

Riding for the Disabled Association Ltd.



香港傷健策騎協會有限公司

MAGAZINE



上圖展示了第四屆亞太會議超過九十位與會人士，包括主禮嘉賓、本會委員會委員、贊助、主講嘉賓、海外及本地代表出席於二零一一年十一月二十八日假上水香港賽馬會雙魚河鄉村會所舉行的開幕式。

前排由左至右：

香港傷健策騎協會項目統籌及比賽秘書王碧涓小姐、第四屆亞太會議召集人羅傑仕先生、香港傷健策騎協會復康委員會副主席楊存洲先生、香港賽馬會慈善事務執行總監/首席法律顧問蘇彰德先生、香港傷健策騎協會國際統籌委員會主席王振宇醫生、香港賽馬會董事周永健太平紳士、CPEDI3*香港國際殘疾人馬術比賽2011主席利子厚先生、香港傷健策騎協會主席楊國琦太平紳士、香港賽馬會上水馬術中心營運經理賈利兒小姐、香港賽馬會上水馬術中心行政經理留平敏小姐、香港傷健策騎協會總經理葛祖南先生。

The above photo shows over 90 attendees of 4th Asia Pacific Conference, including guest of honor, RDA committee members, sponsors, guest speakers and overseas & local delegates attended the Opening Ceremony on 28th November 2011 at HKJC Beas River Country Club in Sheung Shui.

Front row from left to right :

Ms. Apple Wong, Projects Coordinator of RDA & Show Secretary; Mr. Nick Rodgers, 4th Asia Pacific Conference Convener; Mr. Thomas Yeung, Vice-Chairman of RDA Rehabilitation Subcommittee; Mr. Douglas So, Executive Director, Charities / General Counsel of The Hong Kong Jockey Club; Dr. Benjamin Wong, Chairman of RDA International Liaison Subcommittee; Mr. Anthony Chow, SBS, JP, Steward of The Hong Kong Jockey Club; Mr. Michael Lee, President of CPEDI3* Hong Kong International Para-Equestrian Dressage Competition 2011; Mr. KK Yeung, JP, Chairman of RDA; Ms. Gillian Carlisle, Operations Manager (BREC), The Hong Kong Jockey Club; Ms. Rosaline Lau, Administration Manager (BREC), The Hong Kong Jockey Club; Mr. Gerald Kuh, General Manager of RDA

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Gerald Kuh
General Manager



Canney Cheng
PR & Projects Manager



Apple Wong
Assistant Administrative Manager
& Projects Coordinator



Yumi Toda
Operations Manager



Renee Chan
Administrator -
Tuen Mun & Lo Wu



Tommy Tse
Administrator - Pokfulam



Dorothy Lam
Administrator - Tuen Mun



Jojo Wong
Assistant Instructor - Part Time

Official Announcement of the Riding for the Disabled Association Athletes Sponsorship & Sending Off Ceremony 香港傷健策騎協會馬術運動員贊助公告及誓師大會授旗典禮



香港傷健策騎協會馬術運動員贊助公告及誓師大會授旗典禮 Official Announcement of the Riding for the Disabled Association Athletes Sponsorship & Sending Off Ceremony

香港傷健策騎協會馬術運動員贊助公告及誓師大會授旗典禮已於二零一一年六月十七日假香港賽馬會跑馬地馬場落下帷幕，是次活動邀請到食物及環境衛生局局長周一嶽GBS, JP擔任主禮嘉賓。是次典禮目的是正式宣佈香港傷健策騎協會將會全力贊助香港傷健策騎協會傷健馬術隊的運動員遠赴英國進行為期一個月的特訓及競逐比賽。今天到場的運動員包括陳柏然、李蘇菲、曾毓賜及謝珮婷。

香港傷健策騎協會主席楊國琦太平紳士揭開序幕時表示「協會自一九七五年成立以來一直竭誠為香港傷健社群提供復康騎馬課程的服務，每年為逾一千位傷健人士提供超過六千六百課策騎課堂。」楊主席表示多謝「蕭百君先生慷慨捐出港幣二十萬元。而國泰航空公司則慷慨贊助全隊的飛機航空費用。我在此亦要感謝我們名譽法律顧問一富而德律師事務所，以幫助我們制定運動員贊助方案。」

幸蒙食物及環境衛生局局長周一嶽GBS, JP 擔任主禮嘉賓。周局長表示「我在任香港殘疾人奧委會會長期間，一次又一次地親身見證到體育運動對傷健人士所帶來的裨益，體育運動不僅為他們帶來身體的好處，更可以幫助他們賦予精神的寄託。」他更提到：「香港傷健策騎協會為傷健社群所帶來的積極影響是毋庸置疑的，而且更是隨時間廣泛地備受肯定。」他特別舉例「有不少熱心的善長人翁、企業和專業公司，正如蕭百君先生、國泰航空公司、富而德律師事務所今日都蒞臨支持我們，率先貢獻支持協會的工作，希望藉著他們樹立了良好的榜樣和留下的足印會令更多的善心人士追隨著，這樣便可展示了香港『可以做到』的精神。」

香港傷健策騎協會馬術隊會在今年暑假在英國斯塔福郡進行一個月的特訓，同時也競逐兩個高水準比賽包括於七月十三日至十五日在格羅斯特郡哈特伯瑞學院舉行的比賽 – 亦是殘奧會的資格賽，和在英國伯頓主教學院舉行的比賽。他們預計將會與歐洲多支勁隊和世界級選手切磋較量。傷健馬術隊的現時目標是爭取晉級二零一二年倫敦殘奧會的資格，而亞洲區內的強勁對手包括日本、韓國和新加坡。

The Official Announcement of the Riding for the Disabled Association Athletes Sponsorship & Sending Off Ceremony was successfully held at the Happy Valley Racecourse on 17th June 2011 officiated by The Honourable Dr York Chow, GBS, JP, Secretary for Food and Health. The ceremony was to announce the fully sponsored athletes of the Riding for the Disabled Association Para Equestrian Squad and to send them off to a month-long intensive training and competitions in the UK. Athletes present at the ceremony include Bryan Chan, Sophie Milner, Timothy Tsang and Natasha Tse.

The ceremony was kicked off by Mr. K K Yeung, JP, Chairman of RDA. Mr Yeung said that "the Riding for the Disabled Association has been serving the disabled community in Hong Kong since its inception in 1975 by providing over 6,600 rehabilitative horseback rides to benefit over 1,000 disabled participants annually." Mr Yeung also thanked Mr Siu Pak Kwan for his kind donation of HK\$200,000, Cathay Pacific Airways Limited for sponsoring the airfare, and Freshfields Bruckhaus Deringer for their legal support on a pro bono basis all along.

The Hon Dr York Chow, GBS, JP, Secretary for Food and Health, who has graced the event as the Officiating Guest, said that as the President of the Hong Kong Paralympic Committee, he has witnessed many times the enormous physical and psychological benefits sporting activities bring about. Dr Chow also remarked that "the positive impact that RDA brings to the community is undeniable and is gaining wider and wider recognition by the day." Dr Chow further praised the example set by sponsors Mr Siu Pak Kwan, Cathay Pacific Airways Ltd and Freshfields Bruckhaus Deringer for joining RDA in its mission and contributing to the cause, and wishes to see their footsteps being followed by others to demonstrate the Hong Kong "Can Do" spirit.

The Riding for the Disabled Association Para Equestrian Squad will spend this summer in the UK to undergo a month-long intensive training at Staffordshire, England, and to compete in 2 high level international competitions at the Hartpury College in Gloucestershire on 13-15 July, which also happens to be a qualifying event for the Paralympic Games, and at the Bishop Burton College in Beverley. The RDA Para Equestrian Squad is expected to be met by strong oppositions from European teams. The immediate goal for the Squad is to get qualified for the London Paralympic Games 2012 and the strongest opponents in this region are Japan, Korea and Singapore.



香港傷健策騎協會傷健馬術隊

赴英集訓及參與哈特伯瑞CPEDI3*賽事

RDA Para Equestrian Squad Training and CPEDI3* Hartpury

香港傷健策騎協會派出歷來最大規模的選手團遠赴英國，接受為期一個月的訓練，並參與當地兩項高水平的傷健盛裝舞步賽。由18人組成的選手團合共包括6名運動員、8名工作人員以及4名助理。

隊中兩位參賽健兒 ---- 馬芷澄和羅博龍，早已先行前往英國受訓。其餘四位仍然在學的年輕選手 ---- 陳柏然、李蘇菲、曾毓賜及謝佩婷，也在完成年終考試後隨即起行。

前期準備

港隊教練戶田由美早於6月29日率先抵達英國，為稍後到來的選手團打點一切，並爭取時間熟習租用的馬匹。由美必需預先掌握每匹參賽馬的強弱項，並按照運動員的能力及策騎風格作出靈活調配。

四位年輕運動員於7月1日抵達斯塔福郡的Ingestre馬房，與經已投入訓練的羅博龍會合。跟參賽坐騎首次見過面後，四人隨即在當日下午展開集訓，並在短時間內建立了人和馬匹之間的良好默契。除了在馬上進行一般訓練和演習，他們也要為自選動作賽作好充足準備 ---- 由於參賽馬匹會被分配指定音樂，故運動員事前無法在香港跟其他馬匹準備相關訓練。此後他們每天均要接受兩節騎術訓練，並加上數小時的課堂研習。

7月2日，一眾運動員獲安排探訪奪魁無數的英國傳奇騎師Lee Pearson。參觀馬房之餘，他們也有機會一睹Lee的多匹愛駒，包括曾與他出賽2008年殘奧的Gentlemen，以及在傷健馬術界數一數二的名駒Blue Circle Boy。對運動員而言，是次與Lee會面無疑獲益良多；他們更有幸一嘗策騎Blue Circle Boy的滋味，並獲邀登上Lee的四驅電單車，由主人家親自風馳電掣。

7月7日，傳來了一道有關比賽的壞消息：原定由馬芷澄策騎的馬匹，因為所屬馬房爆發疫症，故不獲准參加於哈特伯瑞學院舉行的殘奧資格賽。所以團隊必需迅速應變，為馬芷澄在Ingestre Stables另覓馬匹。

兩位助理教練（郭藹欣及Sue Gazzi）及物理治療師（郭二鳳）於7月8日抵達，務求在哈特伯瑞學院的首項賽事舉行之前為隊員提供額外支援。

7月9日，一眾運動員獲安排到哈特伯瑞觀賞「傷健策騎全國錦標賽」，好讓大家體驗大型賽事的現場實況，同時為數日後在同一地點進行的賽事作好心理準備。「傷健策騎全國錦標賽」本身為每年一度的總決賽，只有在地區聯賽取得資格者才有機會上場競逐。換言之，「傷健策騎全國錦標賽」實為培育傷健馬術明日之星的重要搖籃。

7月10日，選手團特別為運動員舉行一次模擬比賽，好讓他們熟習在比賽環境及壓力底下策騎。除了隊中六名運動員，我們也請來Ingestre當地的傷健馬術選手加入，務求為比賽增添真實感；模擬賽更有幸邀得國際裁判Chris Porterfield擔任裁判。當日所有運動員及馬匹一律以盛裝出場，嚴謹程度可謂與正式比賽無異，而一眾運動員的表現亦令人鼓舞。更重要的，是這次模擬賽將會成為他們日後比賽生涯的寶貴經驗。選手團特別感謝Chris Porterfield為運動員給予意見和鼓勵，令他們有更充足的準備迎接往後兩項比賽。選手團同時感激Tim Downes及Ingestre所有工作人員為模擬比賽提供協助。

7月11日，運動員進行了比賽前的最後練習。領隊葛祖南於同日抵達，並向各運動員、工作人員及助理給予最後的賽前指示。

The Riding for the Disabled Association sent out the biggest contingent in history to spend a month in UK for training and to participate in two high level international competitions. Our contingent was eighteen-strong consisting of six athletes, eight team officials and four helpers.

Two of our athletes Jenny Ma and Rob Arro had already based themselves in UK for training. Owing to the fact that the other four young athletes namely Bryan Chan, Sophie Milner, Timothy Tsang and Natasha Tse were still in school, they could not be in the UK any earlier until after their final exams.

THE PREPARATION

Team trainer, Yumi Toda, arrived a little earlier on 29 June to make arrangements for the main party's arrival and to spend some time working with our leased horses. Yumi had to understand the strengths and weaknesses of each of the horses, and to allocate these horses wisely to our athletes accordingly to their riding styles and abilities.

The four young athletes from Hong Kong arrived at Ingestre Stables in Stafford on 1 July to join their teammate, Rob Arro, who was already there in training. The athletes met their competition mounts for the first time and training sessions began immediately in the afternoon; bonding and partnerships between riders and horses were almost instantaneous. Apart from their usual drills and exercises on horseback, they also had to work on their Freestyle Test as unique music was prepared for each horse and they could not have prepared the test in Hong Kong any earlier with other horses. Since this day, they were trained twice a day in the saddle in addition to the hours of classroom training.

On 2 July, a trip was organized for our riders to visit the legendary multi-medalist, Lee Pearson, of Great Britain. They were given a tour of the yard and were introduced to his horses including his 2008 Paralympics mount, Gentleman, and Blue Circle Boy, one of the most famous horses in the para equestrian world. Lee was such an inspiration to all our athletes and they all had a ride on Blue Circle Boy as well as on Lee's quad bike driven at great speed chauffeured by Lee himself.

On 7 Jul, we received the bad news that Jenny's horse was not to be allowed to compete at Hartpury College for the Paralympics Qualifier due to an outbreak of disease where her horse was normally stabled. As a result, we had to react immediately and find Jenny a substitute horse from Ingestre Stables.

Two assistants' trainers (Ann Kwok and Sue Gazzi) and our physiotherapist (Cecilia Kwok) arrived on 8 July to provide extra support for the team in the lead up to our first competition in Hartpury College.

On 9 July, our athletes were taken to Hartpury for the RDA National Championships to give them a flavor of a big event and to mentally prepare them of the atmosphere for their own competitions a few days later at the same venue. The RDA Championships is the annual finale and only the best riders who have qualified through the regional leagues are allowed to compete. The RDA National Championships is indeed the training and breeding ground for future para equestrian stars.

On 10 July, a mock competition was organized for our athletes to familiarize them with riding under competition pressure and environment. Apart from our six athletes of the RDA Para Equestrian Squad, local para equestrian athletes from Ingestre were also invited to join in to make the mock competition a little more realistic. International Judge, Chris Porterfield was invited to judge this competition. All athletes and horses were beautifully turned out as if they were going to a real competition and produced some very good results, but most importantly the invaluable experience we gained from this would prove useful for the rest of their competition career. Thanks must go to Chris Porterfield for her encouraging words and the sound advice she gave to help us better prepare ourselves for the two competitions ahead. We're also grateful for this wonderful opportunity that Tim Downes and everyone at Ingestre have organized for us.

On 11 July, the squad had their final training during the day. Chef d' Equipe, Gerald Kuh, arrived and had a final briefing for all athletes, team officials and helpers.



哈特伯瑞CPEDI3*賽事

7月12日清晨，選手團連同馬匹一起由Ingestre出發，經兩小時車程前往位於格羅斯特郡的哈特伯瑞學院，參加是次行程的首項國際賽事。哈特伯瑞不單止是全球最大型的傷健馬術賽事，它同時也是2012年殘奧會的資格賽，因此對我們而言極為重要。此外，哈特伯瑞向來是英國以至世界級高手雲集的舞台，大會的裁判與評分水平跟殘奧會及世界錦標賽亦相距不遠，因此是次比賽也有助認清港隊在國際間的位置。抵達哈特伯瑞後不久，我們的馬匹隨即被帶到主要場區熟習場地並進行賽前練習。練習過後，馬匹立刻被帶往梳洗，以準備接受檢驗。這是比賽中首個、同時也是最重要的一個環節 ---- 馬匹必需通過體格檢驗，証實狀態良好方可晉身賽事。結果我們的馬匹一律通過檢驗，團隊上下也終於舒一口氣 ---- 經過一連串準備及艱苦訓練，一眾運動員終於可以正式投入比賽。

比賽於7月13日由五個級別的團體賽展開。一如所料，14個參賽國家均派出頂級選手與馬匹競逐。由於我方運動員均是首次參與國際賽事，我們盡量避免給予隊員壓力，只求讓他們享受首次賽事。不過一眾隊員還是全力以赴，並在壓力底下做出理想佳績。羅博龍在個人首次國際賽便創出了57%的驕人成績，表現教人喜出望外。李蘇菲和馬芷澄則分別在Ib及III級別取得第六及第八名。

於7月14日舉行的「個人錦標賽」，比起前一天的團體賽卻要嚴峻得多。雖然我方運動員依舊全力以赴，但只有兩星期的賽前練習顯然對分數構成影響 ---- 未有充裕時間試騎不同種類的馬匹，以作出相應的適應調整，對選手而言無疑是一大挑戰。結果港隊以第八名完成團體賽事，而李蘇菲和馬芷澄則再度於所屬級別取得第七及第八名的成績。

於7月15日舉行的第三天賽事為「自由花式音樂測試」。由於港隊選手賽前既沒有足夠時間與馬匹進行練習，抵達英國前也未有機會接觸比賽音樂，故我們對這項賽事並沒寄以厚望。然而羅博龍面對各種不利條件卻再次帶來驚喜，做出了58.75%的卓越成績。其他選手也有不俗表現，一律在沒有犯錯的情況下完成賽事。至於李蘇菲和馬芷澄則分別於所屬級別取得第七名的成績。

總結

作為港隊首次參與的國際賽事，面對經驗豐富的全球隊伍，我們實在不能期望運動員力壓群雄。縱然經驗尚淺，我們全體選手依然在壓力之下發揮應有水準，並從首次國際賽中熬了過來。未能在是次賽事取得晉身殘奧會資格，固然是無可置疑的事實。然而，香港傷健策騎協會傷健馬術隊能透過是次比賽現身國際舞台，並讓世人看到香港選手蘊含的未來潛力，卻始終值得我們驕傲。我們將吸取是次經驗，以更强實力迎戰下一項2012倫敦殘奧資格賽。憑著香港傷健策騎協會傷健馬術隊的無比決心，我們的成績必定更上一層樓。

香港傷健策騎協會傷健馬術隊
項目總監及領隊
葛祖南

CPEDI3* HARTPURY

The team and the horses departed early on 12 July from Ingestre and set off on a two hour trip to their first international competition at Hartpury College in Gloucestershire. Hartpury is the biggest international para equestrian event in the world and this was an important competition for us as it was a qualifying event for the Paralympic Games 2012. This was also a good opportunity to gauge where we stand in the sport internationally as Hartpury was known to be participated by many of the best para equestrian teams and athletes in UK and around the world, and the level of judges and judging were not that different from the Paralympic Games and the World Championships. Soon after arrival in Hartpury, the horses were all brought out for a familiarization session in the main competition arena and for some training. Immediately after their training, the horses were washed and braided for the first and most important part of the competition, the horse inspection, to make sure that the horses are all sound and fit to compete before they would be accepted for the competition. All of our horses were accepted for competition and we could all breathe a sigh of relief that all the athletes would start in the competition after all the hard work and preparation.

Competitions started on 13 July with the Team Test for each of the five grades. As expected, 14 nations participated in the competition with their top quality horses and riders. As this was the first international competition of all of our athletes, care was taken not to put too much pressure so that they could "enjoy" their first competition. Our athletes did their best and were able to perform well under stress. Rob Arro scored a respectable 57% in his first international competition and exceeded everyone's expectation. Sophie Milner and Jenny Ma were placed 6th and 8th respectively in Grade Ib and Grade III.

The Individual Championship Test on 14 July was much more difficult than the Team Test on the previous day. Our athletes performed their best in the competition but the scores suffered from the fact that they had only less than two weeks to practice; a huge challenge for them as they did not have the luxury of sitting on a wide variety of horses to make them adaptable to any mounts within a short period of time. Hong Kong Team finished 8th in the Team Competition. Sophie and Jenny were again placed 7th and 8th respectively in their classes.

The third day of competition on 15 July was the Freestyle to Music Test. We did not have high hopes for this competition as our riders had never had the opportunity to practice enough with their new four-legged partner nor to listen to the music before they arrived for training in the UK. Despite the unfavorable circumstance, Rob Arro once again surprised us pleasantly by achieving a stunning 58.75%. All other athletes also did well and finished their tests without incurring any errors, Sophie and Jenny were both placed 7th in their respective classes.

CONCLUSION

This was the very first international competition for our athletes and we could not have expected to outperform the many top teams around the world who had the wealth of experience ahead of us. Despite our inexperience, all our athletes were able to perform under the stressful competition atmosphere and "survived" their first international competition. It is an undeniable truth that we did not make the qualification for next year's Paralympic Games yet in this competition, but we are all very proud of the RDA Para Equestrian Squad for making our presence known to the international arena and to be a force to be reckoned with in the not so distant future. We have learned from our experience, and will build on it before coming back to the next available qualifying event for the London Paralympic Games 2012. With the dedication of the RDA Para Equestrian Squad, we can only go better from here!!!

Gerald Kuh
Program Director & Chef d'Equipe
RDA Para Equestrian Squad



香港傷健策騎協會傷健馬術隊

赴英集訓及參與伯頓主教CPEDI2*/J/Y賽事

RDA Para Equestrian Squad Training and CPEDI2*/J/Y Bishop Burton

繼上星期我們在哈特伯瑞學院的比賽後，香港傷健策騎協會傷健馬術隊再次齊集Ingestre馬房，為緊接而來的伯頓主教CPEDI2*/J/Y（2011年7月22至24日）作好賽前準備。今次香港傷健策騎協會傷健馬術隊全體隊員（包括羅博龍、陳柏然、馬芷澄、李蘇菲、曾釗賜和謝佩婷）一律披甲上陣，當中陳柏然和謝佩婷更是首次參與國際賽事。早前於哈特伯瑞以租借馬匹出賽的馬芷澄，今次則與愛駒Doppelganger共赴戰場，展現彼此培養了一年多的純熟默契。7月20日星期三，領隊葛祖南已偕同羅博龍以及馬芷澄和她的教練Stef Eardley率先抵達伯頓主教學院，為稍後到來的選手團和馬匹打點一切。

隨著其餘選手團成員和馬匹於7月20日星期四早上到步，賽前準備立刻展開。一眾馬匹經過悉心梳洗，終於迎接比賽中首個、也是最重要的一個環節——馬匹檢驗。我們的馬匹一律以完美姿態示人，並以優秀表現通過各種測試，正式晉身比賽行列。港隊成員隨即參與大會的技術會議，出席會議的還有澳洲、百慕達、加拿大、克羅地亞、英國等五國代表，當中不乏歷屆殘奧會的得獎選手和馬匹。有別於早前的哈特伯瑞CPEDI3*賽事，於伯頓主教學院舉行的比賽會按年齡將運動員分組：包括14至16歲的初級組，17至21歲的年輕騎師組，以及22歲或以上的2*組。陳柏然、曾釗賜、李蘇菲和謝佩婷分別被編入年輕騎師組的III, II, Ib 和 Ia 級別；馬芷澄被編入年輕騎師組的III級，而羅博龍則被編入2*組Ia級。

賽事展開

於7月22日星期五舉行的首日賽事為各個級別的新手測試賽。一眾港隊成員表現理想——謝佩婷首次參加國際賽便造出60.18%的分數，成績叫人喜出望外；馬芷澄和羅博龍亦分別造出60.00%和61.82%的佳績。然而，我們的初級組騎師曾釗賜似乎欠缺一點運氣——他策騎的Haley Star因環境陌生而怯場，並拒絕跟騎師合作，結果被迫退出賽事。猶幸大會裁判體恤曾釗賜的情況，特准他重返賽圈以非參賽者身份完成項目，好讓他和馬匹熟悉場地以迎接接著數天的賽事。

來到第二天的賽事，一眾選手將挑戰難度更高的團體賽。不過羅博龍和馬芷澄面對難關食然發揮穩定，還突破首日賽事的個人成績，分別造出61.96%及62.96%的理想分數。當第二天賽事完結後，大會總結了首兩天賽事的成績，並就各個組別和級別頒發

Following the experience we had at Hartpury College last week, the RDA Para Equestrian Squad re-gathered ourselves at the Ingestre Stables to continue with our training and to prepare for the CPEDI2*/J/Y Bishop Burton on the following weekend (22-24 July 2011). This time, all six athletes of the RDA Para Equestrian Squad (namely Rob Arro, Bryan Chan, Jenny Ma, Sophie Milner, Timothy Tsang and Natasha Tse) would make appearances as competitors; this would be the first international debut for Bryan and Natasha. For Jenny, who had been competing on a borrowed horse in Hartpury, she would be riding her usual mount, Doppelganger, with whom she had partner for more than a year. Chef d'Equipe, Gerald Kuh, together with Rob Arro, Jenny Ma and her trainer, Stef Eardley, arrived early at the Bishop Burton College on Wednesday 20 July to make arrangements for the arrival of the horses and the rest of the team.

Worked started immediately after the arrival of the whole team and the horses in the morning of Thursday 21 July 2011. Horses were bathed and plaited to get ready for the first and most important requirement of any competitions: the horse inspection; all our horses turned out immaculately and were accepted to the competition in flying colors. The Technical Meeting soon followed with six countries represented including Australia, Bermuda, Canada, Croatia, Great Britain and Hong Kong; Paralympic medalists horses and riders were among the field. Unlike the CPEDI3* Hartpury, this time in Bishop Burton College athletes were divided into sections according to their respective age group: Juniors for 14-16 years old, Young Riders for 17-21 years old and the 2* for 22 and above. Bryan, Timothy, Sophie and Natasha were entered into the Junior section of Grade III, II, Ib and Ia respectively; Jenny was entered into Young Rider section of Grade III and Rob was entered into the 2* section of Grade Ia.

THE COMPETITION

The first day of competition on Friday 22 July was the Novice Test for all Grades and sections. All our athletes performed well with Natasha Tse surprising us all with a score of 60.18% in her international debut, Rob Arro and Jenny Ma also achieved respectable scores of 60.00% and 61.82% respectively. But for our junior rider, Timothy Tsang, the day was not so lucky as he had to be withdrawn because his mount, Haley Star, was too nervous with the new environment and refused to play along. Luckily, the judges were kind enough to let Timothy into the arena again to ride his test out of competition to give the combination another opportunity to familiarize themselves for the competitions on the days ahead.

On the second day of competition, all athletes had to ride a more difficult Team Test but Rob Arro and Jenny Ma continued to ride consistently and outperform their



獎項。當大會宣佈出得獎者名單，我們不禁歡喜若狂 ---- 謝珮婷（Ia級別，初級組）、李蘇菲（Ib級別，初級組）和馬芷澄（III級別，年輕騎師組）分別勇奪所屬組別的冠軍。不得不提的，是馬芷澄今次不單止奪魁而回，還擊敗了以往號稱全球最強的英國選手。我們在頒獎台上見證了歷史性的一刻 --- 自傷健盛裝舞步賽發源以來，比賽場首次為香港選手奏起國歌；國歌不但響遍全場，而且此起彼落三度縈繞，祝賀謝珮婷、李蘇菲和馬芷澄的光輝勝利。

第三天賽事為自由動作賽，參賽選手需配合自選音樂造出原創動作。羅博龍和馬芷澄再次於綠茵場上展現光芒，分別造出61.00%和65.50%的成績。謝珮婷和李蘇菲則於各自的年齡組別再度奪冠；馬芷澄亦與排行首名的選手取得同分，卻因技術點數的些微差距屈居第二。比賽場上再度為香港選手奏起國歌，我們都昂首迎接這份殊榮。

總結

香港運動員於伯頓主教比賽的高水準表現讓各界留下深刻印象，而香港亦於芸芸參賽國家當中脫穎而出，成為整個比賽的焦點話題。雖然資歷尚淺，參賽經驗亦相當有限，但今次香港傷健策騎協會傷健馬術隊已成功在國際舞台上佔一席位，並獲外界公認為未來不容忽視的新興勁旅。我們的初級組與年輕騎師組選手尤其讓人注目 ---- 他們在各自所屬的組別可謂所向披靡。港隊的表現不但獲大會及其他隊伍高度評價，我方運動員的無限潛力更贏得外界肯定。事實上，一些世界頂級選手及教練對港隊個別年輕成員更是一致看好，認為不久將來大有機會肩負金牌希望。

香港傷健策騎協會傷健馬術隊又一次創造歷史，讓特區區旗與國歌首次在比賽場上隨風飄揚。若單以成績而論，羅博龍和馬芷澄的卓越表現實際已達到3* 比賽的參賽水平。雖然港隊尚未取得2012倫敦殘奧的參賽資格，但哈特伯瑞學院及伯頓主教學院的兩項比賽顯然已為港隊打了一針強心針。見識過國際大賽的運動員和水準，我們對港隊應追求的技術水平經已心裡有數。只要在策略上稍作調整，加上持續不懈的努力，我們將懷著加倍信心朝2012倫敦殘奧資格這個目標進發。



香港傷健策騎協會傷健馬術隊
項目總監及領隊
葛祖南

own previous day results with 61.96% and 62.96% respectively despite the harder test. After the second day competitions were over, awards were given for the overall two days results for each Grade and age group. We were ecstatic when the results were announced and that Natasha Tse (Grade Ia, Junior), Sophie Milner (Grade Ib, Junior) and Jenny Ma (Grade III, Young Rider) were all crowned champions; it was also worth noting that Jenny defeated all other British riders who have always been perceived as the strongest nation in the world. We saw history in the prize giving ceremony when the Hong Kong national anthem was played for the first time in the history of the sport of Para Equestrian Dressage, the anthem was played not only once, but for a total of three times during the ceremony for the winnings of Natasha, Sophie and Jenny.

The Freestyle Test was the last of the three day competition where competitors had to create their own tests synchronized to their chosen music medley. Once again, Rob Arro and Jenny Ma shone brightly in the competition and achieved scores of 61.00% and 65.50% respectively. Natasha and Sophie were again crowned the champions of their age with Jenny came home with a marginal second despite sharing the same score with the champion owing to the technicality of breaking a tie. Hong Kong national anthem was played once again and we all held our heads high.

CONCLUSION

Throughout this competition in Bishop Burton, Hong Kong had made a strong impression with the quality of our athletes and we are certainly the most talked about nation. Considering the relatively little mileage and experience, the RDA Para Equestrian Squad has certainly marked our existence in the sport internationally and is recognized as a strong force to be reckoned with in the not too distant future. Our juniors and young riders are especially worth mention as they literally dominated this competition within their age group. Our performances were highly commended by the officials and other teams alike, and the potential of our athletes are limitless. As a matter of fact, a few of our riders were identified as future medal hopes by some of the best athletes and trainers around the world.

The RDA Para Equestrian Squad has made history once again with the Hong Kong flag flying and the Hong Kong national anthem playing for the first time in the history of the sport. The results of Rob Arro and Jenny Ma were outstanding and would have given them a qualifying score had this been a 3* competition. Although we have yet to qualify ourselves for the London Paralympic Games 2012, these two competitions in Hartpury College as well as in Bishop Burton College have given us a great boost in confidence. Now that we have seen the quality of the athletes and the standard of the competition, we now have a much better idea of what is expected of us. With a small shift of strategy and our continuing hard work, we will continue

Gerald Kuh
Program Director & Chef d'Equipe
RDA Para Equestrian Squad



Summer Training Course 2011

二零一一年暑期訓練課程

目標：於暑假期間，為被挑選的殘疾騎手提供持續的策騎訓練及照顧馬匹的知識。

日期：二零一一年七月二十日至八月十二日
(逢星期三及星期五)

時間：上午九時至中午十二時

地點：屯門公眾騎術學校

評估：二零一一年八月十二日(星期五)

Objectives: To provide continuous riding training to selected disabled riders during the summer and teach horse care knowledge to these riders.

Date: 20 July to 12 August 2011 (every Wednesday & Friday)

Time: 9:00am to 12:00nn

Venue: Tuen Mun Public Riding School

Assessment: 12 August 2011 (Friday)





騎手LINCOLN POON 對訓練課程的反饋感想

Lincoln這幅自信地引導馬匹前行兼同時聆聽導師命令的照片，相比幾年前才參加騎馬的他，是的確超出了我們所能夢見的。

Lincoln 有整體發展遲緩及感覺統合問題。脾氣暴躁、注意力不集中及不能口頭表達所想令他很難跟別人相處。學習騎馬以後，Lincoln現在有能力注意導師的命令，並能與馬匹、隊友和義工親切地互動。暑期騎術課程這機會還讓他認識了如何照顧馬匹和處理更深的策騎技巧。多得義工和導師的無數努力和奉獻，讓他不斷進步。Lincoln深深覺得自己很幸運，沿途一直有許多香港傷健策騎協會的天使與他同行。

FEEDBACK FROM RIDER LINCOLN POON

The picture with Lincoln steering the horse with confidence while attending to his instructor's commands was beyond our dreams a few years ago before he participated in the riding activity. Lincoln had global developmental delay and also sensory integration problems. He could not interact properly with others as he was always grumpy, inattentive and could not express well verbally. Since riding, Lincoln can now attend to instructor's commands and interact affectionately with horses, teammates and volunteers. With the opportunity to join the Summer Riding Course, he also learnt how to take care of horses and handle more advanced riding demands. All these improvements were realized through countless efforts and dedications from volunteers and instructors. When asked how he liked the summer training, Lincoln nodded his head as he felt so fortunate to have many angels from RDA to walk with him.

騎手NATHAN LEUNG 對訓練課程的反饋感想

「我鐘意！」當問及他覺得這年夏天的暑期訓練課程怎麼樣時，他興奮地這樣回答道。他更補充說：「我學了更多的騎馬技巧。」

我們問他仲夏高溫有沒有困擾他？他說：「沒有甚麼問題啊。」畢竟，在Nathan而言，這是一個寶貴的學習經驗。

Nathan在薄扶林學習傷健策騎已好幾年了。慢慢地，我們看到他的成長，現在他亦能有更多信心地騎馬。他十分喜歡騎馬呢！Nathan覺得這暑期培訓課程是一個不錯的、集中的訓練。他學到了更多的騎馬技巧及有關馬房管理的知識。他感謝所有工作人員和義工的支持和推動這意義重大的工作，讓殘疾騎手獲得豐富的學習經驗。

FEEDBACK FROM RIDER NATHAN LEUNG

"I like it!", replied Nathan, when asked how he liked the Summer Training Course in the past summer. He went further and added, "I learned additional riding skills." When asked if the mid-summer heat bothered him, "It is okay.", he said. After all, it was a valuable learning experience for Nathan.

Nathan has attended the RDA classes in Pokfulam for a few years. Over time, we witnessed his growth as now he is able to ride with a lot more confidence. He enjoys it and reckons the Summer Training Course is a nice and focused one. Nathan learned additional riding skills and the stable management practice. He said he was grateful to all the staff and volunteers for their support and great work to make it a fruitful learning experience for the riders.





香港傷健策騎協會傷健馬術隊赴英集訓及 參與荷蘭布雷達CPEI3* 賽事

RDA Para Equestrian Squad Training And CPEDI3* Netherlands Breda

香港傷健馬術隊往荷蘭布雷達之旅於9月28日展開。當日，領隊葛祖南和兩位運動員曾 賜及謝佩婷先赴英國，與另外兩名身在當地的運動員羅博龍及馬芷澄匯合。四名運動員隨即展開為期五天的集訓，為即將在荷蘭舉行的比賽作好準備。

以下為是次比賽的運動員與馬匹組合：

羅博龍與坐騎 Masterpiece （後由Punch代替）

羅博龍與坐騎 Mr Alligator

馬芷澄與坐騎 Doppelganger

曾 賜與坐騎 Undulette

謝佩婷與坐騎 Undulette

除馬芷澄外，所有選手隊成員這次都是與新的坐騎合作。羅博龍於比賽前3星期左右開始與他的坐騎一同受訓，至於曾 賜及謝佩婷由於要完成香港的學業，未能提早與馬匹一同受訓，只好於9月28日（星期三）抵步後，由廣州2010年亞運會馬術三項賽的香港代表何苑欣小姐陪同訓練，正式展開與新坐騎的合作。

我們的馬匹一直待在英國內不同地方，至10月3日（星期一）才一起抵達何苑欣的馬房裡。及後所有馬匹均由獸醫檢查，以取得健康證明書，允許牠們被運送到其他國家，並於翌日到達位於荷蘭的比賽場館。

9月29日（星期四），我們收到第一個壞消息：羅博龍與其坐騎 Mr Alligator接受訓練時受了傷，需要由救護車送去斯塔福郡的急症室，並須在左耳縫了數針。不過，羅博龍表示能繼續完成未來數週的訓練和比賽，展現出我們對他期望的決心和承諾。

到了星期日，Ingestre馬房傳來更壞的消息：Masterpiece 莫名其妙地跛了足，以致無法在出戰布雷達賽事。我們果斷地決定了由羅博龍曾策騎過的Punch頂上。

Punch 是一匹安全而可靠的馬匹，但牠的素質有潛在風險以致不能贏得足夠分數來通過資格賽；不過顧慮到較早前羅博龍從坐騎 Mr Alligator墮馬而讓牠的自信受到打擊，此時牠需要的是一匹安全的後備馬匹。

在10月3日（星期一）上午，我們又遇到另一項挑戰。我們發現一星期多前已向國際馬術聯合會就 Mr Alligator 的過期馬匹護照申請續期還未獲得批准。我們立即採取行動化解危機，通過在數次電話、往來電郵和6個多小時車程後，我們終於重新為 Mr Alligator 辦妥馬匹護照，好讓牠翌日清晨過境前往荷蘭比賽。

The journey to Breda began on 28th September when the team from Hong Kong, including Gerald Kuh (Chef d'Equipe), Timothy Tsang (athlete) and Natasha Tse (athlete) flew to the UK to join the other two squad members, Rob Arro and Jenny Ma, who were already in England. All four athletes then embarked on a five-day intensive training program in preparation for the competition in Netherlands. Below are the athlete/horse combinations:

Rob Arro riding Masterpiece (later substituted by Punch)

Rob Arro riding Mr Alligator

Jenny Ma riding Doppelganger

Timothy Tsang riding Undulette

Natasha Tse riding Undulette

Apart from Jenny, all the athletes were partnered with completely new mounts. Rob had trained with his horses for around 3 weeks prior to the competition while Timothy and Natasha did not have that luxury due to school commitments in Hong Kong. Their new partnerships only began when they arrived on Wednesday 28 September, when they started training with Annie Ho, who is an Eventing rider who represented Hong Kong in the Guangzhou Asian Games 2010. Our horses were stabled at different locations around England and the plan was for the horses to all arrive at Annie's yard on Monday 3 October (Monday). An examination by a veterinarian was then carried out for the purpose of obtaining health certificates which would allow them to move across international borders and on to the competition venue in Netherlands the next day.

Our first bad news came Thursday on 29 September when Rob was taken to the A&E in Stafford by ambulance for a few stitches on the left ear due to an accident he had with Mr Alligator during training. Rob assured us that he would be okay to compete the following week with the stitches, showing the determination and commitment that we are coming to expect of him. Then on Sunday, more bad news came from Ingestre Stables. Masterpiece had become lame for no apparent reason and would not be able to start in Breda. A quick decision was made to substitute Masterpiece with Punch, Rob's previous mount. Punch was safe to ride but the concern was that he might not have the necessary quality to score well enough for qualification purpose; Rob needed a safe back-up horse especially considering a little loss of confidence following his very recent fall from Mr Alligator.

On Monday 3 October morning, another challenge presented itself as it was brought to our attention that Mr Alligator's expired FEI passport had not been renewed despite our request more than a week ago. Immediate action was taken to defuse the situation and after quite a few phone calls, emails and 6 hours of driving to re-validate the FEI passport and Mr Alligator was good to go across the borders early next morning to compete in Netherlands.



所有馬匹按照原頂計劃，於10月3日安全抵達何苑欣的馬房，並於10月4日清晨往荷蘭出發。各運動員、教練、家長和助手亦在同一天從英國倫敦機場飛抵荷蘭鹿特丹。

10月6日（星期四）的馬匹檢查為荷蘭布雷達賽事展開了帷幕，所有參賽馬匹必須要通過檢查才獲准參加第二天的比賽。我們的馬匹全部配有洋紫荊標記，以完美姿態示人，並以優秀表現通過測試，順利通過檢查進入比賽之門。

但是，於同一天晚上，羅博龍身體不適，由救護車送往醫院後被診斷受到感染，引致發燒及體溫偏低。幸好當晚他已經可以出院了。

我們第一位參賽的運動員便是羅博龍。他於10月7日（星期五）策騎Mr Alligator參加Ia級殘疾「團隊測試賽」。他們在熱身及比賽之初進展順利。可惜，在對角線自由漫步時，Mr Alligator誤解了羅博龍的訊號並開始慢跑，使羅博龍要用腿緊緊抱著牠來保持平衡。這時，Mr Alligator進而慢跑，令羅博龍摔了下來，幸好沒有因此受傷。大約一小時後，羅博龍騎著他的第二匹參賽馬匹兼老搭檔 Punch，造出58.88%的理想分數。

終於傳來捷報了！謝佩婷策騎Undulette在同一項級數賽事中取得60.00%的資格分數。馬芷澄與坐騎Doppelganger亦表現理想，於III級殘疾「團隊測試賽」中造出59.94%的成績，只僅僅低過資格分數少許。隨後我們對第二天的個人錦標賽寄予厚望。可惜的是，那天晚上羅博龍發高燒，令他之後兩天要入院休養，亦要退出餘下賽事。

星期六是舉行所有級別的「個人錦標賽」的日子。馬芷澄與坐騎Doppelganger表現不俗，得分59.87%，只稍為過不了資格分數。謝佩婷與坐騎Undulette繼續有出色表現，僅犯了一些輕微錯誤，最後以59.83%分數完成比賽。第三天的「自由花式音樂測試」只可由排名最高數隊策騎組合參賽，我們的代表雖並未能有參與其中，但我們也因他們今次的比賽表現而感到欣慰。

除了為謝佩婷於「團隊測試賽」取得資格分數，讓她獲得資格爭取明年的殘奧會的出線而替她高興外，值得一提的是，回顧我們自參與哈特伯瑞學院和伯頓主教的比賽到現在，我們已經進步了很多。馬芷澄和羅博龍所得的分數越來越好，造出成績離資格分數只有些微差別。曾釅賜雖然沒有奪得資格分數，但他於整個行程中出色的態度和努力也十分值得讚揚。我們將繼續為他尋找合適的馬匹，以發揮他的潛能，在將來賽事中取得更理想的成績。

值此機會，讓我對以下機構及人士作出感謝：包括航班贊助商國泰航空、為我們提供精美騎馬外套的Gruppo Basic國際有限公司、無條件借出馬匹Undulette予我們的利子厚先生、一直竭力支持我們的騎馬導師Stef Eardley小姐、何苑欣小姐及Sasha Niccolls小姐，以及協助物流安排及支持整個團隊士氣的所有家長和義工。最後，衷心感謝我們支持團隊中的所有導師、義工及物理治療師，全賴您們的協助，讓是次選手隊員以最佳姿態出賽。

由現在直到2012年1月底前，我們還有機會出線，希望我們能創出更多好成績！

荷蘭布雷達CPEDI3* 2011年賽事
香港傷健策騎協會傷健馬術隊領隊
葛祖南
2011年10月12日

All horses arrived safely at Annie's stable on 3 October as planned and set off for Netherlands in the early hours of the 4th. Athletes, trainers, parents and helper flew from the London City Airport to arrive in Rotterdam on the same day.

The competition really got started on Thursday 6 October with the horse inspection which the horses had to pass before being allowed to take part in the competition the next day. All our horses were turned out immaculately with bauhinia flowers marked on their quarters and all four horses were accepted into the competition.

On the same night though, Rob Arro was not feeling well and was taken to the hospital by an ambulance. He was diagnosed with an infection which had led to a mild fever and hypothermia, and was fortunately released later that night.

Our first athlete to compete on Friday 7 October was Rob Arro who was riding a Grade Ia Team Test on Mr Alligator. Things went well in the warm-up and the competition started well. Unfortunately, during the free walk across the diagonal, Mr Alligator misinterpreted Rob's aid and went into a jog which caused Rob to hold on too much with the leg for balance and the horse broke into a canter. Rob fell off at this point but luckily was uninjured. About an hour later, Rob rode his second horse and old partner, Punch, and earned a respectable score of 58.88%.

Good news came when Natasha on board Undulette, also competed in the same class, achieved a qualification score of 60.00%. Jenny and Doppelganger also did well in their Grade III Team Test and scored 59.94%, just barely missing the qualification mark. We finished the day with high hopes for some good results for the next day's Individual Championship Tests. Unfortunately, Rob's fever came back that night which resulted in him being hospitalized for the next two days. Sadly he had to be withdrawn from his remaining competitions.

Saturday was the day for the Individual Championship Tests for all grades. Jenny and Doppelganger competed well and again just missed the qualification mark with 59.87%. Natasha and Undulette continued to perform outstandingly but had a minor error of course finishing the test with 59.83%. Our athletes did not qualify for the next day's Freestyle to Music as it was reserved only for a few of the top ranking combinations.

Apart from the obvious delight that Natasha achieved a qualifying score in the Team test which put her in the run for a spot at next year's Paralympic Games, it is also worth mentioning that we have come a long way since our last competitions in Hartpury and Bishop Burton with much better marks from both Jenny and Rob. Both of these riders only missed the qualification mark by the slightest fraction. Timothy should also be praised for his excellent attitude and effort throughout the whole trip even though he did not reach the required score, we will keep looking for a suitable horse to improve his chances in the next competition.

A big thank you must go to our sponsors Cathay Pacific Airways for sponsoring our flights, to Gruppo Basic International Ltd for sponsoring the very smart riding jackets, to Michael Lee for allowing us to use Undulette without charge, to the trainers Stef Eardley, Annie Ho and Sasha Niccolls for putting in their sterling efforts, and to the parents and helpers who have provided much support to the logistics and morale of the whole team. Last but not least, we must also thank our support team of trainers, helpers and physiotherapist in Hong Kong who have prepared the athletes so well for this competition. The opportunity to qualify does not end until the end of January 2012, and we are dedicated to produce more good results before then!

Prepared by
Gerald Kuh
Chef d'Equipe
CPEDI3* Breda 2011
12 October 2011



RDA Annual Helper Dinner 2011

香港傷健策騎協會二零一一年週年義工晚餐



香港傷健策騎協會的年度義工晚宴於九月三十日假警察俱樂部TSK大廳順利舉行。天雨不敵宜人的室內場地及海旁的美景，加上當晚的主題是「添一點點粉紅」，所有賓客都穿上或配上粉紅色的衣服或配件，讓全場都添上繽紛可愛的色彩。

美妙的夜晚由我們的主席楊國琦太平紳士以充滿見解的開幕致辭開始，繼而頒贈感謝牌匾給Sacha Eckjans先生，為他這三年來作為康復小組委員會主席及對香港傷健策騎協會作出的貢獻。我們亦邀請Eckjans先生頒贈長期服務獎與我們的重要義工詹秀玉女士，感謝她過去十年對香港傷健策騎協會的無私服務。

當夜晚宴的高潮之一是有超過十五件獎品的大抽獎，包括兩張台北來回機票的頭獎。但對我來說，最精彩的部分是當晚的遊戲和比賽。晚宴開始之前，我們已經在房間各處隱藏了五套關於馬匹梳洗及馬術設備的圖片。五人一組的兩隊分別要找出一組圖片。兩隊參加者四處急忙尋找這些圖片的同時，旁邊的各賓客都興奮地指著不同地方並給予提示，真的很刺激！

輕鬆的氣氛令大家都進入狀態，而我們亦開始另一個新遊戲。這次是每五個人合一組，共三組，每組排於兩張長板凳之間並每人口中咬著一根吸管。這個遊戲的目的是只可用嘴中的這根吸管，將一圈橡筋從板凳的一邊傳向另一邊再傳給另一張板凳後的隊友。我想那遊戲令所有人都站起來歡呼及為他們打氣。最後，我們也邀請了所有的義工、嘉賓和工作人員一起跳舞，來結束這熱鬧的晚宴。

我想藉此機會感謝所有幫忙籌備這晚宴的義工，亦非常感謝岑健龍先生毫不猶豫地接受邀請作當晚的司儀。此外，我也想感謝所有香港傷健策騎協會的義務導師和義工於過去一年的辛勤付出。沒有您們的話，我們的策騎課堂不會如此成功。

我謹代表香港傷健策騎協會感謝所有到來分享這年度晚宴喜悅的賓客。特別謝國泰航空公司贊助抽獎及檯獎禮物，及香港賽馬會贊助當晚的門票抽獎禮物。最後感謝所有贊助者和獎品捐助者讓所有人享受這特別難忘的晚上。

謝子健

The Annual Helpers Dinner was held on the 30th September at the TSK Hall, Police Officers' Club. The lovely indoor venue was a perfect choice for the wet weather, next to the harbour. Our theme for the night was "Try a little PINK", we have asked our guests to wear a piece of clothing or accessory that is pink to go with our theme.

The wonderful night started off with an insightful opening speech from our Chairman KK Yeung, followed by a presentation of a plaque to Mr Sacha Eckjans for his 3 years of services for RDA and as our Chairman of Rehab Sub-Committee. We then invited Mr Eckjans to present our Long-time Service Award to our dedicated helper, Ms Chim Sau Yuk for her 10 years of volunteer service at RDA.

One of the highlights of the night was the raffle draw with over fifteen prizes to give away, which included the first prize – 2 round-trip air tickets to Taipei. But for me the most exciting part were games and competitions. Before the night has started, we have hidden five pictures of tacking & grooming equipment spread across the room. Participants playing in two groups of five had to each look for a set of pictures. Not only were the participants running around looking for these pictures frantically, everyone was pointing at directions and giving them hints.

After everyone got in the mood for games, we introduced them to a new game. This time we had three groups of five, lined up between two benches and with a straw in the mouth. The objective of this game was to use nothing but the straw in their mouths to past rubber bands from one bench to the other. I think everyone had got on their feet to cheer the groups on. Before the night was drawn to a close, we invited all the volunteers, guests, and staff to dance the night away.

I would like to take this chance to thank our volunteers who helped out in organising the night. A big thank you goes to Mr. Ian Sham for accepting the job of Master of Ceremonies for the night without hesitation. Also I would like to thank all our volunteer instructors and helpers for their hard work over the past year, without which our lessons would not be so successful.

RDA would like to thank all our guests for coming and sharing the joy in this special night. An appreciative thank you goes to Cathay Pacific for their raffle prize and the table prize, and the Hong Kong Jockey Club for the door prize. We would like to thank all the donors and prizes donors for making a special night for all to enjoy.

Tommy Tse



明德抬轎比賽暨慈善賣物會 — 2011年10月30日

Matilda Sedan Chair Race & Bazaar 2011 – 30th October 2011

今年的明德抬轎比賽在風和日麗的一天舉行。早上8點，我和妹妹趕到醫院設置攤位的時候，已經有一大群人到場並興奮地為今天作好準備，場面十分熱鬧。

參賽者都穿著了設計獨特、色彩豐富的服飾，整裝待發準備比賽開始，今年的轎子設計精緻，每一個都美輪美奐，讓人目不暇給。不久，人群亦絡繹不絕到來觀賞賽事和參觀攤位。

今年，香港傷健策騎協會主辦了十分受歡迎的「財富之匙」遊戲攤位。參加者每次可從編號一至八十的鑰匙中，用100元「購買」任何一把鑰匙，以「開啟」一件獎品，當中獎品相當精彩吸引！包括：雙人星加坡來回機票、名牌手袋、數張去澳門的船票、水療禮卷、酒店住宿、餐飲優惠、陶瓷畫工作坊，再加上鞋履優惠、美髮優惠等等！豐富的獎品吸引了很多在場朋友，讓我們的攤位擠滿了興高采烈的人群，所有獎品十二點還未到便已全部送出了！

這天真的很難忘，亦讓我們過了一個開心的上午。我的妹妹告訴我，她明年一定再次回來香港助陣呢！

Dominique Tombazzi

It was a hot but glorious day at the Matilda Sedan Chair race this year. When my sister and I arrived to the hospital to set up the stall at 8am, there was already a large crowd and a very definite buzz in the air.

The contestants got ready in their very colorful and original costumes, and off started the race with all those amazingly decorated sedan chairs. Soon after, a steady stream of visitors started to come and check out the stalls.

This year RDA was hosting the Key of Fortune, and it turned out to be an instant hit! Payers had to "purchase" a key numbered from 1 to 80 at the price of \$100, and each key "unlocked" a prize. What people very soon realized was that the prizes were truly amazing!!! Some of the best ones were a return trip for two to Singapore, a designer bag, several trips to Macau, spa vouchers, hotels stay, restaurant vouchers, ceramic painting workshop not to mention shoes, hairdressing vouchers, etc. etc.! A small crowd gathered around our stall and everybody was having such a great time, that by 12 noon we had run out of prizes!

It was a memorable day and such a fun way to spend a morning. My sister said she'd definitely come back to Hong Kong next year to help out again!

Dominique Tombazzi



加拿大國際學校親子同樂日 — 2011年11月6日 CANADIAN INTERNATIONAL SCHOOL FAMILY FUN FAIR – 6TH NOVEMBER 2011

適逢今年加拿大國際學校慶祝成立20週年，因此主辦單位今年決心打造有史以來最精彩的親子同樂日！的確，當日有許多有趣的遊戲、小吃攤位、書攤，與及數之不盡、適合一家大小參與的活動，讓同樂日非常成功！當中最受歡迎的活動當然是策騎小馬了！

事實上，早於兩匹乖巧的小馬從羅湖騎術會抵達會場前，便已經有人開始排隊了！其後排隊試騎的人群亦絡繹不絕到來，每次小馬要稍作休息、或馬夫為小馬溫柔護理的時候，排隊的小孩亦難掩失落之情，希望能盡快體驗策騎小馬的樂趣。

許多小朋友都想知道兩匹小馬的名字，但馬夫們只知道他們的中文名字（中文對我來說，太複雜了）。就如變戲法似的，兩匹小馬當天立即被改名為 Charlie 和 Tricky！

十分感激當天義工們的協助！他們努力地維持小馬策騎區的秩序、協助陪騎、控制人群、幫小朋友戴頭盔等等。當中出色的義工——Phoebe和Nicole更是我們十分重要的得力幫手！這天雖然很長、很累，但一起想起那眾多的小小笑臉，及能夠為香港傷健策騎協會籌得8,160元，讓這一天變得十分有意義！

Dominique Tombazzi

It was a special occasion this year as the CDNIS celebrated its 20 years' anniversary. The organizers were determined to make it the best Family Fun Fair and indeed it was! Lots of fun games, food stalls, book stalls and many, many different activities suitable for the whole family made it a huge success. One of the hits was of course the Pony ride!!

People actually started to line up even before our 2 trusted ponies had arrived from Lo Wu Saddle Club! It was a constant flow after that and it was hard to turn down children whenever our ponies were given a rest and some tender loving care by their wonderful Mafoos.

Many children wanted to know the names of the ponies, but the Mafoos only knew their Chinese name (far too complicated for me) and, hey presto, those ponies were instantly renamed Charlie and Tricky.

Our fantastic volunteers were amazing at keeping the ride together, side helping, controlling the crowd and fitting the helmets. Our star helpers Phoebe and Nicole proved to be an invaluable asset. It was a long and tiring day, but not only all those little smiling faces made it so precious, it was a great way to raise \$8,160 for RDA!

Dominique Tombazzi



ricky



海外指導員訓練及三級指導員考試 - 2011年11月22至23日

OVERSEAS TRAINER'S TRAINING AND GRADE III INSTRUCTOR EXAM - 22nd TO 23rd NOVEMBER 2011

Sue Adams Wheeler 和 Jenny Leggate是兩名來自英國的傷健策騎協會常客。Sue是現任英國傷健策騎協會的國際統籌主任，有多年訓練騎手的經驗。Jenny是慈善團體Equibuddy的創辦人，亦是一位有經驗的馬上體操教練。

今年，本會邀請了她們出席於香港舉行的香港傷健策騎協會第四屆亞太區會議。在會議開始前一周，Sue負責為三級指導員評估及考試，Jenny則負責向週四晚上課的傷健騎手作出馬上體操示範。而她們二人亦為本會的指導員進行了一堂培訓課程。

於考試前一星期，我們的三位考生都感到焦慮和緊張！但當他們與Sue見過面後，便意識到其實沒有甚麼好緊張的，頃刻便放鬆了許多。當我上前結識她並介紹自己時，她滿臉笑容地跟我握手，她和藹可親的笑容讓整個辦公室都愉悅起來。

我為所有考生感到非常高興。她們全都通過考試的每一部分，和平日的課堂一樣，進行得十分順利！

考完試後那一天，她們終於可以回一口氣了。Sue和Jenny跟我們到薄扶林來訓練本會的馬匹和指導員。對我這個不善騎馬的門外漢來說，看着整個訓練過程感到十分有趣。Sue和Jenny訓練小馬的方式略有不同於香港，但基本理念是相同的-就是用「多讚美、少懲罰」來訓練小馬。傍晚時，Jenny以Tonto來示範馬上體操，Tonto出色的表現令我們非常驚訝，牠竟然是一匹近乎完美的馬上體操馬匹呢！Jenny更向我們播放了一些有關馬上體操的短片，並聯同我們幾位義工朋友和騎手一同示範。

這是一次很難得的機會讓我近距離看到兩位專家出色的工作。雖然我一直與本會的一群指導員工作了差不多9個月，但這還是我第一次看到他們如何努力練習及投入地來獲得三級指導員的資格。讓我藉此機會恭喜本會3位新任的三級指導員—Florence Craig, Dominique Tombazzi 及王熾婷，並感謝她們一直的努力。

最後，我謹代表本會藉此機會感謝Sue Adams Wheeler 女士和Jenny Leggate 女士的到訪與我們相處的寶貴時間。我們期待在不久的將來能再跟她們見面！

Sue Adams Wheeler & Jenny Leggate are two of our regular RDA visitors from the UK. Sue is currently the International Liaison Officer for Riding for the Disabled UK and has been coaching riders for many years. Jenny is the founder of Equibuddy and is an experienced coach in equestrian vaulting.

This year we invited them both to participate in the RDA 4th Asia Pacific Conference. In the week before the conference started, Sue assessed our Grade III instructors, while Jenny ran a vaulting demonstration with some of our Thursday evening riders. Sue and Jenny both ran a training session for our instructors.

A week before the exam all of our three candidates were quite anxious and somewhat nervous! However, when they met Sue, they realised that there was nothing to be nervous about. I was introduced to her, and when I shook her hand, she was all smiles and a moment of calmness came into the office.

I was so pleased on behalf of our candidates. They all passed each section of the exam, their lessons were just like normal RDA sessions, and ran without a hitch!

The day after the exams we had a little time to breathe. Sue and Jenny came back to Pokfulam to train some of our horses and instructors. For a non-rider like me it was particularly interesting to watch. They both have slightly different ways of training for the ponies, but their basic philosophy is the same - praise rather than punish system for the ponies. Then in the evening Jenny ran a demo for vaulting using Tonto, who surprised us all by being a nearly perfect vaulting horse! Jenny showed us a video on equestrian vaulting, and then demonstrated with some of our volunteers and riders.

It was a great experience for a non-rider to watch two experts at work. Although I have been working with the instructors for almost 9 months, it was the first time that I saw how hard they have to work to achieve that Grade III status. Let me take this opportunity to congratulate and thank our 3 new Grade III instructors for their hard work – Florence Craig, Dominique Tombazzi and Jojo Wong.

Finally, RDA and I would like to thank Ms. Sue Adams Wheeler and Ms. Jenny Leggate for their insightful visit and valuable time, and we look forward to welcoming them back - hopefully before too long!

謝子健

Tommy Tse





The 4th Asia Pacific Conference and CPEDI 3 Hong Kong Para-Equestrian Competition 2011*

第四屆亞太區會議暨2011年CPEDI 3*香港國際殘疾人馬術比賽

亞太區會議

香港傷健策騎協會第四屆亞太區會議於11月28日至29日假香港賽馬會雙魚河鄉村會所圓滿舉行。

此亞太區會議獲香港賽馬會及香港馬術總會支持。今屆的主題是「傷健策騎的教學得益及作為一種運動的世界觀」，旨在為騎馬復康治療及傷健策騎運動提供一個國際平台，讓來自世界各地的專家交流知識和經驗。本屆有來自世界各地、超過15個國家的代表出席。

此會議鼓勵來自世界各地的優秀專業人士對本屆主題——尤其就策騎教學及傷健策騎得益——提出見解。今年的演講嘉賓包括：來自英國Diamond Centre的教練及北京2008年殘疾人奧運會銅牌得主的教練Penny Pegrum女士、北美傷健策騎協會理事Sandra Rafferty女士、國際馬術聯合會國際評級員兼澳大利亞大腦麻痺聯盟經理Sharyn Gregory女士，及英國傷健策騎協會行政總裁Ed Bracher先生。

於11月27日(星期日)，大會率先假香港賽馬會上水雙魚河鄉村會所的競技場餐廳舉行了歡迎晚宴，由香港傷健策騎協會主席楊國琦太平紳士主持，嘉賓包括香港賽馬會賽事執行部主管黎達理先生、香港傷健策騎協會國際統籌委員會主席王振宇醫生及2011年CPEDI3*香港國際殘疾人馬術比賽主席利子厚先生。當晚出席晚宴的嘉賓多不勝數，包括今次亞太區會議的參加者、參賽運動員、幹事、贊助商、義工及支持者。當晚的醒獅表現相當精彩，醒獅走遍全場，精神抖擻地眨動著眼簾，逗得一眾賓客樂在其中。隨後楊國琦太平紳士致辭歡迎一眾嘉賓及運動員，並提到會議規模正在亞太區及全球逐步擴大。他更恭賀所有參賽運動員於比賽首日取得佳績，祝願他們於隨後兩天的比賽中愈戰愈勇。接著，黎達理先生亦致辭表示香港賽馬會會一直支持香港傷健策騎協會及其所有活動。為感激香港賽馬會的鼎力支持，楊國琦太平紳士向黎達理先生致送感謝牌匾。

為今次會議主持揭幕儀式的主禮嘉賓包括香港賽馬會董事周永健（銀紫荊星章）太平紳士、香港傷健策騎協會國際

Conference

Hong Kong were the hosts of the extremely successful Hong Kong Riding for the Disabled Association 4th Asia Pacific Conference which took place at the Hong Kong Jockey Club Beas River Country Club from 28th – 29th November.

Supported by The Hong Kong Jockey Club and the Hong Kong Equestrian Federation, the conference, whose theme this year was “A World View on the Benefit of Teaching Riding for Rehabilitation and as a Sport”, serves as an international platform for the field of therapeutic riding and Para-Equestrian, where experts from around the globe participate in an exchange of knowledge and experience. This year participants from over 15 nations around the world were in attendance.

Outstanding professionals from all over the world are encouraged to contribute their insights on the theme, with a specific focus on riding tuition and its rehabilitative benefits. This year's list of guest speakers included Ms Penny Pegrum, trainer from the Diamond Centre in the UK, and coach of the bronze medalist from the Beijing 2008 Paralympic Games, Ms Sandra Rafferty, Director of North American Riding for the Handicapped Association, Ms Sharyn Gregory, International Classifier and Manager of the Cerebral Palsy Alliance and Mr Ed Bracher, Chief Executive of Riding for the Disabled Association, UK.

On Sunday 27th November, a Welcome Dinner was held at the Arena Room, HKJC Beas River Country Club, hosted by Mr. K K Yeung, JP, Chairman of RDA with VIP guests including Mr. John Ridley, Head of Racing Operations, The Hong Kong Jockey Club, Dr Benjamin Wong, Chairman of the RDA International Liaison Subcommittee, and Mr Michael Lee, President of the Event, CPEDI3*. Attending this dinner were many of our Conference participants, competitors, officials, sponsors and helpers and supporters from RDA. All the guests enjoyed a wonderful traditional Lion Dance which wound its colorful through the room, coquettishly batting its long eyelashes much to the delight of everyone. Mr KK Yeung then made a speech welcoming all delegates and competitors and remarked upon the fact that the conference continues to grow throughout Asia and globally. He went on to congratulate all the competitors for their results after the first day of competition and offered his best wishes for a successful further two days. Mr John Ridley then made a speech expressing the Hong Kong Jockey Club's continued support of RDA and all its activities and Mr KK Yeung then presented Mr Ridley with a commemorative plaque in recognition of the Club's generosity.

Officiating at the Conference's Opening Ceremony were Mr Anthony Chow, Steward of the Hong Kong Jockey Club, Dr Benjamin Wong, Chairman of the RDA International Liaison



統籌委員會主席王振宇醫生，及2011年CPEDI3*香港國際殘疾人馬術比賽主席、香港傷健策騎協會體育委員會主席兼香港賽馬會董事利子厚先生。

而香港傷健策騎協會的捐助者杜振源先生和董滿輝先生、本會的羅傑仕先生及次活動的主禮嘉賓獲大會送贈感謝牌匾。

於11月29日（星期二），怡和集團財務總監James Riley先生假中環怡和大廈49樓舉行了告別酒會。本酒會邀請到食物及衛生局局長周一嶽醫生，金紫荆星章、太平紳士及香港馬術總會主席兼香港賽馬會副主席葉錫安博士，CBE，太平紳士擔任主禮嘉賓。

於酒會開始前，James Riley先生歡迎各來賓蒞臨怡和大廈頂樓，並再一次肯定怡和集團對香港傷健策騎協會及傷健策騎運動的不斷支持。

香港賽馬會副主席兼香港馬術總會主席葉錫安博士，CBE，太平紳士亦熱烈地向是次本會的傷健騎手們能夠達標並可與亞洲區其它國家爭奪出線來年的殘奧會資格而表示祝賀。

而食物及衛生局局長周一嶽醫生亦祝賀一眾傷健騎手，並對早前因有公務在身而無法欣賞比賽感到抱歉。周局長對香港傷健策騎運動的迅速發展表示支持，亦鼓勵香港的傷健馬術隊員努力爭取來年殘奧會的比賽資格。

隨後，香港傷健策騎協會主席楊國琦太平紳士頒贈感謝牌匾予James Riley先生、周一嶽局長及葉錫安博士。James Riley先生亦為是次會議的講者致送感謝牌匾。

當晚酒會為這次亞太區會議帶來完美的句號。是次會議讓一眾與會者互相交流想法和經驗、增進了不少相關知識。

Subcommittee, and Mr Michael Lee, President of the Event, CPEDI3*, Chairman of the RDA Sports Subcommittee and Steward of the HKJC.

Commemorative plaques were presented to Mr Anthony Chow representing the HKJC, RDA Donors - Mr Simon To and Mr Tung Moon Fai, Beas River Equestrian Center, Dr Benjamin Wong, Mr Michael Lee and Mr Nick Rodgers.

On Tuesday 29th November, a Farewell Cocktail was held at the 49th Floor of Jardine House in Central, which was kindly hosted by Mr James Riley, Group Finance Director of Jardine Matheson Holdings Ltd. Officiating at this event were Dr York Chow, GBS, JP, Secretary for Food and Health, Government of the Hong Kong SAR and Dr Simon S O Ip, CBE, JP, President of the Hong Kong Equestrian Federation and Deputy Chairman of the Hong Kong Jockey Club.

Mr James Riley opened the cocktail by welcoming everyone to the Jardine's Penthouse and reiterating the company's continued support of the RDA and Para-Equestrian in Hong Kong.

The Hong Kong Jockey Club Deputy Chairman and President of Hong Kong Equestrian Federation Dr Simon S O Ip, expressed his warm congratulations to the successful riders.

Dr York Chow, Secretary for Food and Health, Government of the Hong Kong SAR apologized for being unable to attend the competition due to prior Government commitments, but also congratulated the riders and commented how quickly Hong Kong has progressed in Para-Equestrian sport in such a short time, and offered his support for the Hong Kong riders in their efforts at Paralympic qualification.

Commemorative plaques were then presented by Mr KK Yeung, JP, Chairman of the Riding for the Disabled Association, to Mr James Riley, Dr York Chow, and Dr Simon Ip. Mr Riley was then invited to present plaques to the speakers at the conference.

This brought to a conclusion yet another successful Asia Pacific Conference, in which many ideas and experiences were shared, and knowledge gained by all those who attended.



CPEDI 3* 比賽

- 2011 年 11 月 27 至 29 日

2011年CPEDI3*香港國際殘疾人馬術比賽於亞太區會議的前一天率先舉行。此項殘疾人馬術比賽是一項獲國際馬術聯合會認可，是首個及唯一一個在亞洲舉行的2012年倫敦殘奧會資格賽。作為一項國際傷健策騎馬術資格賽，屬全球少數高難度三星級賽事之一，由香港賽馬會及香港馬術總會全力支持。參加的騎手包括5位香港傷健馬術隊的運動員，全都是由香港傷健策騎協會全費贊助的殘疾馬術運動員，藉著參加這次資格賽，達到國際馬術聯合會的要求，爭取參加2012年倫敦殘奧會的機會。他們包括1A級別的羅博龍及謝佩婷、1B級別的李蘇菲和2級別的曾毓賜及陳柏然。他們於是次比賽中均有出色表現，為實現目標注下強心針。

這次比賽有12名來自中國香港、澳洲、中華台北和新西蘭的運動員參加了。所有參賽馬匹和小馬均由香港傷健策騎協會、香港賽馬會公眾騎術學校、羅湖騎術會、助養馬主和雙魚河鄉村會所騎術學校借出。

三天的比賽中，天氣和比賽氣氛同樣熾熱。香港傷健馬術隊的運動員的表現非常令人鼓舞，其中三人包括謝佩婷、李蘇菲及曾毓賜都能在所屬的比賽級別順利過關並達到爭取殘奧會出線資格的最低要求。

香港傷健馬術隊的運動員於隨後兩天的個人和音樂舞步測試亦同樣取得好成績。相信我們的運動員在所屬的級別將會繼續進步，發光發亮。

Nicole Pearsons

CPEDI 3* Competition

- 27th to 29th November 2011

The conference was run in tandem with the CPEDI3* Hong Kong Para Equestrian Competition 2011, an International Equestrian Federation (FEI) approved competition and the FIRST & ONLY qualifying event in Asia for the London Paralympic Games in 2012. The event, which served as an International Para-Equestrian competition and is one of only a few high level 3* competitions around the world, was jointly supported by the Hong Kong Jockey Club and the Hong Kong Equestrian Federation. Taking part were 5 riders from Hong Kong – fully sponsored athletes from the RDA Para Equestrian Squad who were competing in this qualifying event with the hope of achieving the standard required by the FEI in order to earn their right to compete in the London Paralympic Games. They were Rob Arro and Natasha Tse – Grade Ia; Sophie Lee Milner – Grade Ib; Timothy Tsang and Bryan Chan – Grade II. They had outstanding results in this competition, which have greatly assisted in their efforts of reaching this goal.

A total number of 12 athletes from Hong Kong China, Australia, Chinese Taipei and New Zealand took part in this event. Horses and ponies taking part were very kindly loaned by RDA, the HKJC Public Riding Schools, Lo Wu Saddle Club and livery owners and the riding school at Beas River Country Club.

The weather and the competition were very hot over the 3 days. The performance of our athletes from Hong Kong is very encouraging as three of them, including Natasha Tse, Sophie Milner as well as Timothy Tsang have won their respective classes as well as earning the minimum criteria to compete at the Paralympic Games.

The good results continued to come in the ensuing Individual and Freestyle tests over the next 2 days and our riders continued to improve and to shine in their respective classes.

Nicole Pearsons





This photo was taken at RDA Annual Ball 2010. 此相片攝於香港傷健策騎協會二零一零年週年慈善餐舞會

RDA ANNUAL BALL 2012 香港傷健策騎協會二零一二年週年慈善餐舞會

傷健策騎協會慈善週年餐舞會是本會每年最大型的重點活動，也是我們主要的經費來源。今年的餐舞會將於2012年2月24日(星期五)假香港港麗酒店舉行，當晚的大會主題為「御皇馳騁」；屆時一眾友好的企業伙伴、協會委員、政府官員及城中名人均會蒞臨參加，一同享受大會當晚準備的精采節目，包括現場樂隊表演、幸運抽獎、現場拍賣、名人慈善獻唱。藉此機會，傷健策騎協會也會分享其成功經驗與未來展望，並匯報有關協會各項復康及體育項目的最新動向。如有任何查詢，歡迎致電2454 9961或電郵至 karlie@rda.org.hk 與林小姐聯絡。

RDA Annual Ball is one of the biggest annual events and the major source of funding. The proposed special theme of "Ride to Royalty" is planning to use for 2012 and we will be holding it at Conrad Hong Kong on the night of 24th February 2012 (Friday). Our valuable corporate partners, supportive committee members, government officials and celebrities will be invited to share this fun-filled evening with entertainments such as live music, lucky draw, life auction, charity singing by celebrities like always. Success and future vision of RDA will be shared during the event while we also serve it as a precious chance to present the latest updates on the RDA rehabilitation and sports programme for the disabled. For any further information, please feel free to contact Ms. Karlie Lam at 2454 9961 or email: karlie@rda.org.hk

傷健策騎協會新界區賣旗日 RDA Flag Day



RIDING FOR THE DISABLED ASSOCIATION LTD.
香港傷健策騎協會有限公司

非牟利機構 — 慈善機構註冊編號 91/1615
A non-profit organisation – Charity registration number 91/1615



**齊來參與，多一分支持，
多一分笑臉**

Join us, with your support and
bring more smiling face!

17. 3. 2012
星期六
Saturday

新界區賣旗日 Flag Day in New Territories Region

您的幫助讓我們服務更多傷殘人士，給予他們不一樣的生活。
With your help we can continue to serve horse riders
with disabilities and make a difference in their lives.

義工報名熱線：
Volunteer Registration Hotline:

2454 9961

電子郵箱：
Email:

flagday@rda.org.hk

網址：
Website:

www.rda.org.hk

銀行戶口：
Bank A/C:

上海匯豐 511-831141-003
HSBC 511-831141-003

社會福利署署長已批准三間機構於二零一二年三月十七日分別於港島區、九龍區及新界區賣旗，
而我們已獲授權於當日在新界區賣旗。
The Director of Social Welfare has given approval to three organizations to sell flags on Hong Kong Island region,
in Kowloon region and the New Territories region respectively on 17th March 2012 and we are authorized to
conduct flag sale in New Territories region on the day.

籌款許可證編號：
Public Subscription Permit No. **FD/R028/2011**

承蒙 社會福利署的支持，我們很高興能在2012年3月17日(星期六)舉辦慈善賣旗日。是次賣旗日的時間將由早上7:30開始直到下午12:30，於新界區舉行。我們誠意邀請您/您的機構捐款資助或擔任賣旗義工支持是次活動。所有的收益將用於改善與擴展給我們騎生的策騎課程上。如有任何查詢，歡迎致電2454 9961或電郵至flagday@rda.org.hk與林小姐聯絡。

With the support of the Social Welfare Department, we are grateful to be allocated a Flag Day on 17 March 2012 (Saturday). The operation hours of our Flag Day will be from 7:30a.m. to 12:30p.m., which will be carried out in New Territories. We respectfully invite you/your organization to assist us by contributing with a financial aid and/or joining us as volunteers. All proceeds will be going directly to the improvement and expansion of riding lessons provided to our riders. For any further information, please feel free to contact Ms. Karlie Lam at 2454 9961 or email: flagday@rda.org.hk.



香港傷健策騎協會賣旗日回條

2012年3月17日 (星期六), 上午7時至中午12時半, 新界區

請於2012年2月17日前以下列其中一種方式交回本會。

傳真: 2465 5914 或 電郵: flagday@rda.org.hk 或 郵寄: 新界屯門龍門路45號「香港傷健策騎協會有限公司」

如有任何查詢, 歡迎致電 2454 9961與本會職員聯絡。

☒ 是! 我們/我願意支持香港傷健策騎協會賣旗日!

請選擇以下各項目:

1. 請選擇2個賣旗地區(於適當位置填上“1”及“2”, 表示首選及次選之賣旗地區)

N01	東涌	N02	青衣	N03	葵涌
N04	荃灣	N05	屯門	N06	天水圍
N07	元朗	N08	上水	N09	粉嶺
N10	大埔	N11	沙田	N12	大圍
N13	馬鞍山	N14	西貢	N15	將軍澳

A. ☐ 報名成為街上賣旗義工

2. 參加者姓名 /家長或監護人資料

參加者姓名: _____

身份證號碼(頭4位數字): _____ 性別: _____ 年齡: _____

聯絡電話: _____ 電郵: _____

3. 十四歲以下之參加者資料 (請填寫以上家長或監護人資料)

參加者姓名: _____

身份證號碼(頭4位數字): _____ 關係: _____ 性別: _____ 年齡: _____

4. 機構/組織參加者資料 (請填寫附頁團體義工報名表)

機構/組織名稱: _____

地址: _____

聯絡人: _____ 先生/小姐 聯絡電話: _____

B. ☐ 捐款 – 本人/本機構現捐款HK\$ _____ 作為支持 貴機構之服務。

☐ 劃線支票 - 支票抬頭「Riding for the Disabled Association Ltd」或「香港傷健策騎協會有限公司」, 請將支票連同此回條一併郵寄至本會。或

☐ 銀行轉帳 - 請將款項存入本會匯豐銀行戶口511-831141-003, 並將收據連同此回條一併傳真或電郵或郵寄至本會。

捐款者姓名/抬頭: _____ 電話: _____ 電郵: _____

捐款收據郵寄地址: _____

備註:

- 為表謝意, 所有賣旗義工可獲發義工證書一張。
 - 協助賣旗義工須於2012年3月17日年滿14歲或以上, 14歲以下之義工須由家長陪同參與。
 - 社會福利署署長已批准三間機構於二零一二年三月十七日分別於港島區、九龍區及新界區賣旗, 而我們已獲授權於當日在新界區賣旗。
- 社會福利署公開籌款許可證編號: FD/R028/2011



RDA FLAG DAY REPLY FORM

17th March 2012 (Saturday), 7:00am to 12:30pm, New Territories Region

Please reply to RDA **on or before 17th February 2012** by **FAX:** 2465 5914, **EMAIL:** flagday@rda.org.hk or

MAIL: RDA c/o Tuen Mun Public Riding School, Lot 45, Lung Mun Road, Tuen Mun, N.T.

For enquiry, please contact our staff at **2454 9961**

☒ **YES!** We/I would like to support the RDA Flag Day on 17th March 2012!

Please select below item(s):

1. Please select 2 preferred flag sale locations (mark "1" & "2" to indicate your 1st & second choice of location)

N01	Tung Chung	N02	Tsing Yi	N03	Kwai Chung
N04	Tsuen Wan	N05	Tuen Mun	N06	Tin Shui Wai
N07	Yuen Long	N08	Sheung Shui	N09	Fanling
N10	Tai Po	N11	Shatin	N12	Tai Wai
N13	Ma On Shan	N14	Sai Kung	N15	Tseung Kwan O

A. ☐ **STREET FLAG SALE** – Sign up as volunteer(s)

2. Individual Participant / Guardian Information

Participant Name: _____

HKID No. (first 4 digits): _____ Gender: _____ Age: _____

Contact Tel: _____ Email: _____

3. Participant under 14 years old (Please also fill in the above Guardian Information)

Participant Name: _____

HKID No. (first 4 digits): _____ Relationship: _____ Gender: _____ Age: _____

4. Organization Participant Information (Please fill in the attached enrollment form)

Organization Name: _____

Address: _____

Contact Person: Mr./Ms. _____ Tel: _____

B. ☐ **MAKE A DONATION** – We/I would like to donate HK\$ _____ to support RDA.

☐ Cheque - please make payable to "Riding For The Disabled Association Ltd" **Kindly return the cheque with this donation form by Mail.**

☐ Bank Transfer - RDA's Hong Kong Bank Account No.: **511-831141-003**

Kindly return the bank-in slip with this donation form by Fax, Email or Mail.

Donor's Information

Donor's/Receipt Name: _____ Contact No: _____ Email: _____

Address for Receipt: _____

Remarks:

1. To express our gratitude, all RDA Flag Day volunteers will receive a Certificate
2. Street Flag Sale volunteers aged under 14-year-old on 17th March 2012 must be escorted by parent(s) or guardian
3. The Director of Social Welfare has given approval to three organizations to sell flags on Hong Kong Island region, in Kowloon region and the New Territories region respectively on 17th March 2012 and RDA is authorized to conduct flag sale in New Territories region on the day. SWD Public Subscription Permit No.: FD/R028/2011



全賴「愛心聖誕大行動」對「購置新馬計劃」的贊助，三匹新紮小馬於2011年10月29日安全抵港，加入了香港傷健策騎協會的大家庭！

牠們包括紅棕色的母馬Ruby、2006年出生的斑紋母馬Rosie和2004年出生的可愛栗色閹馬Noble。三匹從英國引入的小馬個性溫馴，而且性情平和、平易近人。牠們將會成為香港傷健策騎協會很好的幫手，協助傷健騎手進行策騎療程。

於不久將來，Ruby將會開始在香港傷健策騎協會為大家服務，至於Noble和Rosie亦已開始接受訓練，稍後2012年春季時便會在香港傷健策騎協投入服務。

香港傷健策騎協會十分感謝「愛心聖誕大行動」的捐助。我們相信這三匹新力軍小馬必定能協助本會，為香港的傷健騎手提供高質素和安全的策騎體驗，成為本會的重點馬匹之一。

陳韻育

RDA 3匹新紮小馬 New Ponies

With "New Horse Purchase Scheme" sponsored by Operation Santa Claus (OSC), three new ponies arrived Hong Kong on 29 October 2011.

Ruby is a bay mare and Rosie is a piebald mare born in 2006. And the sweetest addition to RDA family is Noble, a chestnut gelding born in 2004. All three ponies originally imported from UK possess lovely stable manners as well as gentle and reliable personality. They will be a great assistance to RDA and beneficial to our disabled riders through therapeutic sessions.

It is expected that Ruby will begin her initial trials in RDA's sessions soon. Noble and Rosie are currently undertaking their trainings, will be fully active in RDA's sessions in Spring Term 2012.

RDA is sincerely appreciated for the grant of OSC funding, we are sure they will become the stars of our program in providing high quality and sustainable safe rides for the disabled community in Hong Kong.

Renee Chan



歡送香港傷健策騎協會義工—郭民洛先生 Farewell to RDA Volunteer—Mr. Nathan Clarke



您好！我叫Nathan Clarke。不經不覺地，由我未滿14歲開始一直到現在18歲，我為香港傷健策騎協會服務已經5年了。

當初我加入香港傷健策騎協會的原因很簡單，只是想多接近馬兒。不過隨著我逐漸成長和成熟，我發現更多原因讓我參與協會的活動。

其中一個原因就是能夠認識來自英國、加拿大以及世界各地不同地方的朋友。另一個原因便是要如此緊密及平等地與一班殘疾騎手合作，當中真能帶出我人生的另一面；至少我覺得是這樣。最後一個主要原因，其實很簡單，就是想明白多一點有關馬匹、殘疾人士及讓我們被寵壞及幸運的一群知道實際上有很多人並不是這麼幸運。

香港傷健策騎協會不僅教我新的、精彩的想法和概念，它亦為我開啟了機遇，認識到香港賽馬會、香港馬術總會及香港馬術俱樂部的成員。在我替這機構做義工的同時，我也有機會為以上的機構做兼職和義工。

我絕對不後悔為香港傷健策騎協會付出了的所有時間，因為它給我的實在太多了。它幫助我成為一個更負責任、組織能力更強、更加有愛心的人。我會永遠記住我在香港傷健策騎協會的一點一滴，並希望在未來繼續服務下去。

Hi, my name is Nathan Clarke; I worked with Riding for the Disabled Association for a good 5 years of my life actually starting before I turned 14 all the way to when I turned 18.

I first joined RDA with the intention to simply get closer to horses. Although, as I grew and matured, I found a lot more reasons to be involved with the activities that the RDA provide its riders and volunteers. One of those reasons was to simply meet people from all over the world. People coming from places like England, Canada, and so on. Another reason was for the riders, as one can imagine working with these kids so closely without any judgment really brings out another side in a human being, or at least that is what I felt. The last major reason is to simply learn things about horses, disabilities and how spoiled and lucky we all are to be here and how other people are really not as fortunate as others.

Not only did RDA teach me new and amazing ideas and concepts it opened great opportunities for me to get connected with members in the Hong Kong Jockey Club and Hong Kong Equestrian Federation and the Hong Kong Riding Club. During working with these companies I up a few part time jobs and more volunteer work for the community around me. I definitely do not regret anything from spending all the time I did with the RDA, because of what it has given me and how it made me into a more responsible, organized, caring person. I will forever remember my time working with the RDA and hope to continue in the future.

COMING EVENTS 活動預告

7 January 2012
2012年1月7日

Gold Coast Equestrian Charity Day
黃金海岸慈善馬術同樂日

7 February 2012
2012年2月7日

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

8 February 2012
2012年2月8日

Lo Wu Spring Term Ride start
羅湖春季課堂開始

24 February 2012
2012年2月24日

RDA Annual Ball
香港傷健策騎協會慈善週年餐舞會

3 March 2012
2012年3月3日

RDA Pokfulam Gymkhana
香港傷健策騎協會薄扶林遊戲障礙賽

17 March 2012
2012年3月17日

RDA Flag Day in New Territories Region
香港傷健策騎協會新界區賣旗日

2 June 2012
2012年6月2日

RDA Tuen Mun Gymkhana
香港傷健策騎協會屯門遊戲障礙賽

9 June 2012
2012年6月9日

Hong Kong Riding for the Disabled Association Cup & Luncheon
香港傷健策騎協會盃暨午宴

With the Compliments of



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

ACKNOWLEDGMENTS

Sponsor for Insurance service



Sponsor for legal advisory service



Sponsor for banner & leaflet design



Sponsor of dressage jacket for RDA Para Equestrian Squad



Sponsor for Company Service



Sponsor for Integrated Business Service



Riding for the Disabled Association Ltd

Tuen Mun Spring Term – 2012 屯門春季課堂

Month 月份	Wk 週	Su 日	M 一	Tu 二	W 三	Th 四	F 五	Sa 六	Lesson課堂/ Holiday假期
FEB 2012 二月					1	2	3	4	<ul style="list-style-type: none"> Lunar New Year Holiday 農曆新年假期(1-3/2) Regular Term Ride 常規季度課堂(7-24/2) Group Ride一日騎馬樂 (28-29/2)
	1 st	5	6	7	8	9	10	11	
	2 nd	12	13	14	15	16	17	18	
	3 rd	19	20	21	22	23	24	25	
		26	27	28	29				
MAR 2012 三月						1	2	3	<ul style="list-style-type: none"> Group Ride一日騎馬樂 (1-2/3) Regular Term Ride 常規季度課堂 (6-23/3) Group Ride一日騎馬樂 (27-30/3)
	4 th	4	5	6	7	8	9	10	
	5 th	11	12	13	14	15	16	17	
	6 th	18	19	20	21	22	23	24	
		25	26	27	28	29	30	31	
APR 2012 四月		1	2	3	4	5	6	7	<ul style="list-style-type: none"> Easter Holiday 復活節假期 (3-13/4) Ching Ming Festival 清明節 (4/4) Regular Term Ride 常規季度課堂 (17-27/4) The Birthday of the Buddha佛誕 (28/4)
		8	9	10	11	12	13	14	
	7 th	15	16	17	18	19	20	21	
	8 th	22	23	24	25	26	27	28	
		29	30						
MAY 2012 五月	9 th			1	2	3	4	5	<ul style="list-style-type: none"> Labour Day勞動節 (1/5) Regular Term Ride常規季度課堂(2-31/5)
	10 th	6	7	8	9	10	11	12	
	11 th	13	14	15	16	17	18	19	
	12 th	20	21	22	23	24	25	26	
	13 th	27	28	29	30	31			
JUN 2012 六月							1	2	<ul style="list-style-type: none"> Regular Term Ride 常規季度課堂(1-15/6) Passing Out Ceremony畢業禮 (5-8/6) Group Ride一日騎馬樂 (19-22/6) Tuen Ng Festival 端午節 (23/6)
	14 th	3	4	5	6	7	8	9	
	15 th	10	11	12	13	14	15	16	
		17	18	19	20	21	22	23	
		24	25	26	27	28	29	30	

11th September 2012秋季課程開始

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

當天文台發出以下警告，所有傷健策騎課堂會自動取消：

- Typhoons Signal No. 3 or above is hoisted; 懸掛三號颱風訊號或以上；
- A Red or Black Rainstorm Warning is in effect. 紅色或黑色暴雨警告生效時。

- Tuen Mun Regular Term Ride 屯門常規季度課堂
- Tuen Mun Group Ride (Total: 12 days) 一日騎馬樂 (總共：12天)
- RDA Term Holiday or Public Holiday 季度假期或公眾假期

Riding for the Disabled Association Ltd

Pokfulam Spring Term – 2012 薄扶林春季課堂

Month 月份	Wk 週	Su 日	M 一	Tu 二	W 三	Th 四	F 五	Sa 六	Lesson 課堂/ Holiday 假期
FEB 2012 二月					1	2	3	4	<ul style="list-style-type: none"> Lunar New Year Holiday 農曆新年假期(1-4/2) Regular Term Ride 常規季度課堂(7-25/2) Group Ride 一日騎馬樂 (28-29/2)
	1 st	5	6	7	8	9	10	11	
	2 nd	12	13	14	15	16	17	18	
	3 rd	19	20	21	22	23	24	25	
MAR 2012 三月		26	27	28	29				<ul style="list-style-type: none"> Group Ride 一日騎馬樂 (1-2/3) Regular Term Ride 常規季度課堂 (3-31/3) Group Ride 一日騎馬樂 (27-30/3)
						1	2	3	
	4 th	4	5	6	7	8	9	10	
	5 th	11	12	13	14	15	16	17	
APR 2012 四月	6 th	18	19	20	21	22	23	24	<ul style="list-style-type: none"> Easter Holiday 復活節假期 (3-14/4) Ching Ming Festival 清明節 (4/4) Regular Term Ride 常規季度課堂 (17-27/4) The Birthday of the Buddha 佛誕 (28/4)
		25	26	27	28	29	30	31	
		1	2	3	4	5	6	7	
		8	9	10	11	12	13	14	
MAY 2012 五月	7 th	15	16	17	18	19	20	21	<ul style="list-style-type: none"> Labour Day 勞動節 (1/5) Regular Term Ride 常規季度課堂(2-31/5)
	8 th	22	23	24	25	26	27	28	
		29	30						
	9 th			1	2	3	4	5	
JUN 2012 六月	10 th	6	7	8	9	10	11	12	<ul style="list-style-type: none"> Regular Term Ride 常規季度課堂(1-16/6) Passing Out Ceremony 畢業禮 (5-8/6) Tuen Ng Festival 端午節 (23/6)
	11 th	13	14	15	16	17	18	19	
	12 th	20	21	22	23	24	25	26	
	13 th	27	28	29	30	31			
	14 th	3	4	5	6	7	8	9	<ul style="list-style-type: none"> Regular Term Ride 常規季度課堂(1-16/6) Passing Out Ceremony 畢業禮 (5-8/6) Tuen Ng Festival 端午節 (23/6)
	15 th	10	11	12	13	14	15	16	
		17	18	19	20	21	22	23	
		24	25	26	27	28	29	30	

11th September 2012 秋季課程開始

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

當天文台發出以下警告，所有傷健策騎課堂會自動取消：

- Typhoons Signal No. 3 or above is hoisted; 懸掛三號颱風訊號或以上；
- A Red or Black Rainstorm Warning is in effect. 紅色或黑色暴雨警告生效時。

-  Pokfulam Regular Term Ride 薄扶林常規季度課堂
-  Pokfulam Group Ride (Total: 8 days) 一日騎馬樂 (總共：8天)
-  RDA Term Holiday or Public Holiday 季度假期或公眾假期

Riding for the Disabled Association Ltd

Lo Wu Spring Term – 2012 羅湖春季課堂

Month 月份	Wk 週	Su 日	M 一	Tu 二	W 三	Th 四	F 五	Sa 六	Lesson課堂/ Holiday假期
FEB 2012 二月					1	2	3	4	<ul style="list-style-type: none"> Lunar New Year Holiday 農曆新年假期(1-2/2) Regular Term Ride 常規季度課堂(8-23/2) Group Ride一日騎馬樂 (29/2)
	1 st	5	6	7	8	9	10	11	
	2 nd	12	13	14	15	16	17	18	
	3 rd	19	20	21	22	23	24	25	
		26	27	28	29				
MAR 2012 三月						1	2	3	<ul style="list-style-type: none"> Group Ride一日騎馬樂 (1/3) Regular Term Ride 常規季度課堂 (7-22/3) Group Ride一日騎馬樂 (28-29/3)
	4 th	4	5	6	7	8	9	10	
	5 th	11	12	13	14	15	16	17	
	6 th	18	19	20	21	22	23	24	
		25	26	27	28	29	30	31	
APR 2012 四月		1	2	3	4	5	6	7	<ul style="list-style-type: none"> Ching Ming Festival 清明節 (4/4) Easter Holiday 復活節假期 (4-12/4) Regular Term Ride 常規季度課堂 (18-26/4) The Birthday of the Buddha佛誕 (28/4)
		8	9	10	11	12	13	14	
	7 th	15	16	17	18	19	20	21	
	8 th	22	23	24	25	26	27	28	
		29	30						
MAY 2012 五月	9 th			1	2	3	4	5	<ul style="list-style-type: none"> Labour Day勞動節 (1/5) Regular Term Ride常規季度課堂(2-31/5)
	10 th	6	7	8	9	10	11	12	
	11 th	13	14	15	16	17	18	19	
	12 th	20	21	22	23	24	25	26	
	13 th	27	28	29	30	31			
JUN 2012 六月							1	2	<ul style="list-style-type: none"> Passing Out Ceremony畢業禮 (6-7/6) Regular Term Ride 常規季度課堂(6-14/6) Group Ride一日騎馬樂 (20-21/6) Tuen Ng Festival 端午節 (23/6)
	14 th	3	4	5	6	7	8	9	
	15 th	10	11	12	13	14	15	16	
		17	18	19	20	21	22	23	
		24	25	26	27	28	29	30	

12th September 2012秋季課程開始

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

當天文台發出以下警告，所有傷健策騎課堂會自動取消：

- Typhoons Signal No. 3 or above is hoisted; 懸掛三號颱風訊號或以上；
- A Red or Black Rainstorm Warning is in effect. 紅色或黑色暴雨警告生效時。

-  Lo Wu Regular Term Ride 羅湖常規季度課堂
-  Lo Wu Group Ride (Total: 6 days) 一日騎馬樂 (總共：六天)
-  RDA Term Holiday or Public Holiday 季度假期或公眾假期

Volunteer Application Form 義工報名表

Name 姓名 (英文Eng)	(中文Chi)
DOB 出生日期	ID Card No. 身份證號碼
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: Tommy Tse	<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: 2454 9961 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。

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.