特設歡迎晚宴款待所有來賓，宴上由香港賽馬會副主席施文信先生致辭。

第二天的會議在雙魚河室內騎術學校進行了實地策騎示範和訓練。會議其中一個目標是要促進主講嘉賓和與會代表之間的相互活動。是項目標在會議中期間持續地進行，並為所有與會者帶來莫大的裨益。訓練員指出對於騎手和馬匹而言，創造「可達到目標」是極為重要的，同時要監察每位騎手表現和成效。

會議最後的活動是由香港賽馬會在快活谷馬場特設的雞尾酒會。在此盛會，香港賽馬會主席陳祖澤先生致上閉幕辭，並頒發名匾予所有參與會議

becoming Paralympic riders. Both of these riders then received some training from the British visiting coaches.

At the end of the first day, there was a Welcome Dinner for all concerned hosted by Mr. K.K. Yeung, Chairman of RDA with a key-note speech given by Mr. Thomas Brian Stevenson, the Deputy Chairman of HKJC.

Day two of the Conference continued with practical work and training in the indoor riding school at Beas River. Part of the objective of the Conference was to encourage interaction between the speakers and delegates. This was ongoing throughout the Conference to everyone's great benefit. The trainers pointed out how important creating "Achievable Goals" was for horses and riders as well as monitoring the quality of everyone's ongoing performance.

The final event of the Conference was a Cocktail evening at Happy Valley Racecourse hosted by the Hong Kong Jockey Club. On this occasion, Mr. John Chan, Chairman of HKJC, made a closing speech and presented plaques to all the speakers who had taken part in the Conference. Representatives from



Dr. Wilson Li gives his talk on "Damage limitation".
李威儀醫生闡述「如何減少運動受傷」的專題演講。



Dr. Angelika Trabert performs riding demonstration in an indoor paddock.
查伯特醫生在室內練習場作策騎示範。



Mr. Clive Milkins works with Ms. Philippa Johnson for demonstration and discussion.
克萊夫·米爾金斯先生與菲立柏·莊遜小姐作實地示範和討論。



Two young riders from RDA undertake training from the British visiting coaches.
本會兩位年輕騎手接受英國教練的訓練。



Ms. Annika Lykke Dalskov rides on the RDA horse Jubilee.
阿尼哥·李克·多爾哥夫小姐用本會馬匹Jubilee作騎乘示範。



The Deputy Chairman of HKJC Mr. Thomas Brian Stevenson gives his speech in Welcome Dinner.
香港賽馬會副主席施文信先生在歡迎晚宴上致辭。



Overseas delegates enjoy the Welcome Dinner.
海外的代表享用歡迎晚宴。



Mr. and Mrs. Rusy M. Shroff (middle and 2nd from right) attend the Cocktail in Happy Valley.
施羅孚先生夫人(中間及右二)出席假快活谷的雞尾酒會。



(From left to right) Conference Working Team: Ms. Canney Cheng, Mr. Nick Rodgers, and Ms. Apple Wong of RDA
(由左至右)會議工作人員：鄭嘉儀小姐，羅傑仕先生及王碧涓小姐

的主講嘉賓，而英國、紐西蘭、新加坡及丹麥的駐港總領事亦應邀赴會。

總結會議，本會不僅為主持會議獲得不少掌聲和感謝，而會議期間所達到的成就亦備受與會代表和主講嘉賓一致好評。

最後，本會非常感激下列機構對是次會議的支持及贊助：分別是東亞保險大會、香港保險業聯會、香港賽馬會、以及溢達集團。

再次祝賀香港傷健策騎協會有限公司在亞太地區馳騁向前。

the British, New Zealand, Singapore and Danish Consulates were also in attendance.

Since the conclusion of the Conference, RDA has received many plaudits and votes of thanks from delegates and speakers alike, not only for hosting the Conference but for all the achievements during the event.

Finally, RDA would like to express its appreciation for the support of and sponsorship for the Conference from the following organizations: East Asian Insurance Congress, The Hong Kong Federation of Insurers, The Hong Kong Jockey Club, and Esquel Group.

CONGRATULATIONS RDA HONG KONG for once again leading the way in the Asia Pacific Region.

羅傑仕

Nick Rodgers



香港傷健策騎協會有限公司 支持者參觀美國喬治·華盛頓號核動力航空母艦 RDA Supporters Visit to USS Aircraft Carrier George Washington

於二零零九年十月三十一日，香港傷健策騎協會有限公司的支持者有幸參觀了美國喬治·華盛頓號核動力航空母艦。

在這個活動之前，我們亦曾經接受訪港的美國航空母艦的邀請，而今次參觀活動延續了本會與美國海軍的友好關係。艦隊船員多年來都在本會貢獻良多，而本會的義工和騎手亦獲准登上船艦參觀。

我相約了梁曉丰、其父親及胞弟在芬域碼頭見面，我們朝向休息室範圍等待接載我們登船的渡輪。我們享用了一些小吃和飲料後，於下午十二時許，我們被外面停靠的船塢呼喚登上渡輪。

約三十分鐘後，由保安員的引領下我們抵達了喬治·華盛頓號的船尾，我們連同其餘二十位人士開始進行導賞遊覽。我們首先攀登了大約十級陡峭的臺階到橋樑上。在橋樑上，嚮導員向我們展示了美國海軍所有尖端科技武裝，包括導航系統及偵測系統。我們驚嘆於親身目睹由二十至三十人操控所有軍備。此外，我們更能夠一睹所有艦載機在飛行甲板上的一覽無遺地展示出來。

隨著遊覽的行程，我們移步到飛行甲板上。這是最喜愛的船艦部份，因為它載有所有協助搜索和拯救行動及其他軍事任務的艦載機。我向嚮導員發問了一些問題，請他解釋某些飛機如何運作，他非常友善地回答，大大豐富了我的知識領域。曉丰和他的家庭成員與我開始逐一替飛機拍照，特別是繪上顏色的一群。某些飛機被著色的原因是海軍容許個別的小隊為飛機刷上顏色。我更查看了喬治·華盛頓的防禦武裝，基本上是與榴彈發射器相似的大槍和50杆口徑步槍。

最後，我們看到巨大的拋錨。每個鎖鏈部份估計接近三百六十磅，真是令我嘆為觀止，亦令我不期然在想如果這是三百六十磅，那麼船錨總重量會是多少呢？

最後，我們回頭進入飛機庫海灣，這裡是修理飛機和其他車輛的地方。這樣就結束了我們的航空母艦的參觀，在三十分鐘回程的渡輪上，小睡片刻同樣不亦樂乎。

Nathan Clarke

Supporters of RDA visited the United States Service Aircraft Carrier George Washington on 31st October 2009

Prior to this event we have in the past received invitations from USS navy ships that come into Hong Kong and this visit continued the good relationship that RDA has with the US Navy. Members of the crew have given a helping hand at RDA over the years and RDA volunteers and riders have been allowed to board their vessels.

I met Nathan Leung, his dad and his brother at Fenwick Pier and we headed into the lounge area to wait for the ferry which would take us to the ship. We had a little something to eat and drink and soon after at around 12pm we were called outside onto the dock to board the ferry.

After about 30 minutes we arrived at the stern of the George Washington to be lead through security and with 20 other people we were allocated a guide. We first went up about 10 flights of steep stairs to the bridge. On the bridge the guide showed us all the advanced technology available to the US Navy including their navigation and tracking systems. It was amazing to see all the equipment that takes 20-30 people to operate. In addition we were also able to observe the flight deck where they had all the planes out on display.

As we moved on through the tour we were taken to the flight deck. This is the section of the ship that was my favorite because it held all the planes that they used for search and rescue and for other military missions. I asked a few questions of the guide to explain how some of the planes worked and he was very helpful which increased my knowledge considerably. Nathan, his family and I started to take pictures of each of the planes especially the ones that were painted. The reason that some were painted was because the Navy allows each squad to paint one plane. I also looked at the defenses of the George Washington which were basically big guns like grenade launchers and 50 caliber rifles.

Lastly we went to observe the anchors which were huge. Each chain piece was estimated to be around 360 pounds which I found absolutely amazing because if that is 360 pounds how much does the anchor weigh?

Finally we headed back to the hangar bay entering at the repair section where they repaired certain planes and other vehicles. This completed our visit to the aircraft carrier and the trip was finished with a nice nap on the 30 minute boat ride home.

Nathan Clarke



莎拉·菲臘浦斯 訪問香港傷健策騎協會有限公司

薄扶林公眾騎術學校

Ms. Zara Phillips MBE Visit to RDA Pokfulam Public Riding School

二零零九年十一月十二日，香港傷健策騎協會很榮幸邀得到莎拉·菲臘浦斯小姐訪問本會位於薄扶林騎術學校的訓練中心。莎拉是英女皇伊利莎伯二世的長外孫女，亦是安妮公主的女兒。她於二零零六年在亞琛舉行的世界馬術運動會中獲得三項賽世界冠军的殊榮，同年，她更獲選為英國廣播公司年度體育界風雲人物。

她到達時與身兼香港賽馬會董事局主席及香港傷健策騎協會會長陳祖澤先生及本會其他委員會成員會面。她在主練習場觀看來自英基學校協會港島學校騎手的策騎課堂。在課堂進行的時候，她對於騎手和馬匹都甚感興趣，更於尾段時間加入帶領其中一匹小馬。騎手們都非常高興她對課堂的參與，亦十分享受與她拍照的環節。她特別讚賞本會所肩負的工作，更加對義工和輔助員的貢獻作出肯定，她強調沒有他們的付出，本會便不能繼續提供服務。

課堂完結時，莎拉頒發證書予騎手，而陳祖澤先生亦向她頒發了一面紀念匾，以紀念今次的訪問。

On 12th November 2009, RDA was delighted to have a visit from Ms. Zara Phillips MBE at the Riding for the Disabled Association centre at Pokfulam. Zara is the eldest grand-daughter of Queen Elizabeth II and daughter to Princess Anne the Princess Royal. She is the reigning Eventing World Champion having gained the title at the World Equestrian Games in Aachen in 2006. She was also in the same year voted BBC Sports personality of the year

On arrival, she met Dr. John Chan, the Chairman of the HKJC, President of RDA as well as RDA Voting Members and General Committee Members. A welcome speech was given by Dr. John Chan followed by a response from Zara. She then observed RDA lesson in the main paddock with riders from The Peak School. As the lesson progressed, Zara showed great interest in the riders and ponies and joined in the lesson by leading one of the ponies. The riders thoroughly enjoyed Zara's contribution to the lesson and the photo session afterwards. She expressed her great admiration of the work done by RDA and gave particular recognition to the volunteer helpers without whom the service could not continue.

At the end of the lesson, Zara presented certificates to the riders and Dr. John Chan presented her with a memorial plaque in recognition for her visit.

Sue Gazzi

Sue Gazzi



明德抬轎比賽暨慈善賣物會
二零零九年十一月十五日
Matilda Sedan Chair Race and Bazaar
15th November 2009



第三十五屆明德抬轎比賽暨慈善賣物會於二零零九年十一月十五日舉行，今年的主題是讓童話故事夢想成真。在過去數年裡，香港傷健策騎協會有限公司亦受惠於這個慈善籌款盛事，而他們的捐款亦令本會許多的美夢成真。今年，我們在慈善賣物會的攤位遊戲是「情迷捧捧樹」，可謂老少咸宜，甚受大小朋友歡迎。

特別鳴謝創作別出心裁的捧捧樹及設置遊戲的 Jennifer Smith。同時衷心感謝Dominique Tombazzi與其女兒 Alessandra及Nichole，還有他們的好友Christella Cheng，他們都無懼嚴寒的天氣，且不遺餘力，實在是勇氣可嘉！

Make Fairy Tales Come True was the theme of the 35th Matilda Sedan Chair Race and Bazaar held 15th November 2009. RDA has benefited from the donations of this fund raising event for several years and their donations have made many of the dreams of RDA become a reality. This year our bazaar game was the Enchanted Lolli Tree and it proved to be a popular game for all ages.

Thanks to Jennifer Smith for painting our tree and setting up the game. Also to Dominique Tombazzi and her daughters Alessandra and Nichole, and their friend Christella Cheng for volunteering and braving what was probably the coldest Bazaar weather we have ever encountered!

Ione Smith

Ione Smith



Riding For The Disabled Association Ltd
香港傷健策騎協會有限公司



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Volunteers wanted !!!
義工招募 !!!

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
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香港傷健策騎協會有限公司 訪問韓國聖德大學

RDA Visit Sung Duk C University in Korea



於二零零九年十一月二十七日，本會營運經理 Jo Eling應聖德大學的正式邀請，到南韓大邱國際酒店進行演講。



今次研討會的目的是鼓勵南韓政府贊助一個慈善機構在韓國註冊的治療性策騎課堂，由具有專業醫學和馬術知識的專家負責營辦。



出席研討會的包括南韓政府的成員例如農林水產食品部畜產政策小組的副長官Kim, Heu Hyun、韓國畜產經濟研究院的長官Rho, Kyeong Sang。同時，有來自韓國聖德大學的醫學專家Hong, Ju Yeon，他是專門研究復康心理學，亦擁有北美殘障者馬術協會(NAHRA)馬術治療的證書。而Lee In Sil專門於物理治療和復康醫學，她本身亦完成美國馬術治療協會的馬術及治療課程。海外出席者有本會的Jo Eling小姐及中華民國的王挽華先生。



一批熱衷於在南韓發展治療性策騎的人士都紛紛出席今次研討會。所有演說都富有趣味，亦甚受觀眾所接納。



本會在演說中闡述了過去三十三年的歷史發展，解釋策騎課堂如何進行，同時展示了一段嚴重殘障騎生騎馬課堂的影片。這場演講廣為觀眾所接納，亦明確反映出韓國高度認同香港傷健策騎協會在亞洲治療性策騎層面上具有領導的地位。



翌日主要是參觀不同的馬房，當中部份已經用作治療性課堂之用。自出席完日前的研討會後，這些團體都殷切渴望能合作開辦策騎課程，以改善曾討論的實際技能和特別裝備。

很多與會者對於在南韓發展治療性策騎深表興趣，亦有大批的治療師遠赴美國參加馬術治療的課程。如果香港可以繼續與南韓保持新的特別友好聯繫、幫助有志於為社區傷健人士謀求福祉和改善復康課程的人士，對南韓會有莫大的裨益。

Jo Eling

On the 27th November 2009, the Operations Manager of RDA Hong Kong, Jo Eling was formally invited to make a presentation at the Sung Duk C University seminar at the Daegu International Hotel in South Korea

The purpose of this seminar was to encourage the South Korean Government to sponsor a registered Therapeutic riding programme in Korea, to be run as a charity with a professional body of medical and horse experts.

Attending the seminar were members of the South Korean government such as Kim, Heu Hyun Deputy Director of Livestock Policy Team, Ministry for Food, Agriculture, Forestry and Fisheries and Rho, Kyeong Sang, chief of Korea Livestock Economic Institute. Also from Korea there were medical experts from the Sung Duk C. University. In addition in attendance was Hong Ju Yeon who specializes in rehabilitation Psychology and has a certificate in Hippotherapy (NAHRA) and Lee In Sil who majored in physiotherapy and Rehabilitation Medicine and has a Certificate from the American Hippotherapy Association for approved Equine Skills and Treatment principles.

Overseas presenters were Jo Eling from RDA Hong Kong and Mr David Wang from Taiwan.

The seminar was very well attended with an enthusiastic group of people who are keen to develop Therapeutic riding in South Korea. All the presentations were interesting and well received by the audience.

Hong Kong RDA gave a presentation showing its development over the past 33 years and how it conducts its riding programme. In addition a short video of a riding session with a severely disabled rider was shown. The presentation was well received and it became clear that Hong Kong RDA is very highly regarded in Korea as the leader of Therapeutic riding in Asia.

The second day was spent visiting various horse riding stables in the area some of which were already conducting Therapeutic lessons. Following on from the seminar these groups were keen to start a programme incorporating their improved knowledge and special equipment that had been discussed.

There is a lot of interest in developing Therapeutic riding in South Korea and there are a large number of therapist who have taken part in various Hippotherapy courses in America. It would be very helpful to South Korea if Hong Kong could continue with its new special relationship with this country and assist all those who care about the welfare of disabled people and are really trying to improve the rehabilitation programmes offered to disabled people in the community.



「站起來」訪問香港傷健策騎協會有限公司

STAND TALL visits RDA

於二零零八年五月，中國四川省一場世紀大地震奪去了近七萬名人民的生命，罹難者主要是在學的兒童。許多的幸存者因這場天然災害都蒙上了巨大的心靈創傷，被瓦礫碎石壓傷數小時以至數日的遇難者亦承受終身肢體上的損傷。許多大地震幸存的兒童最初被困於破瓦殘礫堆中，最後被拯救出來時，往往發現他們肢體上已經嚴重受傷，需要截肢。

四川地震所造成的傷亡數字和毀滅性的破壞，震憾全世界。於二零零八年五月二十六日，一個扶助截肢者重生的機構成立了。這個機構名為「站起來」，成立概念是由香港中文大學骨科講座教授、威爾斯親王醫院骨科主管以及香港體育學院前副會長所萌起。獲得香港政府二百二十萬元的撥款後，便於二零零八年七月二十八日著手籌劃在四川興建一所復康中心。該大樓將於二零一一年建成，以協助幸存者重建身心，同時教導他們使用義肢。

於去年十一月份，「站起來」聯繫了本會，要求讓一位年輕的幸存者來港嘗試策騎，用以作為一種治療。本會當然義不容辭地答允。這個現年十四歲女孩名為魏雲露(露露)，地震發生前十分熱愛跳舞，但自失去左腳小腿後，現在就要適應新生活了。

由母親和「站起來」工作人員陪同下，露露於二零零九年十二月一日來到屯門公眾騎術學校。經過一番討論後，我們決定讓露露試騎Jubilee。她認為裝上義肢後較為安全，於是她便配上義肢策騎。有些截肢者認為佩帶義肢感覺不適，因而寧願不裝配。而有些則選擇使用義肢，以慎防造成壓力的痛楚和其他問題。

在指導員童玲芝、姚金玉和香港賽馬會教練梁偉滔的協助下，露露能夠自己上馬，手執韁繩，在細練習場內踱步。她坐在馬上滿懷自信，且平衡良好，可見她如有機會一定願意再次騎馬。現時，露露與母親所居住的四川地區並沒有傷健策騎的設施。

完成騎馬後，露露說該天是她的重大日子，她會終身銘記。露露擁抱著Jubilee時說，當她下次再來到香港時，希望可以再一嘗騎馬樂。

自「站起來」成立以來，不少康復者每一至兩個月會來到香港接受治療和參與社區活動。「站起來」已經扶助了為數千個嚴重受傷的幸存者，這個團隊日後將會如此這般忙碌。

本會希望在未來可以再次幫助和支持這個造福人群的機構，並祝願「站起來」在二零一零年萬事如意。



In May 2008 a massive earthquake struck the Chinese province of Sichuan killing nearly 70,000 people, mainly children at school. For many of the survivors there came the mental trauma of the day's events and the life-long physical injuries suffered as a result of being trapped under rubble for hours or even days. Many children

who survived the earthquake were initially trapped under debris and when they were found and at last rescued it was discovered that they had suffered severe damage to their limbs, resulting in amputations.

The world was shocked at the news of the Sichuan quake and the devastating death toll and destruction it caused. An organisation was formed on May 26, 2008, to help the amputees rebuild their lives. This organisation, Stand Tall, was the brainchild of Chair of Professions at Chinese University Hong Kong, Orthopaedics and Traumatology Department, along with the Chief of service at the Prince of Wales Hospital and Ex-Vice Chair of the Hong Kong Sports Institute. With a Hong Kong Government grant of \$2.2 million, development of a rehabilitation centre at Sichuan was launched July 28, 2008. The building is due for completion in 2011 will help rebuild lives, teaching survivors to live and work with prosthetic limbs.

In November last year Stand Tall contacted RDA requesting a young survivor visiting Hong Kong try horse riding as a form of therapy. RDA gladly obliged. The brave girl, Wei Yun Lu ("Lulu"), 14, was a keen dancer before the quake, but is now adjusting to life after losing the lower part of her left leg.

Lulu came to Tuen Mun Public Riding School on Dec 1, 2009 accompanied by her mother and Stand Tall staff. After some discussion it was decided Lulu would try riding Jubilee. She asked to ride with her prosthesis as she felt safer wearing it. Some amputees prefer not to wear the prosthesis as it can cause discomfort, while others prefer to use it, wary of pressure sores and other problems.

With the help of instructors Winnie Tung, Ah-Yuk and David Leung from the HKJC, Lulu was able to mount the horse herself, take up the reins and wander the small paddock. She sat with great confidence and balance and showed riding was something she would like to do more if given the opportunity. At present there are no riding facilities for the disabled in Sichuan, where Lulu lives with her mother.

After her ride Lulu said it was one of her greatest days, something she would remember forever. Hugging Jubilee, Lulu said she hoped to ride her again when she next visits Hong Kong.

Since the foundation of the Stand Tall organisation victims have come to Hong Kong for therapy and social events every one to two months. With Stand Tall working to help thousands of survivors with horrific injuries, the group will be busy for many years to come.

RDA hopes to help and support this worthwhile organisation again in the future and wishes Stand Tall the best for 2010.



香港傷健策騎協會有限公司 聖誕遊戲障礙賽二零零九年十二月五日 RDA Christmas Gymkhana 5th December 2009



在薄扶林公眾騎術學校舉行了一年一度的聖誕遊戲障礙賽。儘管天氣嚴寒，聖誕卡設計比賽評分環節卻為現場帶來了緊張刺激的氣氛。今年，一位到訪本地的肯雅馬匹按摩師 Anna Mason 擔任比賽的評判。冠軍得獎者是李梓泓，李蘇菲則奪得亞軍，而季軍是 Christopher Lo。所有參加者都表現出色。參賽的聖誕卡作品都甚具創意和想像力，Anna 更表示高水準作品令她難以選出優勝者。



The 5th December proved to be a very chilly evening for holding the annual RDA Christmas Gymkhana at the Pokfulam Public Riding School. Despite the weather there was a great deal of excitement which began with the

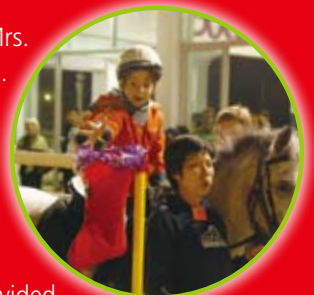
judging of the Christmas card competition. Anna Mason a visiting equine masseur from Kenya judged the competition this year and first place was awarded to Lee Chi Wan, in second place was Sophie Milner and the third place was awarded to Christopher Lo. Well done to all those who participated. A great deal of creativity and imagination was evident in the cards and Anna commented on the high standard and how hard it was to choose the winners.



接著遊戲障礙賽展開，令在場人士全身沸騰起來。每隊三位騎生分成六支隊伍，每次兩隊在練習場內競技作賽。遊戲如常地以聖誕節為主題，比賽過程既激烈又親切。所有參加者及隊長都全力以赴，力爭獲勝。

The gymkhana games then began and helped to warm everyone. There were six teams of three riders each and two teams at a time competed in the paddock. As is usual the games were on a Christmas theme and competition was friendly but keen. All the competitors and the team leaders were determined their teams would win.

The Chairman of RDA, Mr. KK Yeung and his wife Mrs. Norma Yeung very kindly attended the Gymkhana. They sponsored an ice cream float for the festivities after the games and despite the cold every single scoop of ice-cream was eaten! It was a great success and much appreciated by all so many thanks goes to KK and his wife for their generous gift.



The food for supper after the competition was provided by the parents of the riders and they really did put on an impressive spread. Many thanks goes to all who contributed.

Many thanks to all those who helped organise the Gymkhana, in particular Jo Eling and Rose Sung. Thanks also goes to all those who helped run the evening whether as team leaders, pony leaders or judges. Last but not least thanks also to the HKJC and their staff who always work hard to help and support RDA throughout the year and especially when we have events such as this.



本會主席楊國琦伉儷亦欣然出席是次活動。他們所贊助的雪糕車帶來不少的歡樂，雖天寒地凍，但每一勺入口即溶的冰淇淋都叫人窩心！是次活動圓滿成功，特別鳴謝楊主席伉儷慷慨捐贈不少禮物。

比賽完結後，騎生的家長精心泡製了晚餐會的食物，獻上美輪美奐的盛宴，非常感謝每位獻出心思的人士。

衷心感謝所有協助進行障礙賽的人士，特別是 Jo Eling 和 Rose Sung。不論是隊長、領馬員和評判，都謹此致謝。每逢我們舉辦這類活動，香港賽馬會及全工都始終如一竭誠協助和支持本會，最後在此深表感謝。

Sue Gazzi

Sue Gazzi

香港傷健策騎協會有限公司週年大會於二零零九年十二月十日（星期四）假座落於香港花園道的梅夫人婦女會舉行。

會議按照既定程序進行，會長陳祖澤先生及主席楊國琦先生在會上匯報年度報告。香港賽馬會新委任的慈善、法律事務及公司秘書處執行總監蘇彰德先生亦列席會議。

楊國琦先生謹代表香港傷健策騎協會有限公司，感謝所有退任的委員對本會貢獻良多，他們包括 Christopher Page先生、何玖頤先生、Ann-Sofi Poyhonen女士、Jane Stuart女士及Emma Hanrahan女士。鄭海泉先生雖已退任遴選委員會主席，但仍擔任本會的遴選委員；而王振宇教授亦已退任公關及籌募委員會副主席，但仍留任國際統籌委員會主席，謹此致謝。

楊國琦先生亦歡迎及祝賀所有新加入本會的委員。Sue Gazzi女士獲邀接任Ann-Sofi Poyhonen女士在常務委員會擔任聯絡幹事。陳衍里醫生繼續出任常務委員會增選委員和公關及籌募委員會副主席。林煥光先生成為體育委員會委員。楊佩姿小姐繼續擔任公關及籌募委員會委員。

會議完畢，楊國琦先生在鏞記酒家特設歡聚晚宴。香港警務處警察政務秘書彭景良先生亦應邀出席晚宴。

陳韻育



香港傷健策騎協會有限公司週年大會 二零零九年十二月十日（星期四）

Riding for the Disabled Association Ltd Annual General Meeting Thursday 10th December 2009

The Annual General Meeting for Riding for the Disabled Association Ltd took place on Thursday 10th December 2009 at the Helena May which is located on Garden Road in Hong Kong.

The meeting followed the procedure set out in the notice to the General Meeting with reports from the President of RDA, Mr. John Chan and the Chairman, Mr. KK Yeung. The newly elected Executive Director of the Charities, Legal and Corporate Secretariat of the Hong Kong Jockey Club, Mr. Douglas So also present at the meeting.

On behalf of RDA, Mr. KK Yeung expressed gratitude to those members who have resigned or retired, for their dedication to RDA. They are Mr. Christopher Page, Mr. Roger Ho, and Mrs. Ann-Sofi Poyhonen, Mrs. Jane Stuart, Mrs. Emma Hanrahan. Thanks was expressed to Mr. Vincent Cheng who has resigned from Chairman of Voting Members Committee but remains as Voting Member of RDA and to Prof. Benjamin Wong who has resigned from Vice Chairman of PR and Fund Raising Sub Committee but remains as Chairman of International Liaison Sub Committee.

Mr. KK Yeung welcomed and congratulated those who have joined and taken up new positions with RDA. Mrs. Sue Gazzi has been invited to replace Ann-Sofi Poyhonen as Coordinator in General Committee, Dr. Henry Chan has continued to serve in the now General Committee co-opted member and Vice Chairman of PR & Fund Raising Sub Committee, Mr. Lam Woon Kwong has taken up the position of the member of Sport Sub Committee. In addition, Ms. Patricia Yeung has continued to be a member of PR & Fund Raising Sub Committee.

After the conclusion of the meeting there was a most enjoyable celebratory dinner at the Yung Kee Restaurant hosted by Mr. KK Yeung. The Police Civil Secretary of Hong Kong Police Force Mr. Stephen Pang, JP also attended having kindly accepted the invitation to the post meeting dinner.

Renee Chan



馬上體操海外教練 — CHRISTOPH LENSING OVERSEAS VAULTING TRAINER - CHRISTOPH LENSING

我們十分高興國際馬上體操教練Christoph Lensing蒞臨香港傷健策騎協會有限公司。他將於二零一零年一月至四月與本會合作。他會負責馬匹的操練、指導本會的馬術指導員、職員、輔助員及義工有關馬上體操和操練馬匹的技術。此外，他會更會就整體策略性計劃、馬上體操課程的發展及改善本會服務方面提出寶貴的建議。

本會非常幸運能夠獲得如此大師級的專家光臨指導我們。在此介紹一些他的成就：Christoph曾三度獲得馬上體操項目世界冠軍的殊榮，亦兩次屈居亞軍的位置；他更三度奪得歐洲冠軍寶座和一次名列亞軍；更不下多次成為國家的冠軍級人馬。他於一九九六年結束比賽生涯，從此Christoph與其妻子Elke便致力於培訓和發展馬上體操運動員及操練的馬匹。他擁有德國甲級訓練員的資格(最高級的訓練員證書)。

一些國際的馬上體操運動員幾個月來一直追隨Christoph和Elke作訓練，他們包括Tim Randy Sia (在德國亞琛舉行的世界錦標賽第五名)和 奧地利籍的Sissi Jartz (歐洲冠軍和世界亞軍)。Christoph周遊列國教授馬上體操的課程，他亦是荷蘭的國家訓練員(與及他的妻子)。

Christoph同樣積極地訓練初學者，他相信入門學習時先要正確地掌握技術和團隊合作。他亦兼職任物理治療師，他創造出其獨門馬上體操的肚帶，令馬上體操的馬匹更為舒適。他運用了木製的馬匹進行不少訓練，以加強耐力的訓練。他甚至於木馬比賽的經理呢！

我們期望從Christoph身上學習許多新的方法和技能，希望我們的騎生和馬匹亦能藉此受惠。

We are delighted to welcome international vaulting trainer Christoph Lensing to RDA (HK). He will be working with RDA from January to April 2010. He will be helping with the schooling of ponies and horses and the training of instructors, staff, helpers and volunteers of RDA in vaulting and lunging skills. In addition he will advise on overall strategic planning, development of a vaulting programme as well as generally improving RDA services.

RDA is extremely fortunate to have such a highly qualified expert as an advisor. Just to mention a few of his achievements; Christoph has been the World Vaulting Champion three times and runner up twice, he has also been the European Champion three times and runner up once; not to mention being national Champion many times. His competition career finished in 1996 and since then Christoph and wife Elke have been training and developing both vaulters and vaulting horses. He has the German trainer A-license (the highest certificate for trainers).

Some international vaulters stay with Christoph and Elke for several months to train. Such clients include Tim Randy Sia (fifth at the World Championships in Aachen – GER) and Austrian Sissi Jartz (European Champion and Vice World Champion). Christoph travels all over the world to run vaulting clinics and he is National Trainer for the Netherlands (together with his wife).

Christoph is equally interested in training beginners and believes in learning techniques correctly from the start and in team work. He also works part time as a physio therapist and has created his own vaulting girth which is more comfortable for vaulting horses. He does a lot of training using wooden horses and strength and stamina training. He is even the manager for a wooden horse competition!

We look forward to learning many new approaches and techniques from Christoph and hope that many of our riders and horses will benefit considerably from his input.



Turnip 在澳洲頤養天年

Turnip Retirement in Australia

您也許亦知道香港傷健策騎協會有限公司一匹最受愛戴和信賴的馬匹Turnip已於二零零九年夏末退休到澳洲的布里斯班。

經過六月份一次運送失敗後，Turnip終於在八月份成功送達澳洲。牠需要在香港和墨爾本完成檢疫，然後由貨車轉送到Yvonne及David Ellis在布里斯班以北的家園。經過三天的長途旅途後，牠抵達目的地時雖顯得有一點疲累，但仍然十分高興。Turnip迅速地適應了當地環境，而據 Yvonne所言，現在牠臉上常掛著歡笑呢！牠更結交了許多新朋友，您可以看看其網誌吧！

如欲看看更多的相片和故事，請瀏覽Turnip的日誌：
<http://theturnipdiaries.wordpress.com>

最重要是衷心感謝每位為Turnip退休基金出錢出力的熱心人士，本會和TURNIP的感激之情真是非筆墨所能形容！！謹此致上無限感謝！！

As you probably all know 'Turnip' one of RDA's most loved and trusted horses was retired to Brisbane, Australia in the late summer of 2009.

After one failed attempt in June, 'Turnip' finally got on his way to Australia in August. He had to quarantine in both Hong Kong and Melbourne and then was transferred to just north of Brisbane by lorry to Yvonne and David Ellis's place. After a long journey that took 3 days he finally arrived, a little bit tired but happy to reach his destination. He acclimatized very quickly and according to Yvonne now has a smile on his face! He also has many new friends as you can see on his blog!

For pictures and the story, please check out 'Turnip's' blog at
<http://theturnipdiaries.wordpress.com>

AND MOST IMPORTANTLY A BIG THANK YOU TO EVERYONE WHO CONTRIBUTED TOWARDS HIS RETIRMENT FUND, WORDS CANNOT EXPRESS HOW GRATEFULL RDA AND 'TURNIP' ARE!! THANK YOU SO MUCH!!

Turnip



Turnip



Turnip



Turnip

Turnip



Turnip





永遠懷念杰克·史密斯 In Memoriam Jack Smith

杰克·史密斯是恩光之友會的始創人，該會致力於籌募捐款以協助香港有需要的人士。杰克在過去四十年來努力不懈推廣恩光之友會，多年來所惠澤的兒童及人們可謂不計其數。

透過認識了杰克，他亦認識了我的兒子傑米，同時獲悉我們在香港傷健策騎協會有限公司工作。恩光之友會曾經多次向本會慷慨捐款，已經成為了一個持續的支持伙伴。

恩光之友會的格言是「為小孩帶來歡笑」。自他們的第一次捐款後，他們的會訊就載上「我們也為香港傷健策騎協會有限公司的馬兒帶來歡笑」。

在一次機緣巧合下，傑克在機場與我的丈夫布賴恩會面，並問及他認為恩光之友會可以為協會做些什麼。布賴恩提議為協會購買一匹良駒。當他們抵達倫敦的時候，杰克已構思全盤計劃，並於翌日將計劃負諸行動。

現時，本會榮幸地獲贈一匹由恩光之友會捐贈的馬匹，名為沙洛克。這是杰克和恩光之友會饋贈的一份非常特別的禮物。

因此，我非常悲傷地告訴你，杰克經過長年累月的抗癌歷程後，他在八月與世長辭了。

我知道恩光之友會將發揚光大，我確信將來在我們的馬兒臉上會呈現更多的「歡笑臉」。

杰克為人愛戴且受人尊敬，是一位不可多得的人才，我們帶著哀傷永遠懷念他。

Nicki Greeves

Jack Smith was the founder of the Sunnyside Club and organization dedicated to raising funds to help those in needs in Hong Kong. Jack worked tirelessly for 40 years to promote the Club and the number of children and people the organization has helped over those years is immeasurable.

Through our friendship with Jack he came to know my son Jamie and learn of the work that is done in RDA Hong Kong. The Sunnyside Club has donated funds many times to RDA and has been a constant source of support.

The motto of the Sunnyside Club is: 'We put smiles on faces'. After their first donation to RDA their Newsletter read ... 'We put smiles on the faces of RDA ponies too'

Following a chance meeting, recently, with my husband Brian at the airport Jack asked if there was something special that could be done by Sunnyside for RDA. Brian suggested that they buy RDA a horse. By the time Jack had arrived in London he had decided on a plan of action which he put into operation the next day.

RDA is now the proud owner of a horse call Shamrock that was donated by the Sunnyside Club. This really is a very special gift from Jack and his organization.

It is therefore with great sadness that I have to tell you that Jack passed away in August after a long and fierce fight against cancer

I know that the good work of the Sunnyside Club will continue and I am sure that there will be more "happy faces" on our ponies in the future.

Jack was one of those rare people who was loved and respected by everyone who knew him and he will be sorely missed by all.

Nicki Greeves



BYE-BYE JO ELING PLEASE BE INFORMED THAT MISS JO ELING, OPERATIONS MANAGER OF RIDING FOR THE DISABLED ASSOCIATION LTD HAS RESIGNED FROM HER PRESENT JOB. JO'S LAST WORKING DAY WITH RDA WAS 13 JANUARY, 2010. WE WOULD LIKE TO TAKE THIS OPPORTUNITY TO THANK YOU JO FOR YOUR PAST AND CONTINUOUS SUPPORT TO RDA.

再會 JO ELING 香港傷健策騎協會有限公司JO ELING小姐已經辭任營運經理一職，她的最後上班日為二零一零年一月十三日。我們衷心感謝JO多年來對本會的貢獻和不斷的支持。





Biscuit

香港傷健策騎協會有限公司 三匹新紮小馬於二零零九年十一月抵港 RDA 3 New Ponies Arrive Hong Kong in November 2009



Charlie

香港傷健策騎協會有限公司於二零零九年都忙於購買馬匹。去年初，本會已在歐洲和英國購買新的小馬，於二零零九年八月份，本會再次委派營運經理Jo Eling遠赴海外採購及購買三匹新馬，以作本會策騎課堂之用。

今次的主要採購地為英國，最後在英國的Ingestry Stables購買了三匹甜心小馬兒。

新的小馬分別名為Charlie，12.2掌高巴洛米諾閩馬；Biscuit，13.2掌高褐色閩馬；原產自蘇格蘭的Monty，14.2掌高灰白閩馬。

上述的新紮小馬現已全面投入本會的策騎課堂服務。

2009 proved to be a busy year for RDA with regards horse purchases. Early in the year RDA bought new ponies from Europe and England, then in August RDA once again sent its Operations Manager Jo Eling overseas to source and purchase three more new ponies for the RDA programme.

The search was mainly conducted in England and three very sweet ponies from Ingestry Stables were finally purchased.

The new ponies are Charlie a 12.2hh palamino gelding, Biscuit a 13.2hh dun gelding and Monty a 14.2hh grey gelding originally from Scotland.

All RDA's new ponies are now fully active in RDA sessions.



Monty

COMING EVENTS 活動預告

January to March 2010
2010年1月至3月

Sports Rider Recruitment and Training Programme
體育運動員招募及培訓課程

January to April 2010
2010年1月至4月

Vaulting Programme by Overseas Physiotherapist, Christoph Lensing
海外物理治療師Christoph Lensing指導馬上體操課程

23 February 2010
2010年2月23日

Pokfulam Spring Term Ride start
薄扶林春季課堂開始

2 March 2010
2010年3月2日

Tuen Mun Spring Term Ride start
屯門春季課堂開始



With the Compliments of



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

ACKNOWLEDGMENTS



TRIFINITY

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ESQUEL GROUP

Riding for the Disabled Association Ltd

Tuen Mun Spring Term – 2010 屯門春季課堂

2 nd – 19 th Mar 2010, inclusive	TM Normal RDA lessons (屯門定期課堂)
23 rd – 26 th Mar 2010, inclusive	Spring Group Rides (一日騎馬樂)
30 th Mar – 9 th Apr 2010, inclusive	No RDA – Easter Holiday & Ching Ming Festival (復活節及清明節假期)
13 th Apr - 20 th May 2010, inclusive	TM Normal RDA lessons (屯門定期課堂)
21 st May 2010	No RDA – Buddha's Birthday (佛誕)
25 th – 28 th May 2010, inclusive	Spring Group Rides (一日騎馬樂)
1 st – 25 th Jun 2010, inclusive	TM Normal RDA lessons (屯門定期課堂)
16 th Jun 2010	No RDA – Tuen Ng Festival (端午節)
29 th , 30 th Jun & 2 nd Jul 2010, inclusive	Spring Group Rides (一日騎馬樂)
1 st Jul 2010	No RDA – HKSAR Establishment Day (香港特別行政區成立日)

3rd JULY, 2010 START SUMMER HOILDAY

NOTES:

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

- Typhoon Signal No.3 or above is hoisted, or
- a Thunderstorm Warning is in effect, or
- a Black Rainstorm Warning is in effect or
- a 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 Spring Term – 2010 薄扶林春季課堂

23rd Feb – 27th March 2010

PFL Normal RDA lessons (薄扶林定期課堂)

30th Mar – 9th Apr 2010, inclusive

No RDA – Easter Holiday & Ching Ming Festival
(復活節及清明節假期)

13th Apr - 16th April 2010, inclusive

PFL Normal RDA lessons (薄扶林定期課堂)

20th April – 23rd Apr 2010, inclusive

Spring Group Rides (一日騎馬樂)

27th April – 20th May, 2010 inclusive

PFL Normal RDA lessons (薄扶林定期課堂)

21st May, 2010

No RDA – Buddhist Birthday (佛誕)

25th May – 18th June, 2010 inclusive

PFL Normal RDA lessons (薄扶林定期課堂)

16th June, 2010

No RDA – Tuen Ng Festival (端午節)

22 June, 2010 Start Summer Hoilday

NOTES:

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

- Typhoon Signal No.3 or above is hoisted, or
- a Thunderstorm Warning is in effect, or
- a Black Rainstorm Warning is in effect or
- a Red Rainstorm Warning is in effect.
- If you are in any doubt about the weather conditions Pokfulam Office (Tel No: 2875 7711) 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.

Volunteer Application Form 義工報名表

Name 姓名 (英文Eng)	(中文Chi)
Address 地址	
Tel 電話	Mobile手提電話
Fax 傳真	Email 電郵

Please put tick (✓) in appropriate box(es) 請在適當方格內加(✓)

Location(s) Preference 工作地方意向：

<input type="checkbox"/> Pokfulam Public Riding School 薄扶林公眾騎術學校 75 Pokfulam Reservoir Road, Pokfulam, Hong Kong 香港薄扶林水塘道七十五號 Tel 電話: 2875 7711 Contact 聯絡: Rose Sung	<input type="checkbox"/> Tuen Mun Public Riding School 屯門公眾騎術學校 Lot 45, Lung Mun Road, Tuen Mun, N.T. 新界屯門龍門路四十五號地段 Tel 電話: 2454 9961 Contact 聯絡: Renee Chan	<input type="checkbox"/> Lo Wu Saddle Club 羅湖騎術會 Ho Sheung Heung, Sheung Shui, N.T. 新界上水河上鄉 Tel 電話: 2875 7711 Contact 聯絡: Rose Sung
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Day(s) & Time Available 可參與義務工作的日期和時間：

<input type="checkbox"/> Tue 星期二 (上午9:30am – 12:00pm)	<input type="checkbox"/> Tue 星期二 (上午9:00am – 12:00pm)	<input type="checkbox"/> Thu 星期四 (上午9:00am – 12:00pm)
<input type="checkbox"/> Wed 星期三 (上午9:30am – 12:00pm)	<input type="checkbox"/> Wed 星期三 (上午9:00am – 12:00pm)	
<input type="checkbox"/> Wed 星期三 (下午3:00am – 4:30pm)	<input type="checkbox"/> Wed 星期三 (下午2:00pm – 4:30pm)	
<input type="checkbox"/> Thu 星期四 (上午9:30am – 12:00pm)	<input type="checkbox"/> Thu 星期四 (上午9:00am – 12:00pm)	
<input type="checkbox"/> Thu 星期四 (晚上7:00pm – 8:30pm)	<input type="checkbox"/> Fri 星期五 (上午9:00am – 12:00pm)	
<input type="checkbox"/> Fri 星期五 (上午9:30am – 12:00pm)	<input type="checkbox"/> Fri 星期五 (下午2:00pm – 4:30pm)	
<input type="checkbox"/> Fri 星期五 (下午3:00pm – 5:30pm)		
<input type="checkbox"/> Sat 星期六 (上午7:30am – 11:30am)		

The following information helps us to bring your knowledge and experience into full play. Kindly tell us what you would like to do! Please attach extra page, if necessary.

以下的資料有助我們發揮您的學識和經驗。請告訴我們您喜歡的工作。如有需要，請用另一頁紙書寫。

Experience With Riding For The Disabled 協助傷殘人士習騎的經驗

☐ No沒有 ☐ Yes有 ☐ Details詳情: _____

Riding Experience 騎馬的經驗

☐ No沒有 ☐ Yes有 ☐ Details詳情: _____

Medical Experience 醫療的經驗 (e.g. Doctor, nurse, physio, first aid, etc 已考獲醫生、護士、物理治療師、救傷等證書)

☐ No沒有 ☐ Yes有 ☐ Details詳情: _____

General Interest and Experience (e.g. administration, teaching, legal, art, music, accounting, working with children, fund-raising, etc.)
興趣和經驗 (例如：行政、教學、法律、文藝、音樂、會計、兒童工作、籌款等)

I hereby declare that I undertake to be a volunteer helper at my own risk. I accept full responsibility for my actions and behaviour when attending RDA sessions. 本人謹此聲明，在香港傷健策騎協會有限公司習騎活動擔當義工所遇到的一切風險，將由本人自行承擔，並同意對本人的言行負責。

Signature 簽署: _____ Date 日期: _____

After completion, please return to RDA office via post or fax. 填妥後請郵寄或傳真至本會辦公室。

Donation Form 捐款表格

I would like to make a donation to RDA. 我樂意捐款資助香港傷健策騎協會有限公司。

I enclose donation of 我願意捐款港幣 HK\$ _____

DONOR'S INFORMATION 捐款者資料

Donor's Name 捐款者姓名 _____ *(Mr先生/ Mrs太太/ Miss小姐/ Ms女士)

Address for Receipt 收據郵寄地址 _____

Tel 電話 _____ Fax 傳真 _____

E-mail 電郵地址 _____

Donation Receipt Payable 捐款回條抬頭 _____

DONATION METHOD 捐款方法

Crossed Cheque 劃線支票 _____

Cheque No. 支票號碼 _____

Please make your cheque payable to “Riding For The Disabled Association Ltd” and mail to us with this completed form
支票抬頭請填寫「香港傷健策騎協會有限公司」，並連同此表格寄回本會

Address 地址: Tuen Mun Public Riding School, Lot 45,
Lung Mun Road, Tuen Mun, N.T.
新界屯門龍門路四十五號地段屯門公眾騎術學校

Tel 電話: (852) 2454 9961

Fax 傳真: (852) 2465 5914

Email 電郵地址: info@rda.org.hk

OFFICE USE

CODE

DATE

Notes 注意事項

An official receipt will be sent for any donation of HK\$100 or above. 捐款滿一佰元以上可發收據。

RDA will only keep personal data on file for sending our receipts and information. 您的個人資料只供寄發本會收據及資訊。