

Riding for the Disabled Association Ltd.



香港傷健策騎協會有限公司

MAGAZINE



From left to right: Mr. & Mrs. Winfried Engelbrecht-Bresges, Chief Executive Officer of the Hong Kong Jockey Club (1st Left and Middle); Mr. and Mrs. T. Brian Stevenson, Chairman of the Hong Kong Jockey Club; Mr. KK Yeung, JP, Grade of Knight of the Crown (Belgium), Chairman of RDA; Mr. & Mrs. Michael Suen, GBS, JP, Secretary for Education (4th Right and 2nd Right); Mrs. Betty da Silva, Co-Chairlady of Ball; Dr. Henry Chan, Chairman of Ball

由左至右：香港賽馬會行政總裁應家柏先生夫人(左一及中間)、香港賽馬會主席施文信先生夫人、香港傷健策騎協會有限公司主席楊國琦先生, JP, 皇室武士勳爵、教育局局長孫明揚先生夫人, GBS, JP (右四及右二)、餐舞會聯主席施費葆奇女士、餐舞會主席陳衍里醫生

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RDA Staff



Yumi Toda
Operations Manager



Gerald Kuh
General Manager



Canney Cheng
Administrative Manager



Apple Wong
Administrative Officer -
Tuen Mun



May Cheung
Administrator - Tuen Mun



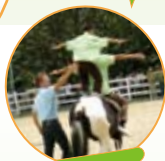
Tracy Ku
Administrator - Pokfulam



Renee Chan
Administrator - Tuen Mun
& Lo Wu



香港馬術總會—香港馬術馬王賽 2010 HKEF - Horse of The Year Show 2010



於二零一零年四月十一日，天氣十分晴朗。我被邀請成為香港傷健策騎協會的義工，以協助由香港馬術總會主辦的香港馬術馬王賽2010。當我早上抵達沙田彭福公園的時候，我迅速地在入口處抓緊地圖，在公園尋找香港傷健策騎協會攤位的位置。後來，我到達了香港傷健策騎協會攤位，並向行政經理鄭嘉儀小姐詢問是日活動的工作詳情。她指示我負責協助迷你小馬拍照的環節。由於這是我第一次帶領迷你小馬，所以感到無比興奮。雖然小馬體形細小，但偶爾會十分頑皮，幸而還有其他馬伕的幫助，讓我總算可以應付過來。

下午的時間，領馬的工作使我感到有點疲倦，所以我再問嘉儀我還可以做甚麼其他的工作，她便吩咐我手提著慈善捐款箱，到處籌募善款。接著，我提著慈善捐款箱，在公園範圍內到處呼籲募捐。沿途，我發現一些曾經在香港傷健策騎協會幫助我領馬的義工。他們都慷慨解囊，熱心捐獻。我能夠再次跟他們見面，感到十分欣喜。當我歸家的時候已累透了，但是次活動真是十分有意義。

陳柏然

On 11th April 2010, it was quite a sunny day. I was invited to be an RDA volunteer in the Horse of The Year Show 2010 which was organized by the Hong Kong Equestrian Federation. When I arrived at Penfold Park in Shatin on that morning, I quickly grabbed a map in the entrance area and look for the RDA's shelter in the park. Then when I arrived at the RDA's shelter, I asked Canney Cheng who is the Administrative Manager of RDA what I could do to help at the event. She asked me to help with the photo shots of the mini ponies. At that moment, I was quite excited because this was my first time leading a little pony. Even though they are small they can sometimes be quite naughty but with some help from the grooms I still managed it.

At the afternoon, I had become quite tired leading the little ponies, so I asked Canney again what other jobs that I could help with. She asked me to take the charity box and go and find some donations for our work. Then I carried the charity box and walked around the park. On the way, I found some of the RDA volunteers who had helped me to lead horses in the past. They gave me some donations and I was so glad to see them as well. When I went back home, I felt exhausted but I think the days activity had been very meaningful for me.

Bryan Chan



「香港得得得」運動十式 Hong Kong Can Do Exercise

於二零一零年四月十九日，香港傷健策騎協會有限公司邀請了香港賽馬會的教練教授「香港得得得」運動十式，這是香港賽馬會為慶祝成立一百二十五週年的地區推廣活動。

「香港得得得」運動十式是由詠春大師葉準先生親自設計，以鼓勵市民多做運動和活出健康人生。「香港得得得」運動十式有助本會義工鍛鍊健康體魄，以應付日常處理馬匹等體力勞動工作。本會超過十六位的員工和義工出席了課堂，同時亦十分享受學習積極正面的運動十式口訣的樂趣。感謝香港賽馬會推廣「香港得得得」運動十式，讓本會獲益匪淺。

On 19th April 2010, Riding For The Disabled Association Ltd ("RDA") invited instructors from the Hong Kong Jockey Club to teach us the "Hong Kong Can Do Exercise". This is a territory-wide campaign organized by Hong Kong Jockey Club ("HKJC") to commemorate its 125th Anniversary.

The "Hong Kong Can Do Exercise" programme is designed by Wing Chun Master Ip Chun to encourage people to exercise more and to have a healthy lifestyle. The "Hong Kong Can Do Exercise" is helpful to our volunteers who need to engage in physically strenuous activities of handling horses on a daily basis. Over 16 RDA employees and volunteers attended the lesson and enjoyed the fun of learning the ten routines of the exercise with specific positive slogans. Thanks goes to the HKJC for providing the "Hong Kong Can Do Exercise" lesson which we are sure will be of great benefit to RDA.

王碧涓

Apple Wong



屯門公眾騎術學校開放日

Tuen Mun Public Riding School Open Day

香港賽馬會於二零一零年五月二日(星期日)舉行屯門公眾騎術學校週年開放日，全日共有四千名市民踴躍入場，破人次新紀錄。香港傷健策騎協會有限公司(本會)一如往年派出多位騎手向公眾人士展示策騎技巧。這是一個繽紛精彩的親子活動日。

四十位義工獻出其寶貴的時間不辭勞苦為本會義賣，包括飲品小食攤檔、遊戲攤位、慈善迷你小馬和慈善精品義賣。本會的青年義工都不遺餘力售賣T恤、太陽帽、文具精品等，務求清貨套現，籌募更多善款。

人群於下午十二時開始進場參觀，並可見人龍排隊輪候與雪特蘭迷你小馬一小花和小白拍照留念。雖然充氣城堡和攤位遊戲都吸引大眾人士參與，但出乎意料地，小朋友都特別鐘情於釘馬蹄鐵和馬房料理！當日活動於下午一時正式展開，「傷健策騎大巡遊」首先由本會騎手一謝佩婷、Jamie Greeves、陳柏然和曾韞賜策騎小馬Opal、Thomas、Sunray及 Bubbles登場。當日活動可謂非常成功，在競賽場地上演了騎術學校指導員盛裝舞步賽和場地障礙賽示範表演，以及年度聯校隊際馬術挑戰賽決賽。當日高潮所在莫過於馬上體操表演，此項活動被國際公認為提昇殘障兒童的自尊感和抗逆力。這項體操活動的基礎技術可以幫助騎手鍛鍊體魄、平衡、肢體協調、身體力量和核心穩定性。

當我和Sonja Kronhart在會場內沿路為香港傷健策騎協會籌款時，到處都可見人們在拍照留倩影，以及歡欣喜悅的笑臉。一些熱心的家長亦查詢有關傷健策騎的課程和本會未來的計劃。

當日所籌得的善款將全數用作本會的發展用途，包括撥款予服務逾十年的良駒佳駒Indian Joe之退休基金。

盧劉淑儀

The Hong Kong Jockey Club held their annual Tuen Mun Public Riding School Open Day on Sunday 2 May 2010, attracting record crowds of 4,000 people who responded enthusiastically. The Riding for the Disabled Association Ltd (RDA) presented some of their riders to demonstrate their skills to the public as in previous years. It was a wonderful family day out for all.

40 volunteers devoted their time to managing the beverage counters, mini pony photo-taking, fun-riding and charity stall sales. The stall sales wiped out the stock of tees, caps, sunglasses and stationery items with tireless endeavour by young RDA volunteers.

People arriving from 12:30pm took photos in the small garden with Shetland mini ponies; CoCo and Polo. Surprisingly, children were particularly interested in farriery and stable care, notwithstanding the popular attractions of the bouncy castle and game booths!

The day started formally at 1:00pm with an RDA Parade of ponies including Opal, Thomas, Sunray and Bubbles with RDA riders - Natasha Tse, Jamie Greeves, Bryan Chan and Timothy Tsang. It was a very successful day at the show-ground, with school instructors giving dressage and jumping demonstrations, the annual Hartpury College Inter-School Equestrian Challenge Finals, and the Puissance Challenge. The climax was the vaulting performance which is recognised worldwide for developing disabled children's self-esteem and resilience. This gymnastic based technique is a great way to develop fitness, balance, co-ordination, strength and core stability in students.

Photo-taking, joy and laughter were evident everywhere when Sonja Kronhart and I walked along to collect donations for RDA between schedules. Keen parents enthusiastically enquired about RDA programmes and future plans.

Funds raised on the day are earmarked for RDA development including the endowment for Indian Joe's retirement, who has been a great teammate for 10 years.

Anita Lo



站起來

Stand TALL

訪問香港傷健策騎協會屯門公眾騎術學校

visit RDA Tuen Mun Public Riding School

梁珂馨，七歲，女，左大腿截肢

羅瑩林，十一歲，女，左小腿截肢

王虎，十七歲，男，雙上臂截肢

孟紅梅，十八歲，女，左小脛截肢及左小腿截肢

鄭儀，二十歲，女，左上臂截肢

Liang Ke Xin, 7 years old, female, left above amputee.

Luo Ying Lin, 11 years old, female, left below knee amputee.

Huang Hu, 17 years old, male, upper arms amputee.

Meng Hong Mei, 18 years old, female, left above knee and right below knee amputee.

Zheng Jie, 20 years old, female, upper arm amputee.

兩年前，四川一場世紀大地震奪去了近七萬人的性命，以上的青年人就是地震的幸存者。由於長時間被埋於瓦礫壓住，他們的手臂或腿部都要被切斷了。其中一位女孩子為了活下來，甚至懇求醫生盡快為她截肢。

The above young people survived from an ordeal in Sichuan two years ago - a massive earth quake that killed nearly 70,000 people. All of them had either arms or legs or both amputated because of being trapped too long under rubble. One girl even had to beg the doctor to cut off her arm as soon as possible so as to survive.



今年五月份，獲香港一個幫助截肢者重生的慈善團體「站起來」的協助，他們來到香港裝配義肢或肌電義肢，同時接受使用義肢的訓練。於五月十一日下午，他們訪問香港傷健策騎協會屯門公眾騎術學校。這班青年人給予我的第一個印象是他們都展現強烈堅忍不屈的精神，在逆境中自強不息。這是他們首次近距離親近馬匹如此大型的動物，但他們很快便適應過來，跟我們的小馬打成一片。

在營運經理一戶田由美的指導下，以及我們的義工的協助下，他們策騎四匹馬匹—Jubilee、Flynn、Spike和Opal。他們可以靈活控制馬匹的步伐、制停，以至自信平衡地轉方向。他們甚至嘗試一些快步的動作，而他們亦樂此不疲。我覺得這些小馬都感受到這班小朋友的決心，故牠們都沈著安靜，讓新的騎手在馬背上都自在舒適。從他們臉龐上可見甜美燦爛的笑容，我可以肯定他們都享受馳騁策騎。他們都說如果再獲如此的機會，他們都希望可以繼續策騎。

完成策騎的課堂後，接著是傳媒採訪的環節。他們每人都現身說法其驚人的受災經驗。他們都表示會積極面對人生，並十分慶幸自己仍然可以存活下去。他們有些會繼續讀書升學、有些會尋找工作自食其力，彷彿回復大地震發生前的模樣。他們有些希望成為體育運動員，他們都認為不論訂下甚麼目標，他們都會勇往直前，做到最好。他們樂天知命的人生觀正好激勵人心。

香港傷健策騎協會歡迎如此的訪問，但我希望可以減少地球上自然的災害。

In May this year, with the help of Stand Tall, a Hong Kong organization helping the amputees to rebuild their lives, they came to Hong Kong for equipping with prosthesis or myo-electric limbs and also for usage training. On 11th May in the afternoon, they came to visit RDA at the Tuen Mun Public Riding School. My first impression of these young people was that all of them showed a strong determination to make the very best of their situation. It was their first time in close contact with big animals such as horses and ponies but it did not take long before they were very comfortable around them.

With the guidance of Yumi Toda, our Operations Manager, and the help of our volunteers, they rode four horses – Jubilee, Flynn, Spike, and Opal. They could control them very well in walk, halt and were able to turn with good balance and confidence. They even tried some trotting and they loved it. I think all the horses felt the determination of these children and they were very calm and comfortable with their new riders. From the big sweet smile on their faces, I'm sure they all enjoyed riding. They all said they would like to continue riding if they were given such an opportunity.

After the riding session, there was a press interview. Each of them talked about their traumatic experiences which were astonishing. They all said they would face their lives ahead positively and were thankful they were still alive. They would either continue school or look for jobs to support themselves, just like it would have been before the earthquake. Some of them hoped to become sports athletes and they all said no matter what goal they had chosen they would do their best to achieve it. Their optimistic and determined outlook on life was very inspiring.

RDA welcomes all such visits but I hope there will be less natural disasters in this world.

童玲芝

Winnie Tung





LADIES CIRCLE 晚餐會 二零一零年六月三日 DINNER 3RD JUNE 2010

於六月三

日，香港傷健策騎協

會總經理葛祖南先生、李光明先生

和本人出席了由Ladies Circle主辦的每月晚餐聚會，活動假香港仔深灣遊艇會舉行。我們都非常享受這次自助晚餐，餐後有每月的商務會議。作為香港傷健策騎協會代表，我們在會議中對於Ladies Circle在香港的精彩工作有了很好的瞭解。他們的宗旨是將可以爭取到的資源去配合社會的需要，而他們亦真的可以將此做得非常出色。

晚餐會後，葛祖南先生介紹了香港傷健策騎協會的歷史、現況以及協會未來的展望。其演說可謂深受歡迎，並能夠引發聽眾的興趣。

Ladies Circle 慷慨捐獻了港幣一萬九千二百八十元，讓我們可以用作購買馬鞍，安置於大小馬匹上。為了讓其會員可以清楚瞭解捐獻款項的用途，我作了一個簡短的演說，說明款項將用於購買協會的裝備，以及向他們展示馬鞍的種類。

此外，我們還談論了有關小馬Indian Joe 的退休計劃，這都被視為小馬一個很好的去路。李光明先生為此而收集捐款，而觀眾也都非常慷慨地解囊，共捐獻了港幣一千九百六十元，謹在此謝謝各位善長女士們。

觀眾席上提出了有許多有趣的問題，還有一些人士表示有興趣成為本會的義工，這對於我們是一個雙重收穫。

晚會臨近尾聲，支票頒贈儀式為這一個美好的夜晚畫上句號。我們衷心感謝Ladies Circle 對香港傷健策騎協會的慷慨捐助，以及對我們三位的熱情招待。

Gerald

Kuh, the

General Manager of

RDA, Gordon Li and I attended the

monthly dinner held by the Ladies Circle at the Aberdeen Boat Club on 3rd June. We all enjoyed a very pleasant buffet supper which was followed by the business of the monthly meeting. The proceedings gave us, as RDA representatives, a very good understanding of the wonderful work that the Ladies Circle carry out in Hong Kong. Their declared aim is to bridge the gap between resources that they can access and the needs that exist in the community and it seems to be something they do extremely well.

Following on from the dinner, Gerald gave a presentation and talk about the history, current activities and vision for the future of RDA. His talk was very well received and generated a great deal of interest.

The Ladies Circle has very kindly donated \$19,280 which will be used for saddles which can be adjusted to fit the horses or ponies we use. In order that the members could see where the money would be going I did a short talk on the special equipment used in RDA and showed them the sort of saddle that will be purchased with their donation.

We also explained our plan of retiring one of our ponies, Indian Joe and this was seen as a very good outcome for the pony. Gordon Li collected funds for this purpose and the audience was very generous. A total of \$1960 was raised. So thank you to all those ladies present.

There were many interested questions from the floor and also a number of people expressed interest in becoming volunteers for RDA which was a double bonus for us.

At the end of the evening there was a formal presentation of the cheque from the organisation which rounded off a most pleasant evening. Our heartfelt thanks go to the Ladies Circle both for their most generous donations and for the very warm reception that was given to all three of us from RDA.

Sue Gazzi



「香港傷健策騎協會盃暨午宴」

Hong Kong Riding for the Disabled Association Cup & Luncheon

「香港傷健策騎協會盃暨午宴」於七月四日假香港賽馬會沙田馬場舉行，超過二百位的嘉賓、夥伴和支持者出席，其中包括民政事務局副局长許曉暉女士、香港賽馬會行政總裁應家柏先生、賽馬事務執行總監利達賢先生、投注事務執行總監陳承楷先生及香港殘疾人奧委會暨傷殘人士體育協會主席馮馬潔嫻女士。

另外，不少名駒馬主亦鼎力支持，雲集香港賽馬會廂房，其中包括坐擁三匹現役賽駒「牛精財星」、「牛精富星」及「牛精巨星」的王永強先生、坐擁兩匹現役賽駒「飛躍王子」和「寶貝王子」的施羅孚先生夫人、「好先生」馬主史立德先生、「沙貝利」馬主陳冠生先生等等，場面十分熱鬧。

「香港傷健策騎協會盃」是今天下午的焦點賽事，賽事安排於第七場舉行，共十二匹參賽良駒角逐一千六百五十米賽事，陣容鼎盛。「香港傷健策騎協會盃」最後由馬匹「披星戴月」贏得冠軍，勝出馬主「智選團體」從香港傷健策騎協會會長陳祖澤博士的手中接過首座香港傷健策騎協會盃獎盃。香港傷健策騎協會主席楊國琦太平紳士、香港傷健策騎協會榮譽司庫何志強先生及香港傷健策騎協會盃籌委會主席吳嵩先生亦隨即頒發小型獎盃予勝出馬匹的馬主、練馬師及騎師。

On the 4th July, over 200 guests, community partners and avid supporters of the Riding for the Disabled Association (RDA) gathered at the Hong Kong Jockey Club's (HKJC) Shatin Racecourse to attend the inaugural Hong Kong Riding for the Disabled Association Cup & Luncheon. The honoured guests of the afternoon included the Under Secretary for Home Affairs, Ms. Florence Hui Hiu Fai; HKJC's Chief Executive Officer, Mr. Winfried Engelbrecht-Bresges; HKJC's Executive Director, Racing, Mr William Nader; HKJC's Executive Director, Betting, Mr. Henry Chan and Mrs. Jenny Fung of The Hong Kong Paralympic Committee & Sports Association for the Physically Disabled (HKPC & SAPD).

The event was also well supported by distinguished horse owners who enjoyed an afternoon of betting in the HKJC Box. The horse owners included Mr. Wong King Keung, owner of "Bullish Cash", "Bullish King" and "Bullish Win"; Mr. & Mrs. Rusy Shroff, owners of "Royal Panache" & "Royal Pumpkin"; Mr. Shi Lop Tak Allen, owner of "Mr Medici" and Mr. Chan Koon Sang Albert, owner of "Sapelli".

The featured race of the afternoon was the 7th race, The Hong Kong Riding for the Disabled Cup, during which twelve race horses aimed for gold over 1650 metres on the All Weather Track. The winning combination was Smart Turn Syndicate owned Moonwalk, ridden by Mr. Douglas Whyte and trained by Mr. John Size. The highlight of the afternoon was the awards ceremony where the Smart Turn Syndicate was presented with the prize of an inaugural trophy of the Hong Kong Riding for the Disabled Association Cup by Dr. John Chan, President



香港傷健策騎協會會長陳祖澤博士在午宴上致辭時表示，協會在過去三十五年來，一直致力為香港傷健兒童及成人提供馬術治療策騎服務，幫助他們鍛鍊肌肉及肢體的控制，令他們重新建立自信心及成功感，活出生命的精彩。除了推動香港馬術治療外，協會更致力發展馬術體育運動，以發掘和培訓傷健馬術體育運動員為目標，參加本地、埠際、國際性和殘奧馬術賽事。於二零零八年，葉少康成為了第一位代表晉身殘奧馬術賽事的運動員，為香港寫下歷史性的一頁。現時，協會積極發展馬術體育運動，提供定期的訓練課堂，培訓有潛質的青少年騎手，向二零一二年倫敦殘奧的目標邁進。

幸蒙熱心公益，賽駒「好先生」的馬主史立德先生慷慨捐出港幣五十萬元作為協會長遠發展馬術體育運動之用途，陳祖澤博士謹代表協會向史立德先生致送感謝紀念牌匾。

陳博士繼而感謝香港賽馬會一直與香港傷健策騎協會保持良好的合作關係，他說明了本會於一九七五年在香港賽馬會雙魚河鄉村會所首次提供馬術治療策騎課堂。於一九七八年，香港賽馬會在薄扶林公眾騎術學校為本會興建了一個獨立的場地。時至今日，本會於三間策騎中心為肢體殘障和智障人士提供馬術治療策騎服務。香港賽馬會慈善信託基金一直是本會的重大支持者，每年在資源上捐助本會逾三百萬元，以幫助本會為社區提供殷切的服務。藉此機會，香港傷健策騎協會主席楊國琦太平紳士於午宴上頒贈感謝紀念牌匾予香港賽馬會賽馬事務執行總監利達賢先生，以感謝香港賽馬會三十五年來對本會的支持。

of RDA. Trophy miniatures were also given to the winning Owner, Trainer and Jockey by Mr KK Yeung, JP, Chairman of Riding for the Disabled Association; Mr Alan Ho, Honorary Treasurer of Riding for the Disabled Association and Mr. Apollo Ng, Chairman of the Hong Kong Riding for the Disabled Association Cup Organizing Committee respectively.

The afternoon was further marked by Dr. John Chan's presentation of a plaque to the enthusiastic horse owner, Mr. Allen Shi Lop Tak in appreciation and recognition of his generous donation of HK\$500,000 to RDA towards the development of the para-equestrian sport.

During the luncheon, Dr. John Chan extended his warm welcome to the guests and provided a brief summary of the RDA. Over the past thirty-five years, disabled children and adults alike have enjoyed therapeutic riding sessions provided by RDA at no charge. These sessions have contributed to the riders' physical, physiological and mental improvements with noticeable benefits such as an increase in self confidence, self esteem and a sense of empowerment.

Other than providing therapeutic sessions, the RDA also works in raising awareness on the development of equestrian sports and in providing focused training for their disabled riders. These riders will in turn represent Hong Kong in various events ranging from friendly social exchanges with neighbouring countries to international para-equestrian competitions and championships. In 2008, RDA athlete Mr. Nelson Yip brought tremendous pride and joy to Hong Kong as the first Hong Kong Paralympian in the equestrian sports. Building on past achievements, the RDA is currently working towards training athletes to, ultimately, represent our city at the 2012 London Paralympic Games.

Dr Chan went on to further express his appreciation to the HKJC for its long standing partnership with RDA, and explained that RDA's first lesson was provided at the Club's Beas River Riding School in 1975 and in 1978, the Club built a dedicated centre for RDA at the Pokfulam Public Riding School. Today, RDA operates in three centres to provide sessions for the physically and mentally disabled with annual donations of over three million dollars from the HKJC. On that note, the Chairman of RDA, Mr. KK Yeung took the opportunity to present a plaque to the HKJC's Executive Director, Racing, Mr. William Nader to express RDA's appreciation and mark the thirty-five years relationship between the HKJC and RDA.



SUMMER TRAINING COURSE 2010

二零一零年暑期訓練課程



課程的目標？

在暑假期間，香港傷健策騎協會為甄選的傷健騎生提供持續的騎術訓練和教授騎生馬匹料理的知識。

我們的課程有何特別之處？

香港傷健策騎協會首度舉辦這個是項課程，騎生可以在暑假期間享受他們最愛的馳騁策騎課程！在課程中，傷健騎生可以由基礎開始學習有關馬匹和騎術的知識。這是十分有趣刺激的事情，令騎生永誌難忘！

騎生會做些甚麼？

除了習騎課堂之外，騎生更可以學習餵飼馬匹、裝配馬匹、清洗和修飾馬匹，以及辨識馬匹的身體部份、馬鞍和轡頭的組件。

What are our objectives?

For RDA to provide continuous riding training to selected disabled riders during the summer and to teach horse care knowledge to these riders.

What makes our program special?

This is the first time RDA has launched such a program so that rider's can enjoy their favorite horseback riding activity throughout the summer! During the program the disabled riders learn about horses and riding starting with the absolute basics. It is fun, exciting and riders leave with memories for a lifetime!

What do riders do?

Riders can learn by doing everything from learning about horse feeding, tack, washing and grooming as well as identifying the parts of a horse, saddle and bridle in addition to receiving riding lessons.



騎生感受

很高興今年有機會參加了香港傷健策騎協會所舉辦的「二零一零年暑期訓練課程」，整個課程安排得很充實，學習氣氛融洽。除了學會理論性的馬匹認知外，還有馬房管理、馬匹護理和策騎技巧等，真是可以學以致用，理論與實踐兼容。

多謝香港傷健策騎協會所有工作人員和義工哥哥姐姐們的悉心照顧，多謝考官們慷慨的評分和指導，多謝Yumi和Anson姐姐無微不至的關懷和熱誠，帶給我一個難忘的童年回憶！Opal，I love you...

謝佩婷

這個暑假我到屯門學習騎馬，我從太古城去屯門每程用兩小時的車程，雖然路途比較遠，但我能夠學習為馬匹清潔和裝配馬鞍，更能夠學習騎馬，Monty就成為了我的好朋友。

我希望認識更多像Monty一樣的朋友，騎在馬背上一起漫步和跳舞，這個暑假能夠學習騎馬，我感到非常刺激和雀躍。

劉理盈

我享受暑期課程，在課程中我學到很多騎術技巧，例如更好地騎馬小跑，在騎座上快速坐起，以及慢慢坐下。我之前從來沒有試過幫馬洗澡，在課程中卻能有機會學習如何在馬房幫馬匹洗澡，也嘗試到不再怕馬匹。我享受具有挑戰性的事物。這個暑期課程過後，我變得更具信心在馬房中清潔馬匹。

課這個課程不僅充滿樂趣，還具有挑戰性。我非常喜歡這個課程、喜歡屯門的學習環境、喜歡導師們，還有騎手們，只是可惜的是Indian Joe 要退休了。我喜歡整個暑期課程，因為騎術課堂上所有的一切都令人興奮，而最喜歡的是當中騎馬小跑的部分。課堂上有時嚴肅緊張，有時充滿樂趣，也是令我喜歡它的原因。

我希望日後可以有更多這樣的課程，讓我有更多的機會去學習騎馬技術，如策馬快跑，慢跑，跳躍和快步小跑。

胡肇廷

Rider's Feedbacks



I am very happy to have the opportunity to participate in "Summer Training Course 2010" which was organized by RDA this year. The course was well organized and the study atmosphere was friendly. Apart from learning the theory relating to horses, I also learnt about management of stables, nursing of horses, techniques of riding and so on all of which is practical and useful knowledge. I feel I can use the information from the courses as it was both theoretical and practical knowledge.

Thanks to all the staff and volunteers in RDA who like older brothers and sisters took care of me. Thanks to the examiners who kindly assessed us and also for their teaching. And many thanks to Yumi and Anson for caring for us and showing such passion for what they do. You all gave me an unforgettable experience in my childhood! Opal, I love you...

Natasha Tse



This summer holiday I went to Tuen Mun RDA to learn horse riding. I went to there from Tai Koo which took me two hours transportation. Although the location is quite far, I could learn cleaning and placing saddles for horses, and riding horses at the same time. I also met Monty who became my good friend.

I hope I can meet more friends like Monty, who I can ride and stroll and dance with. This summer I was able to learn more about horse riding and I feel really excited and happy.

Christine Lau



I enjoyed the summer class because I learned a lot of skills for example trotting better, standing up faster, and sitting down slowly. I had never tried cleaning a horse before. In this class I have chance to learn how to clean a horse in the stable and I tried not to be scared of the horses. I enjoyed the challenging stuff. After this summer class, I became more confident in cleaning a horse in the stable.

It was not only fun but also challenging. I really liked it a lot. I liked the environment in Tuen Mun and I liked the instructors and the riders. Too bad Indian Joe has to retire. Anyway I like the whole entire summer because everything in the horse riding class was very exciting, I liked trotting the most. It was sometimes intense and sometimes fun which is why I liked it.

I wish there could be more classes which I can have more chances to learn more skills in the future, like running, cantering, jumping and fast trotting.

Andrew Wu





Athletes Summer Intensive Training Program 2010 年運動員暑期集訓課程

運動員暑期集訓課程已於二零一零年八月三十日完滿結束，而為期十八節的訓練和一次性的評核試亦順利落下帷幕。

這個課程的首要目的是為甄選的運動員提供密集的訓練，以為本地性和國際性的比賽作最好準備、教授他們基本馬匹料理的知識，同時探索他們對接受未來的訓練的態度和承擔力。而另一個目的是甄選騎手參與二零一零年十一月舉行的台灣希望盃邀請賽。

經過暑假的訓練後，三位騎手，分別為曾韞賜先生、陳柏然先生及李蘇菲小姐，參加了於二零一零年八月三十日(星期一)舉行的評核。當日由我們的課程總監葛祖南先生主持揭幕式，並熱烈歡迎所有的參加者、評核員和家屬。接著，課程總教練兼評核員戶田由美小姐簡述整個流程，並由姚金玉小姐帶領協助。

首先，香港傷健策騎協會體育委員會主席利子厚先生及香港賽馬會公眾騎術學校首席騎術教練駱柏特先生為運動員評核了基本馬匹料理的知識(例如清潔馬具和馬術精神)。接著，本會的物理治療師郭二鳳小姐按運動員的身體能力進

The Athletes Summer Intensive Training Program, which consisted of 18 training sessions and 1 assessment ran through the summer months until 30 August 2010.

This program primarily aims at providing intensive training for selected athletes to prepare them for local and international competitions, teaching and assessing basic horse care knowledge and discovering their attitude and commitment to establish their suitability for receive future training. Another aim was to select riders to participate in the Taiwan Hope Cup Competition in November 2010.

After the training sessions in the summer, three riders, namely Mr. Timothy Tsang, Mr. Bryan Chan, and Miss Sophie Milner, attended the assessment held on Monday, 30 August 2010. The day was began with a warm welcome to all participants, assessors and parents by our Program Director, Mr. Gerald Kuh. It was followed by rundown briefing by our Coach and Assessor, Ms. Yumi Toda with the help of Ms. Yiu Kam Yuk.

Firstly, the athletes were assessed on their basic horse care knowledge (e.g. tack cleaning and horsemanship) by the Chairman of the RDA Sports Subcommittee, Mr. Michael Lee, and Chief Riding Instructor of The Hong Kong Jockey Club Public Riding School, Mr. Bernd Knorr.



行了一個體格評估。自從按照日常的運動和騎馬活動，所有的參加者都在身體的強度、柔韌度和耐力展現莫大的改善。

香港傷健策騎協會非常榮幸地邀請了Nigel King先生和Alison King女士為我們的運動員擔任評判，Sue Gazzi女士及Georgina Shellum女士亦應邀擔任抄寫員。運動員需要完成1b級別的新手盛裝舞步測試賽，他們表現十分出色。

當日臨近尾聲，各評核員都為運動員作出了不少評語和建議，以幫助他們日後的改善。為祝賀運動員的承擔和努力，利子厚先生逐一頒發證書和紀念襟花予各運動員。而我們亦頒發了感謝狀和紀念品予各評核員、抄寫員以及所有的竭誠協助的義工，其中包括楊慎偉先生、郭民洛先生、謝曜蔚小姐。

當日晚上舉行了一個燒烤聚會，香港傷健策騎協會委員會會員、運動員、家屬、評核員、義工和員工在爐火旁樂聚歡騰。我們在此祝願青少年運動員在未來的馳騁前程上快馬加鞭，馬到功成。

王碧涓

It was followed by an assessment conducted by Ms. Cecilia Kwok, Physiotherapist of RDA, on the athletes' physical ability. All of the participants exhibited great improvement in their physical strength, flexibility and stamina following on from their daily exercises and riding.

RDA had the honour to invite Mr. Nigel King and Mrs. Alison King to judge the dressage tests ridden by the athletes, while Mrs. Sue Gazzi and Mrs. Georgina Shellum were kindly agreed to scribe. Athletes were required to ride a Grade 1b Novice Dressage Test and they all performed really well..

At the end of the day, comments and suggestions were made by all assessors to the athletes to help them improve in the future. To congratulate the athletes' commitment and effort, certificates and rosettes were presented to each of them by Mr. Michael Lee. Appreciation certificates and souvenirs were also presented to the assessors, writers and all our helpers, namely Mr. Bill Yeung, Mr. Nathan Clarke, and Miss Winnie Tse, who offered their help throughout the training program.

The day was ended with a barbeque at night where RDA committees members, athletes, parents, assessors, helpers and staff enjoyed a good time around the fire. We take this opportunity to wish the young athletes who took part all the best in their future riding career.

Apple Wong



RDA Planning Day

香港傷健策騎協會策劃日

香港傷健策騎協會策劃日於二零一零年九月三日假雙魚河鄉村會所舉行，是作為策略會議和香港嶺南大學二零零九年研究報告的跟進。當日，出席者包括有香港策騎協會會長陳祖澤博士、香港傷健策騎協會主席楊國琦先生、體育委員會主席利子厚先生，以及常務委員會的其他成員。

香港傷健策騎協會總經理葛祖南先生作出了一個演講，勾劃出協會未來三年的展望和所需要實行的措施方案，以達到我們的目標。該次演講深受好評，能同時促進了委員會成員建言獻策，從而作出互動集思廣益和提出相關的協作性計劃策略。許多不同的觀點和意見都被深入討論，從而有助於協會擬定初步前瞻性的計劃和發展的藍圖。

完成策劃日演講會之後，在會所設置了一個午餐會，為所有出席是次會議的人士享用。

陳韻育

An RDA Planning Day was held on 3rd September 2010 at the Beas River Country Club as a follow-up to the Strategy Day Meeting and the Study Report 2009 by the Lingnan University. The Planning Day was attended by Dr. John Chan, President of RDA, Mr. KK Yeung, Chairman of RDA, Mr. Michael Lee, Chairman of Sports Subcommittee and other members of the General Committee.

A presentation was delivered by Mr. Gerald Kuh, General Manager of RDA, to outline RDA's 3-year vision and the steps needed to be taken to achieve our goals. The presentation was well received and led to brainstorming with our committee members to interact and devise relevant collaborative planning strategies. Many viewpoints and ideas had been brought into focus which helped draw up a preliminary blueprint for the vision and development of RDA.

Following the Planning Day presentation, a luncheon was held at the Club for those who attended the Meeting.

Renee Chan



三級指導員考試及 SUE ADAMS WHEELER 工作坊 GRADE-III INSTRUCTOR EXAM AND CLINIC BY SUE ADAMS WHEELER



自我的上一次考試至今已經有十三年了，那真的是一次緊張的經歷！幸運地，衷心感謝我的評核員Sue Adams Wheeler，她冷靜和友善的指導，使我能夠在考試中保持信心去應考。另外，她也教會我一些只能通過親身體驗才能學到的東西。她的教學方式顯淺易明，亦非常具實用性。

在課堂上，她教我如何成為一個較佳的觀察者。她曾經說過：「無論我們是一個有多出色的騎手或指導員，都要不斷地去學習，增進自己」。而成為一個精明的觀察者，不僅能使你更容易學習和改進你的騎術知識，更能讓你去了解個人的能力和局限。只有掌握這些知識，指導員才可以使騎手在他們的經驗學習中，獲取最大的裨益。

我的三級指導員考試是一個真正擴闊眼界的經驗。我期待著Sue的下一次的到來，並希望我可以再有機會從她身上學習。

駱文慧

It has been 13 years since I had my last exams, it was a truly nerve racking experience! Fortunately, thanks to my examiner, Sue Adams Wheeler; her calm and friendly guidance allows me to have confidence throughout the exam. She also taught me a few things that one can only learn by experience. Her approach is simple and extremely practical.

When it comes to the lessons, she taught me how to a better observer. "We are always learning no matter how good of a rider or instructor you are, and there is no end to it." said Sue. Being a good observer not only allows you to learn and improve your knowledge of riding, it also allows you to better understand one's ability or limitation. Only with these knowledge, instructor can then facilitate the riders, so they can get to maximum benefits out of his or her riding experience.

My Grade III exam has been a truly eye-opening experience. I am already looking forward to Sue's next visit and hopefully I could pick her brain again!

Myris Lock

RDA Annual Ball 2010

香港傷健策騎協會二零一零年慈善週年餐舞會

Carnival

Carnival

Carnival

Carnival

Carnival

香港傷健策騎協會慈善週年餐舞會已於二零一零年十月十六日(星期六)假香港君悅酒店圓滿結束。這是本會年度最大型的慈善籌款活動。

當晚，本會非常榮幸邀請了教育局局長孫明揚先生，GBS, JP擔任主禮嘉賓，並在會上致歡迎辭。接著，大會向至尊贊助人陳衍里醫生及杜振源先生頒贈紀念品，同時頒予卓越贊助人：施羅孚先生夫人、信德集團有限公司、李國仕先生、利子厚先生、羅傑承先生和迪生創建國際有限公司。當晚，還有其他尊貴的嘉賓蒞臨赴會，包括保安局局長李少光先生，GBS, IDSM, JP；食物及衛生局局長周一嶽醫生，GBS, JP；香港傷健策騎協會會長陳祖澤博士；香港賽馬會主席施文信先生，以及許多其他知名人士。

The RDA Annual Ball successfully concluded at the Grand Hyatt Hong Kong on Saturday, 16 October 2010. It was the biggest fundraising event on our annual calendar.

We were honored to have Mr. Michael Suen, GBS, JP, Secretary for Education, as our Guest of Honour who delivered a welcome speech on the night. This was followed by a souvenir presentation to our Champion Sponsors, Dr. Henry Chan and Mr. Simon To, as well as other Winner Sponsor: Mr. & Mrs. Rusy M. Shroff, Shun Tak Holdings Ltd, Mr. Stephen Li, Mr. Steven Lo, and Dickson Concepts (International) Ltd. The night was also well attended by other distinguished guests including Mr. Ambrose Lee, GBS, IDSM, JP, Secretary for Security; Dr. York Chow, GBS, JP, Secretary for Food and Health; Dr. John Chan, President of RDA; Mr. Brian Stevenson, Chairman of the Hong Kong Jockey Club and many other prominent figures.



今年大會的主題為「嘉年華會」。到場嘉賓均以繽紛彩妝和奇幻面具盛裝赴會，在這個特別的舞會上盡情釋放絢麗時尚魅力。在我們最愛的樂隊「The Young Once」精彩絕倫的現場演奏下，加上慈善名人廖潔思小姐、葉錫安先生、周永健夫人、蘇婉薇女士和周一嶽醫生和陳祖澤博士獻唱金曲，將晚會氣氛推向高潮。在現場慈善拍賣中，經過一番熱烈的競投後，由迪生創建國際有限公司捐出一隻名貴「百悅名表」最終以港幣十萬元價錢成交。

The theme this year was "The Carnival". Guests paraded in fancy masquerade costumes and masks, celebrating this special event. With the great performance of our favorite live band, The Young Once, and our Celebrity Charity Singers Miss Agnes Liu, Dr. Simon Ip & Mr. Anthony Chow, Mrs. Susan Lee, Dr. York Chow as well as Dr. John Chan at the finale, the atmosphere of the Annual Ball was pushed to the climax. In the charity live auction, a luxurious Bertolucci Watch, donated by Dickson Concepts (International) Ltd, was acquired at a price of HK\$100,000 after an exciting bid.

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我們在此衷心感謝週年餐舞會委員會，包括餐舞會主席陳衍里醫生及聯主席施費葆奇女士，以及委員會成員，包括何志強先生、何超鳳女士、鄺靄慧醫生、林李婉冰女士、利承武先生、珊翠絲小姐、王振宇先生、葉梁美蘭女士、楊佩姿小姐和鄭嘉儀小姐。還要感謝許多未能盡錄的幕後功臣，沒有他們傑出竭誠的努力，今次週年餐舞會將不會如此空前成功。

今年，大會共籌得破新高近三百萬元佳績。該筆善款將用作支持本會的核心服務，為香港傷健人士提供治療性策騎課程。

陳韻育

We would like to take this opportunity to express our heartfelt gratitude to the Annual Ball Committee including our Ball Chairman, Dr. Henry Chan, and our Ball Chairlady, Mrs. Betty da Silva, and the Committee members Mr. Alan Ho, Ms. Daisy Ho, Dr. Ava Kwong, Mrs. Nina Lam, Mr. Marcus Lee, Ms. Sanchez Reayon, Dr. Benjamin Wong, Mrs. Mira Yeh, Miss Patricia Yeung, Ms. Canney Cheng and many more behind the scene. Without their sterling effort, the Annual Ball would not be such a great success.

This year, the amount raised reached a record high of \$3 million. This amount will go into sustaining our core service of providing therapeutic riding programs to the disabled persons in Hong Kong.

Renee Chan

The Joy of Volunteering at RDA

傷健策騎義務工作之樂

在二零一零年的三月到七月之間的星期六早上，我到薄扶林公眾騎術學校為香港傷健策騎協會擔當義工。我的母親也是在這裡當義工的，她說做義工既可以有機會做運動，又和可愛的學員和馬匹相處，非常有益身心，所以邀請我一起去觀摩傷健策騎的活動。

我第一次去的時候，因我不太熟悉各個裝備擺放的地方和其使用的程序，所以感到有點迷惘。幸好有民洛、Sue和由美的幫助和指導，令我更順利完成工作。

隨著光陰流逝，在這裡當義工真的是一個很有趣、很珍貴的經驗。由於我常常都要自行幫馬匹解下韁繩和馬鞍，當遇到困難時，就要向陌生的馬伕們請教。這令我更主動詢問別人，膽子更大了。

在這段義務工作期間，我幫助了來自不同小學的兒童，每位背景都不同，學習的態度也不一樣。如何顧及的他們安全同時促進其學習興趣，對我來說是頗具挑戰性的事情。

我希望日後有更多的年輕人加入香港傷健策騎協會成為義工。雖然需經常在猛烈陽光下辛勤工作，但你會有意想不到的收穫呢！



From March to July 2010 on every Saturday mornings, I went to Pokfulam Public Riding School as a volunteer in the Riding for the Disabled Association (RDA). My mother is also a volunteer in RDA. She told me that being a volunteer is very happy as she can do exercise, and play and talk with cute riders and horses at the same time. She invited me to go with her together.

I feel a bit confused when I went the first time. It was because that I did not familiar with the placing of different equipment and the procedures of using them. It was lucky that there were Nathan, Sue and Yumi who could teach me and help me to finish my work successfully.

Being a volunteer in RDA was really a very interesting and valuable experience. I found myself becoming more active in question asking and braver, as I always need to take off

ropes and saddles from horses independently, whenever I found difficulties, I needed to ask for help from the stablemen who I did not know before.

During the period as a volunteer, I helped out children from high-level primary schools in different backgrounds and attitudes towards learning. I found it is quite challenging for me to find out methods for keeping them safe and the interests in learning.

I hope there will be more young people to be volunteers in the future. Although it is hard to work under the strong sunshine, you will gain a lot which are out of your expectation.

Joyce Ip



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



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

Wednesday to Thursday Morning (9:30am to 12:00pm) at Lo Wu Saddle Club
星期三至星期四在羅湖騎術會早上九時半至正午十二時



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總經理—葛祖南

General Manager – Mr. Gerald Kuh

葛祖南先生是香港傷健策騎協會有限公司的總經理。他的職務主要是管理機構的日常營運，並與常務委員會及不同的小組委員會緊密合作。馬術界對葛祖南並不陌生，他自青年時期已是馬術運動的活躍份子，曾是參賽者，及後任裁判、領隊、司儀、行政人員和籌劃者。他自二零零五年被選為香港馬術總會的行政委員，並在行政委員會及其小組委員會兼任多個職務。

葛祖南是國際馬聯場地障礙賽的國際裁判，並定期在亞洲、北美洲和歐洲任裁判。此外，他曾在多個高水準的比賽中擔任比賽裁判，包括CSI3*布蒙特、CSI5*斯圖加特、CSI5*布魯塞爾、二零零七年東南亞運動會以及二零零六年亞運會。除了出任裁判外，他在香港組織馬術比賽方面亦有卓越的佳績，同時他被任命為二零零八年北京奧運馬術項目的場地障礙賽經理及競賽場地經理。他自二零零四年起曾為多個賽事出任香港馬術代表隊的領隊，包括於二零零九年圓滿成功的第十一屆全國運動會中，他表現了超卓的領導才能和管理技巧。

Mr Gerald Kuh is the General Manager of RDA. His role is that of overseeing the daily operations of the organisation and working closely with the General Committee and the various Sub-Committees of RDA. Gerald is no stranger to the equestrian scene and has been very active in the sport since a young age as a competitor and more recently as an official, a chef d'équipe, a master of ceremony, an administrator and an organizer. He has been an elected Executive Committee Member of the Hong Kong Equestrian Federation since 2005 and has held several positions on the Executive Committee and its sub-committees.

Gerald is an FEI International Jumping Judge and has judged regularly in Asia, North America and Europe. In addition, he has officiated at many high level events including the CSI3* Bromont, CSI5* Stuttgart, CSI5* Brussels, the South East Asian Games 2007 and the Asian Games 2006. Apart from judging, he also has a distinguished track record in organizing highly successful horse shows in Hong Kong and was appointed to the position of Jumping Manager & Field-of-Play Manager for the 2008 Beijing Olympic Games Equestrian Events. He has acted as the Hong Kong Equestrian Team Chef d'Equipe on many occasions since 1994 including the highly successful 11th National Games in 2009 where he demonstrated both his strong leadership and management skills.



營運經理 — 戶田由美小姐

Operations Manager – Ms. Yumi Toda

自從我十歲開始習騎後，我已經常在本地參加馬術主要三個項目的比賽。除了作為比賽參加者外，我亦參與訓練退役馬匹和教授學生騎術的工作。在二零零七年前，我在不同的騎術學校任兼職教練，後來加入羅湖騎術會任全職教練；及後，在加入香港傷健策騎協會有限公司之前，在雙魚河騎術學校擔任全職教練。

記得逢星期四在羅湖騎術會的時候，我開始接觸傷健騎手，而我則非常佩服這些騎手在馬背上滿懷勇氣和自信。於二零零九年，我更有機會參加了香港傷健策騎協會有限公司第三屆亞太會議，同時被挑選為其中一位示範騎手，實地示範如何為傷健騎手揀選適合的馬匹。

我十分高興加入香港傷健策騎協會有限公司，並期望與所有騎手、指導員和輔助員分享我的知識與及馬匹的經驗。

Since I started riding at the age of 10, I have been competing successfully in all three disciplines locally. Apart from being a competitor, I am also very involved with the training of ex-racehorses and teaching of riders. I taught as a part-time instructor in various riding schools until 2007 and then I joined Lo Wu Saddle Club as a full-time instructor there; I went on to become a full-time instructor at the Beas River Riding School before joining RDA.

It was in Lo Wu when I started to work with disabled riders every Thursday, and I admire these riders for their courage and their confidence when they are on horseback. I also had the opportunity to attend the RDA 3rd Asia Pacific Conference in 2009 and was chosen as a demonstration rider on how to choose a suitable horse for disabled riders.

I am glad to join RDA, and look forward to share my knowledge and experience in horses and teaching with all riders, instructors and helpers.

CRICKET WAS A STAR AMONG PONIES

馬匹中的明星 — CRICKET

Cricket在許多許多個寒暑都為香港傷健策騎協會和我們的騎手全心全意地服務。

牠永遠無微不至地幫助和眷顧我們的騎手，每每在馳騁場內展現可靠而無私的精神。

另一方面...對於健全的騎手來說，Cricket偶爾會在沙圈場地內馳騁縱橫快跑，永不會讓騎手在遠遠的角落發呆。

也許，牠會在障礙物前緩緩地讓騎手著地！

即使在過去的數年裡，牠年紀漸長，每天營役勞碌，Cricket依舊如常辛勤工作，時時刻刻都樂意服務效勞。

我們永遠寵愛Cricket。

我們永遠懷念Cricket。

For many many years he served the RDA and our riders with quiet devotion.

Reliable yet still with spirit, he plodded on around the paddocks day after day helping and protecting out riders.

On the other hand...with the able bodied riders, there were times that Cricket would gallop across the paddock leaving a bemused rider in the far corner.

Or plonk a rider on the ground in front of the jump!

Even in these last few years when he has been feeling older and stiffer every day, Cricket would still be there, doing whatever was asked of him and for the most part, it was done with grace.

CRICKET WAS LOVED BY EVERYONE

CRICKET WILL BE MISSED BY EVERYONE

Nicki Greeves



COMING EVENTS 活動預告

29 November 2010
2010年11月29日

Annual Helper's Dinner 2010
二零一零年義工週年晚餐

16 December 2010
2010年12月16日

RDA Annual General Meeting 2010
香港傷健策騎協會有限公司二零一零年度週年大會

15 January 2011
2011年1月15日

Chinese New Year Gymkhana
農曆新年遊戲障礙賽

22 January 2011
2011年1月22日

Gold Coast Equestrian Show
黃金海岸馬術嘉年華

15 February 2011
2011年2月15日

Tuen Mun and Pokfulam Spring Term Ride start
屯門及薄扶林春季課堂開始



With the Compliments of



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

ACKNOWLEDGMENTS

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Sponsor of dressage jacket for RDA Para Equestrian Squad



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Sponsor for saddle



Riding for the Disabled Association Ltd

Tuen Mun Autumn Term – 2010 屯門秋季課堂

7 th - 10 th Sep 2010, inclusive	New Helper's Training (新義工訓練)
9 th - 10 th Sep 2010, inclusive	Existing Helper Training and clean tack & equipment (現職義工訓練、清潔馬具及用具)
14 th – 24 th Sep 2010, inclusive	TM Normal RDA lessons (屯門定期課堂)
23 rd Sep 2010	No RDA – The day following Chinese Mid-Autumn Festival (中秋節翌日)
28 th Sep – 30 th Sep 2010, inclusive	Grade III Instructor Exam & Clinic (三級指導員考試和工作坊)
1 st Oct 2010	No RDA – National Day (國慶日)
5 th – 22 nd Oct 2010, inclusive	TM Normal RDA lessons (屯門定期課堂)
16 th Oct 2010	No RDA - Chung Yeung Festival (重陽節)
26 th – 29 th Oct 2010, inclusive	Autumn Group Rides (一日騎馬樂)
2 nd Nov - 10 th Dec 2010, inclusive	TM Normal RDA lessons (屯門定期課堂)
14 th – 17 th Dec 2010, inclusive	Autumn Group Rides (一日騎馬樂)
21 st - 31 st Dec 2010, inclusive	No RDA – Christmas & New Year Holiday (聖誕節及新年假期)
4 th – 28 th Jan 2011, inclusive	TM Normal RDA lessons (屯門定期課堂)
1 st – 11 th Feb 2011, inclusive	No RDA – Lunar New Year Holiday (農曆新年假期) (3 rd Feb 2011 - Lunar New Year's Day of the Rabbit年初一)

15th Feb 2011 start New Spring Term (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
- 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 Autumn Term – 2010 薄扶林秋季課堂

7 th to 10 th Sep 2010, inclusive	New and existing helper's training (新及現任義工訓練)
9 th – 10 th Sep 2010, inclusive	Existing Helper Training and clean tack & equipment (現職義工訓練、清潔馬具及用具)
14 th – 24 th Sep 2010, inclusive	PFL Normal RDA lessons (薄扶林定期課堂)
23 rd Sep 2010	No RDA – The day following Chinese Mid-Autumn Festival (中秋節翌日)
28 th Sep – 30 th Sep 2010, inclusive	Grade III Instructor Exam & Clinic (三級指導員考試和工作坊)
1 st Oct 2010	No RDA – National Day (國慶日)
5 th Oct – 15 th Oct 2010, inclusive	PFL Normal RDA lessons (薄扶林定期課堂)
16 th Oct, 2010	No RDA – Chung Yeung Festival (重陽節)
19 th Oct – 13 th Nov 2010, inclusive	PFL Normal RDA lessons (薄扶林定期課堂)
16 th Nov – 19 th Nov 2010 inclusive	PFL RDA Autumn Group Ride (一日騎馬樂)
23 rd Nov – 18 th Dec 2010, inclusive	PFL Normal RDA lessons (薄扶林定期課堂)
21 st Dec – 3 rd Jan, 2011 inclusive	No RDA – Christmas & New Year Holiday (聖誕節及新年假期)
4 th – 29 th Jan 2011, inclusive	PFL Normal RDA lessons (薄扶林定期課堂)
1 st – 11 th Feb 2011, inclusive	No RDA – Lunar New Year Holiday (農曆新年假期)

15th February 2011 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
- 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: Tracy Ku	<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: Renee Chan
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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"/> Wed 星期三 (上午9:30am – 12:00pm) <input type="checkbox"/> Wed 星期三 (下午3:00pm – 4:30pm) <input type="checkbox"/> Thu 星期四 (上午9:30am – 12:00pm) <input type="checkbox"/> Thu 星期四 (晚上7:00pm – 8:30pm) <input type="checkbox"/> Fri 星期五 (上午9:30am – 12:00pm) <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)	<input type="checkbox"/> Tue 星期二 (上午9:00am – 12:00pm) <input type="checkbox"/> Tue 星期二 (下午2:00pm – 4:30pm) <input type="checkbox"/> Wed 星期三 (上午9:00am – 12:00pm) <input type="checkbox"/> Wed 星期三 (下午2:00pm – 4:30pm) <input type="checkbox"/> Thu 星期四 (上午9:00am – 12:00pm) <input type="checkbox"/> Fri 星期五 (上午9:00am – 12:00pm) <input type="checkbox"/> Fri 星期五 (下午2:00pm – 4:30pm)	<input type="checkbox"/> Wed 星期三 (上午9:00am – 12:00pm) <input type="checkbox"/> Thu 星期四 (上午9:00am – 12:00pm)
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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)

About RDA sources (multiple selections) 從何得知有關本會的服務 (可選多項)

☐ Newspaper 報章 ☐ Media傳媒 ☐ Internet 網絡 ☐ Sch./ Org. 學校/機構 ☐ Magazine/ Leaflet 會訊/ 宣傳單張
☐ Friend 朋友 ☐ Expo 展覽會 ☐ Other 其他 (Specify請列明)：_____

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。



Riding For The Disabled Association Ltd

香港傷健策騎協會有限公司

Form No. _____ (Official Use)

《資料更新表格》

Information Updated Form

為使香港傷健策騎協會有限公司可以更有效地向捐款人或會員傳遞本會會訊和提供服務，敬請填妥下列資料，傳真至2465 5914 或電郵至 info@rda.org.hk。如有查詢，請致電2454 9961與本會職員聯絡。

Riding for the Disabled Association Ltd. would like to update the information of Donors or Members for continuous our services and updated news, please send us your information by fax to 2465 5914 or email to info@rda.org.hk. For any enquiries, please feel free to contact our staffs at 2454 9961 or email to : info@rda.org.hk

英文姓名(先寫姓氏)： _____ 中文姓名： _____
English Name (Surname first) _____ Name in Chinese _____

通訊地址： _____
Correspondence Address _____

住宅電話： _____ 辦公室電話： _____ 手提電話： _____
Home Phone _____ Office Phone _____ Mobile Phone _____

傳真號碼： _____ 電郵地址： _____
Fax (optional) _____ Email Address _____

公司名稱： _____
Company _____

會員簽署： _____ 日期： _____
Signature _____ Date _____

- ☐ 如欲以電郵方式收取本會會訊，請在方格加上✓號。
☐ if anyone want to receive the e-copy of magazine, please tick the box

本表格收集的資料，用於向捐款人或會員提供本會資訊及符合本會章程宗旨的會務用途。有關資料將存放於捐款人或會員記錄檔案中，捐款人或會員本人有權以書面通知查閱及更正。

Information collected will be used for communicating with members or donors and/or other purposes as prescribed under rules and regulations of the association. Such information will become part of our donors and membership record and donors or members have rights to request access to, and to request the correction of, their personal data, upon submission of written requests to the Honorary Secretary of the Association.