

Riding for the Disabled Association Ltd.



香港傷健策騎協會有限公司

MAGAZINE



由左至右：香港傷健策騎協會榮譽委員Mrs. Penny Smith 女士、香港傷健策騎協會主席楊國琦太平紳士、CPEDI3*香港國際殘疾人馬術比賽2012技術代表Mrs. Chris Porterfield、CPEDI3*香港國際殘疾人馬術比賽2012贊助人盛智文太平紳士、香港傷健策騎協會遴選委員鄭維健醫生、香港傷健策騎協會公關及籌募委員會主席李茂銘先生。

From left to right: Mrs. Penny Smith, Honorary Member of RDA; Mr. KK Yeung, JP, Chairman of RDA; Mrs. Chris Porterfield, Technical Delegate of CPEDI3* 2012; Dr. Allan Zeman GBM, GBS, JP, Sponsor of CPEDI3* 2012; Dr. Edgar Cheng, Voting Member of RDA; Mr. Sonny Li, Chairman of RDA PR & Fundraising Subcommittee;

上圖展示了第二屆CPEDI3*香港國際殘疾人馬術比賽2012包括香港傷健策騎協會會長施文信太平紳士 (中間)、海外及本地馬術代表、海外及本地比賽官員代表及香港傷健策騎協會委員會委員出席於二零一二年十一月二十八日假中環的中國會舉行的閉幕酒會。

The above photo shows 2nd CPEDI3* 2012 Para-Equestrian Competition, including Mr T Brian Stevenson, SBS, JP, President of RDA (middle), Overseas & Hong Kong Para-Equestrian Team, Overseas & Local Officials and General Committee Members of RDA attended the Farewell Cocktail on 28th November 2012 at The China Club in Central.

17th Issue - January 2013

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Mr. Simon Mak
Administrator - Pokfulam



Ms. Carol Wong
Accounting Administrator



「賽馬天下」創刊三十六週年

特刊出版及慈善義賣酒會

Magazine's 36th Anniversary

Launch and Charity Auction

M



衷心感謝 **《賽馬天下》**

慷慨捐款予香港傷健策騎協會

A Big Thank You To Racing World Magazine

《賽馬天下》早前於7月16日假跑馬地馬場快活看台3樓舉行該刊創刊三十六週年暨「蓮華生輝」特刊出版的慈善義賣酒會。當晚慈善拍賣的「蓮華生輝」特刊，由前馬王「蓮華生輝」馬主冼鏡煜先生以三萬元投得。承蒙《賽馬天下》主席吳嵩先生(他同是本會的國際統籌委員會副主席)對本會的鼎力支持，當晚拍賣收益連同《賽馬天下》慷慨捐出的三千八百元，合共三萬三千八百元全數撥捐本會作二零一六年殘疾人奧運比賽的籌備經費。

在此，本會謹衷心感激《賽馬天下》、吳嵩先生及冼鏡煜先生對本會的支持，本會定必積極備戰，為里約熱內盧二零一六年殘奧會做好準備。

鄭嘉儀

A celebration of Racing World Magazine's 30th Anniversary plus the official launch and charity auction of "Sacred Kingdom Memorabilia" took place at 3/F, Happy Valley Stand, Happy Valley Racecourse on 16th July.

An auction of the first copy of "Sacred Kingdom Memorabilia" was held during the publication's launch, and the owner of the former world sprinter Sacred Kingdom, Mr. Sin Kang Yuk generously paid a winning bid of HKD 30,000 for it. Together with the HKD 3,800 donated by Racing World Magazine, chaired by Mr. Apollo Ng who is also the Vice-Chairman of RDA International Liaison Subcommittee, a total sum of HKD 33,800 was donated to RDA's Sports fund which will be used for preparation for the 2016 Paralympics.

We would like to take this opportunity to give our heartfelt thanks for the support of Racing World Magazine, Mr. Apollo Ng and Mr. Sin Kang Yuk. We will work very hard towards the Rio 2016 Paralympic Games to make Hong Kong proud!

Canney Cheng





香港傷健策騎協會倫敦2012殘疾人 奧運會打氣酒會暨晚宴 (2012年8月28日)

London 2012 Paralympic Games RDA Officials Supporters Cocktail & Dinner (28th August 2012)

香港傷健策騎協會於8月28日假倫敦Marriott Hotel Governor Square舉行了簡單而隆重的酒會暨晚宴。當晚出席嘉賓陣容鼎盛，包括曾德成局長、周一嶽醫生、霍震霆先生、楊國琦太平紳士、馮馬潔嫻女士、Noel Pun小姐、Ed Bracher先生、Sam Orde女士、Steve Axon先生、香港傷健策騎協會委員會成員、香港傷健馬術隊及一眾協會支持者等，一共有三十四名嘉賓出席酒會及廿八名嘉賓出席隨後的晚宴。

A Cocktail & Dinner was organized on the night of 28 August at the London Marriott Hotel Governor Square. A number of distinguished guests attended the Cocktail and the Dinner and they included The Hon Tsang Tak Sing, Dr. York Chow, Mr. Timothy Fok, Mr. KK Yeung JP, Mrs. Jenny Fung, Ms. Noel Pun, Mr. Ed Bracher, Mrs. Sam Orde, Mr. Steve Axon, RDA Committee Members, HK Para-Equestrian Team and RDA Friends and Supporters.



當晚，由吳嵩先生出任大會司儀。首先，由楊國琦先生發表歡迎辭，其後曾德成局長及霍震霆先生亦分別分享演說。雖然英國安妮公主未能出席當晚活動，但她非常親切地特意傳來對謝佩婷的祝福語句，並在酒會期間由楊存洲先生讀出。酒會最後，大會向嘉賓頒贈紀念牌匾並拍攝大合照留念。隨後的晚宴，由周一嶽醫生及馮馬潔嫻女士向在場嘉賓分享講話與謝佩婷及在場嘉賓。楊國琦先生亦向兩位頒贈紀念品及紀念牌匾。

當晚一眾嘉賓為佩婷打氣，愉快的氛圍使人回味及懷念！

鄭嘉儀

Mr. Apollo Ng was MC for the night; firstly he introduced Mr. KK Yeung to share his welcome note which was followed by speeches from The Hon Tsang Tak Sing and Mr. Timothy Fok. Although Her Royal Highness The Princess Royal, could not join us on this memorable moment, she kindly sent her warmest blessings to Natasha in a letter which was read out by Thomas Yeung during the Cocktail. Plaque Presentations and Group Photos were arranged in the last part of the cocktail. Dinner was held immediate after the Cocktail, Dr. York Chow and Mrs. Jenny Fung expressed good wishes to all participants. KK presented the souvenir and plaque to Dr. Chow and Mrs. Fung respectively.

The night was very memorable and enjoyable !

Canney Cheng





Paralympic Games



COACH REPORT FOR PARALYMPIC GAMES EQUESTRIAN TEAM

香港傷健馬術隊參加倫敦2012殘疾人奧運會賽事報告

香港傷健馬術隊剛完成今屆倫敦2012殘疾人奧運會馬術賽事，在此感謝香港殘疾人奧委會暨傷殘人士體育協會妥善的策劃和安排，讓一切得以順利舉行。

本會運動員早前成功為香港爭取參加今屆馬術賽事的一個席位，最後本會運動員之一 – 謝佩婷受命代表香港出賽，參加Ia級的賽事。年紀輕輕的佩婷於2010年加入本會的「傷健馬術隊」，接受了少於兩年的專業馬術訓練，相對較其他殘奧賽對手年輕和大賽經驗未夠成熟，縱使如此，但她於過往多個資格賽中的表現一直相當穩定，冷靜而淡定，最後更獲選代表香港出戰殘奧，成為香港唯一一個馬術代表。佩婷的對手是大賽常客，因此對於首次參加殘奧會的佩婷而言，奪牌的機會相對較微，但這次參賽無疑對她準備日後高水平賽事及錦標賽是難能可貴的經驗。

The Paralympic Games Equestrian Events went smoothly thanks to the good preparation of the HKPC & SAPD.

The equestrian team set out with one athlete, Natasha Tse, competing in the Grade Ia competitions. Natasha is a young athlete and has only been in training for less than two years. Despite her young age and relative inexperience, Natasha's performance had been very consistent throughout the qualifiers and she was eventually selected to represent Hong Kong as an individual rider. Referencing the experience and recent results of Natasha's opponents, it was understood that it would be a long shot to come home with a medal but the Games was nonetheless a good experience for Natasha in her preparation for future high level Games and Championships.





在首日的團體賽中，佩婷和她的馬匹Undulette在籠罩著緊張氣氛的比賽場地中表現得有點緊張。在比賽途中，因為揚聲器發出了靜電聲，而令她的馬匹受驚，顛簸了數步，雖然佩婷仍然非常鎮定並立即將馬匹受控，但無奈馬匹的表現對分數仍會有少許影響。於第二天的個人錦標賽中，佩婷表現相當出色並取得64.000%的驕人成績，雖然這分數未能讓她奪取殊榮，但在眾多強勁對手前做出這個成績，亦令人感到十分鼓舞。於第三天的自由舞步賽中，佩婷再一次證明了她的冷靜機警，充份表現出平日的水準，取得64.050%的分數。

這次比賽令佩婷及我們整個團隊也得著許多，並且汲取了不少寶貴的經驗，距離下屆里約熱內盧殘奧會尚有四年，屆時我們將會以獎牌為目標。

Both Natasha and her horse, Undulette, showed a little nervousness on the first day of competition (Team Test) in the large and tense championship arena. At one point, the horse was spooked by the static of a loudspeaker and jogged a few steps. Natasha was calm and brought the horse back in control but inevitably this caused some marks to be taken away from her score for the test. On the second day of competition (Individual Championship Test), Natasha rode extremely well and finished the test with a solid score of 64.000%. Although not a score to get them in the placing, it was still a commendable effort by the pair given the circumstances. On the third day (Freestyle Test), Natasha once again proved her consistency and achieved a score of 64.050%.

Much was gained throughout the Games not only for Natasha, but also for all team officials. We have four years until Rio and with the experience gained this time, we will attempt at a medal in 2016.



每一個馬術比賽的參賽單位均需由兩名運動員組成：騎手和馬匹，而每一個騎手和每一匹馬也需要他們的團隊去支援。除了負責照料馬匹的獸醫和馬僮外，另外至少還有領隊和教練去組成一支團隊。事實上，亦有一些重要的角色包括專責人或馬匹的物理治療師、獸醫和釘甲匠等，他們對運動員及馬匹的表現非常重要，但很多時候卻礙於大會對參賽隊伍人數的限制而未能被納入在團隊中。我們亦需要知道，馬術運動與其他運動不同，運動員和團隊需要從早上到黃昏，在比賽場地上花上很多時間去照顧和準備馬匹。一般而言，相比其他運動，馬術參賽團隊需要更早到達賽場，去妥善安排馬匹及運送所需設備，過程往往繁瑣而複雜。加上，我們通常會安排數天時間讓馬匹適應環境和熟習比賽場地，以確保馬匹會有安全和最佳的表現。一般而言，馬術參賽隊伍需要比其他運動的參賽者提早一星期到達比賽場地，因此相對應的準備工夫(例如參賽認可證及酒店房間)亦要預先預備好。

在此，我們非常感謝香港殘疾人奧委會暨傷殘人士體育協會一眾職員於是次殘奧會期間的付出，並感謝蔣德祥先生和他的團隊在整個比賽期間對我們悉心的照顧。我們熱切期待日後再次與各方面的合作，並希望下次我們能夠取得獎牌，凱旋而歸！

**領隊
葛祖南**

Learning from our experience and looking forward, it must be understood that each equestrian entry involves two athletes, the rider and the horse, and each needs its own team of supporting officials. Other than vet and groom accreditations which are essential to the wellbeing of the equine athlete, there must be a team manager and a team coach as absolute minimum to complete the team. Additional officials including human/equine physiotherapists, farrier and helpers etc are also important but most of the time it is extremely difficult to have the full complement in a Games situation due to limitations in accreditations. We must also understand that, unlike other sports, team officials and athletes in equestrian sports spend an enormous amount of time at the venue from very early in the morning until late in the evening to care for and prepare the horse. Equestrian teams also tend to arrive much earlier than other sports because of the logistic arrangement for the traveling of the horse and the large amount of equipment. Also, horses need a few days to settle in to the environment and to be familiarized to the arenas to ensure safety and best performance. As a rule of thumb, the equestrian team will arrive up to a week earlier than the rest of the delegation and every effort must be made that accreditation cards could be activated and accommodations ready to be checked-in.

We would like to thank the staff of HKPC & SAPD for all the hard work leading up to the Games, and to thank Mr Silas Chiang and his delegates for taking good care of us during the Games. We look forward to working again with you all soon and hopefully we could add to the medal tally next time around.

**Gerald Kuh
Chef d'Equipe**



新義工在薄扶林中心訓練 2012 2012年9月4日至9月7日
 4th Sept - 7th Sept 2012
New Helper Training at RDA Pokfulam 2012



2012年的新義工訓練剛於九月四日至七日，於早上九時半至下午十二時半在本會的薄扶林中心舉行。這次義工訓練的目的是將上季本會從英國傷健策騎協會邀請來港的高級教練Sue Adams Wheeler所教的新技術傳授給我們的義工，同時訓練新一批義工去應付我們平日繁重的義務工作。這次的訓練分為兩部份，由我們的義工自由選擇合適的時間參加。

我們今次招募了大約二十位新義工，加上故有義工，總共有超過三十位義工參加是次義工訓練。訓練內容包括理論課堂(例如馬匹的心理和騎生的殘疾情況)及實踐工作(領馬和陪騎的訓練)。

儘管天氣不是太好，我們的義工也非常積極地學習，並期望與騎生們有一個愉快的騎季。

麥仲恒

The 2012 New Helper Training was held from 4th to 7th September from 9:30a.m. to 12:30p.m. at Pokfulam RDA Center. It's aim is to pass on new skills to all our volunteers that have been introduced to HK RDA by Sue Adams Wheeler. She is the senior UK RDA trainer who was invited at the end of last term to improve the training of the instructors, existing volunteers and new volunteers. The training was divided into Part I & II on different days, which allowed our volunteers to make their own training combination.

We have recruited about 20 new volunteers this term and there were more than 30 volunteers who took part in the training. The training sessions included theory lectures (e.g. horse psychology and riders' disabilities) and practical work (e.g. leading and side-helping without riders on the horse).

Our volunteers were so keen to learn in the training sessions despite the rainy weather. We all look forward to having a good autumn term with our riders and all the new helpers.

Simon Mak



亞洲電視ATV感動香港義工隊 到訪香港傷健策騎協會 (2012年9月19日) ATV HK Loving Hearts Volunteer Team visits RDA (19th September 2012)

由亞洲電視台前幕後所組成的ATV感動香港義工隊，於2012年5月正式成立，旨在幫助社會上有需要的人士。ATV感動香港義工隊其中五位成員，包括前亞洲小姐羅霖、姚嘉雯、張家瑩、周嘉莉及甄詠珊小姐亦於9月19日到訪本會做義工，協助當天的復康策騎課程，親身到沙圈中與本會的騎生大玩遊戲，令課堂增添不少趣味，課堂後更與騎生們一起和迷你小馬合照，與騎生們打成一片。

當日的精彩片段，亦於2012年10月6日晚上8時半在亞洲電視本港台節目《中國人壽(海外)呈獻：不一樣的感動》播出，令更多人認識本會服務，認識復康性策騎這項運動對傷健人士的益處。

鄭嘉儀

ATV HK Loving Hearts Volunteer Team, which was launched in May 2012, and consists of ATV artists and other big-hearted personnel, aims to give a helping hand to the needy. Five members of the Team, including former Miss Asia's Candy Law, Eunis Yao, Grace Cheung, Chau Kar Lei and Carisa Yan visited RDA Tuen Mun office (Address: Lot 45, Lung Mun Road, Tuen Mun) on 19th September. They volunteered to take part in a rehabilitative riding lesson and played some interesting mini-games with the young children who were riding that day, making it a fruitful lesson full of fun and laughter. When the lesson had finished, the 5 lovely ladies and the children had group photos taken together with a mini pony to end the memorable afternoon.

The highlights of that day were broadcasted on ATV on 6th October 2012 at 8:30pm. The programme has definitely helped to introduce the RDA to the local community, allowing more people to understand the benefits of rehabilitative riding to the disabled.

Canney Cheng

好消息！兩匹新紮小馬「糖不甩」(王繼明先生命名) 及「黑武士」(林嘉怡小姐命名)於2012年9月24日，從英國安全到達本會位於羅湖騎術會的中心了！

糖不甩是一匹溫柔可愛的小馬，當他適應新環境後便會立即投入服務，在復康課程中與義工和騎生們見面！

黑武士則是一匹聰明伶俐的小馬，他曾與一名年輕騎手出戰2012國際馬術協會盛裝舞步挑戰賽，戰績輝煌。

我們熱烈歡迎糖不甩和黑武士加入我們的大家庭！

王嫻婷

黑武士

Ferry

香港傷健策騎協會 - 新紮小馬

Arrival of New Ponies

Good News!! Two of our new ponies "Tom" & "Jerry" both arrived safely from the UK at Lo Wu Saddle Club on the 24th Sept 2012.

Tom is a sweetie and will be working in rehab lessons once he is used to the new environment.

Jerry is very intelligent and has already competed in the FEI World Dressage Challenge 2012 with a young rider.

We are glad to have Tom & Jerry joining our Team

Jojo Wong

糖不甩

Tom

THREE RDA PONIES AT POKFULAM CENTER



AMBER

Amber是薄扶林眾多「明星馬」的成員之一，自她於1998從澳洲來到協會後，便一直是騎生們最喜愛的馬匹之一。她擁有一身栗子色的色澤，頭上有非常特別的條紋，腳部更仿如穿上了白色襪子般。她溫柔可愛的性格贏得我們及眾多騎生們的歡心，縱使她已經是20歲，但仍然非常有活力！而且，她的耐性和慷慨是無休止的，和她一起合作非常愉快，盡管是一些嚴重殘障的騎生，騎馬時需要坐在羊皮墊上，也能與Amber合作無間。

Amber is one of PFL star ponies and has been an absolute favorite with all riders since she was brought over from Australia in 1998. She is a lovely chestnut color and has a distinctive stripe on her head and white socks. Her sweet nature has won over many hearts and at the tender age of 20 she is still full of energy. Her patience and generosity are endless and she is always happy to work with even our most severely disabled riders who ride on sheepskins.



TRICKY

Tricky於2003年從澳洲來到香港，他的名字正正代表了他的性格。今年19歲的Tricky，依舊充滿活力，雙眼閃爍有神，亦正因如此，他便得名為Tricky（意譯：機警的、足智多謀的）。雖然Tricky有些時候比較佻皮，不時使出一些鬼主意、惡作劇，但是他仍是一匹非常可靠和討人歡心的馬匹，他灰色的馬身，就像童話故事中，王子拯救被囚少女時策騎奔馳的寶馬一樣，所以我們很多的騎生也十分喜歡他。

Tricky has certainly lived up to his name ever since he came to HK from Australia in 2003. At 19 years he still has that twinkle in his eyes that have made him a familiar name in PFL stables! Although he might have a few tricks up his sleeve, he has been a reliable and well-liked pony. He has been a favorite especially with many of our little boy riders as with his grey coat he is the typical choice for princes on their way to fight dragons and rescue damsels in distress.



GOODAPONY (TONTO)

相信所有人都認識Tonto！他身上的班紋和渾圓的身軀便是他最大的特徵。他是一匹16歲的小馬，於2005年從英國引入，為我們大大小小的騎生帶來了不少歡樂的時光。每當他身上披上羊皮墊後，他總是多麼難以令人抗拒，小朋友們也會爭相去擁抱他、親近他。雖然Tonto的外表看上去似似慵懶，但某時候他也有活力的一面，更會在沙圈上雀躍地跑呢！（哈，雖然這一幕不是經常發生）。而且，當騎生下馬後坐回輪椅上時，Tonto總愛溫柔地用鼻子哄他們，讓所有人也會記得他！

Everybody knows Tonto!! His piebald coat and rather "round" shape are his trademarks. He is a 16 year-old pony brought over from the UK in 2005 and has been delighting our riders big and small ever since. Whenever he has a sheepskin on he is simply irresistible and everybody fights to hug him. He likes to fool everybody with his seemingly laid-back personality when actually he has been known to feel quite perky on occasions and whiz around the paddock with great delight (ok that doesn't happen that often). What he loves best is to have a little nuzzling session with his disabled riders when they go back in their wheelchairs after dismounting. He wants to make sure everybody remembers him!

THREE RDA PONIES AT TUEN MUN CENTER



JUBILEE

姓名/Name : Jubilee
暱稱/Nick name : 肥妹
年齡/Age : 15

出生地/Original : 英國/UK
到達香港年份/Arrived HK : 2003
捐贈者/Donate by : Royal Overseas league

Jubilee是一匹非常有天份的馬匹，她過往曾參加並勝出不少馬術盛裝舞步賽。縱使她身型略胖，但她在協會中非常受愛戴，我們很多騎生也喜歡策騎她。

Jubilee is a horse with talent; she won and has been placed in many different dressage competitions in the past. She is a darling in RDA despite the fact that she is a large round horse and many small riders love to ride her.



SKY

姓名/Name : Sky
暱稱/Nick name : 慢王之王
年齡/Age : 15

出生地/Original : 英國/UK
到達香港年份/Arrived HK : 2003

Sky這匹馬非常獨特而且十分有性格，相信所有有義工憑Sky的暱稱便會知道他有甚麼特別了！

Sky is a unique pony who works in style. All volunteer who work with him know what he is like from his nick name.



FLYNN

姓名/Name : Flynn
年齡/Age : 14

出生地/Original : 澳洲/Aus
到達香港年份/Arrived HK : 2003

Flynn 是一匹喜歡接受挑戰的小馬，雖然他在協會裡服務，但事實上他是一匹非常出色的跳欄馬，並且喜歡上山踱步。

Flynn is a pony that likes any challenge. Although he works mainly in RDA, he is actually a great little jumper and he loves hacking.



CPEDI 3*

香港國際殘疾人馬術比賽2012 Hong Kong International Para-Equestrian Dressage Competition 2012

CPEDI 3*香港國際殘疾人馬術比賽2012是一項獲國際馬術聯合會認可、於亞洲地區唯一一個屬高水平的殘疾人馬術賽事，於11月26日至28日假上水雙魚河馬術中心舉行。今年是賽事連續第二年在香港舉行，一如往屆，今年比賽再次獲得香港賽馬會及香港馬術總會的支持，令比賽得以順利舉行。

於11月25日(星期日)，一場簡單而隆重的歡迎晚會於上水雙魚河鄉村會所的競技場餐廳舉行，由本會主席楊國琦太平紳士主持，超過50位嘉賓出席，當中包括CPEDI 3*香港國際殘疾人馬術比賽2012活動總監利子厚太平紳士、香港傷健策騎協會國際統籌委員會副主席吳嵩先生、比賽參賽者、比賽幹事、贊助商及協會的義工和支持者等。楊國琦先生致辭時向在場所有參賽隊伍表示歡迎，並衷心祝願他們於接著三天的比賽中取得佳績。

這次參賽者分別有來自香港的3名騎手，他們都是「香港傷健策騎協會傷健馬術隊」全費贊助的運動員，另外還有倫敦2012殘疾人奧運會中的參加者及得獎者，包括1a級銀牌及銅牌得獎者、來自新加坡的陳雁儀；1b級金牌及銀牌得獎者、來自澳洲的科姆莎(Joann Formosa)，她亦是唯一一名曾於公開比賽上擊敗李·皮爾遜(Lee Pearson)的選手。

至於參加是次比賽的香港選手分別是：代表香港出戰倫敦2012殘疾人奧運會的謝佩婷(1a級)、李蘇菲(1b級)及曾靄賜(II級)。他們於今次比賽中表現出色，充分展現出他們的進步及於國際高水平賽事中的超凡競爭力。

參加今次比賽的騎手一共有14名，他們分別來自中國香港、澳洲、中華台北、新加坡及南非。這次比賽更首次特設IV級級別和團體賽事(賽事由在倫敦殘奧中同一陣容的新

The CPEDI 3* Hong Kong International Para Equestrian Dressage Competition 2012, an International Equestrian Federation (FEI) approved competition and the ONLY high level Para Equestrian Dressage competition in Asia, was held for the second year at the Beas River Equestrian Centre from 26th November to 28th November. It was again jointly supported by the Hong Kong Jockey Club and the Hong Kong Equestrian Federation.

On Sunday 25th 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 more than 50 guests including Mr Michael Lee, JP, Event Manager of the CPEDI 3* Hong Kong International Para-Equestrian Dressage Competition 2012; Mr. Apollo Ng, Vice-Chairman of RDA International Liaison Subcommittee. Attending this dinner were many of our competitors, officials, sponsors and helpers and supporters from RDA. Mr. KK Yeung made a speech welcoming all delegates and competitors and went on to wish all the competitors every success in the coming three days of competitions.

Taking part this year were 3 riders from Hong Kong who are fully sponsored athletes from the RDA Para Equestrian Squad. They were joined by competitors and medalists from the London 2012 Paralympic Games, such as Laurentia Tan, from Singapore, Silver and Bronze medalist in the Grade 1a; and Joann Formosa from Australia, Silver and Gold medalist in the Grade 1b, and the only person ever to have beaten Lee Pearson at a Championship.

The Hong Kong riders who were competing in this event were: our representative at the London 2012 Paralympic Games, Natasha Tse – Grade 1a; Sophie Milner – Grade 1b and Timothy Tsang - Grade II. They had outstanding results in this competition, demonstrating their continuing improvement and competitiveness at international levels of competition.



加坡隊勝出)。參賽馬匹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、馬主、雙魚河馬術中心騎術學校慷慨借出，我們在此致予衷心感激。

與去年非常炎熱的天氣不同，今年比賽在一個灰濛濛的天空和滂沱大雨中舉行，天氣非常的冷。縱使如此，香港運動員的表現卻一如以往地出色和令人鼓舞，其中兩名運動員：謝佩婷與坐騎Citi Centre及曾靄賜與坐騎Bubbles分別於他們的組別中勝出，並擊敗殘奧獎牌得獎者。他們於三天比賽中持續有非常好的表現，其中謝佩婷於個人錦標賽中突破了70%的大關，取得70.14%的成績，而曾靄賜則充份發揮了平日的表現，取得慣常超過60%的分數，回想一年前的他們，這次取得的成績是難以實現的。經過三天的比賽，香港傷健策騎協會輕鬆取得不俗的成績，分別奪得5冠、4亞及2季的殊榮。

國際評判Chris Porterfield、Alison King 及 Nick Rodgers均表示我們本港的騎手進步神速，假如他們繼續努力，相信定必成為2014世界錦標賽及2016里約熱內盧殘疾人奧運會中傑出的選手。

比賽圓滿結束後，約60名嘉賓和贊助商出席了於中環中國會舉行的歡送酒會，當中包括香港傷健策騎協會會長施文信太平紳士、香港傷健策騎協會主席楊國琦太平紳士、CPEDI 3*香港國際殘疾人馬術比賽2012活動總監王振宇醫生、香港傷健策騎協會遴選委員會委員Penny Smith女士、香港傷健策騎協會遴選委員會委員鄭維健醫生、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及蘭桂芳集團主席盛智文博士。

施文信先生致辭時歡迎所有在場嘉賓，並向所有獲獎的騎手祝賀。隨後楊國琦先生致辭，亦高度讚揚騎手們一直以來努力不懈的精神和付出。

緊接著舉行的頒獎典禮，大會向勝出團體賽、個人錦標賽、自由舞步賽的騎手及全場團體總冠軍的隊伍頒發獎盃，表揚他們出色的表現和成就。

最後，比賽得以圓滿舉行全賴所有協會的支持者及贊助者，包括香港賽馬會、香港馬術總會、蘭桂芳集團、光大(遠東)彩印包裝有限公司、Chan Chi Sun先生、旭日國際控股有限公司、綠色環保建設有限公司、康業信貸快遞有限公司、龍騰飛國際有限公司、Leung Chun Wah先生、永鋒證券有限公司、Zhus、騏利企業有限公司、李茂銘先生、Mr. Rusy & Mrs. Purviz Shroff及國際文具製造廠有限公司，在此感謝他們對本會的鼎力支持。

香港傷健策騎協會辦事處

A total number of 14 athletes from Hong Kong China, Australia, Chinese Taipei, Singapore and South Africa took part in this event. For the first time, a Grade IV class was run and also a Team Competition, which was won by the team from Singapore, the same team they had in London. 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 of Beas River Equestrian Center. As ever we are deeply indebted to them for their generosity.

In total contrast to the very hot weather last year, this year's event took place under unseasonably gloomy and rainy skies with temperatures plummeting over the three days of competition. The performance of our athletes from Hong Kong continues to be very encouraging as two of them, Natasha Tse on Citi Centre, and Timothy Tsang riding Bubbles, won their respective classes, and, in the process, beating the Paralympic medalists. The bar continues to be raised by our riders with Natasha Tse breaking the elusive 70% barrier and scoring 70.14% in the Individual test and Timothy Tsang is routinely achieving scores over 60%, which a year ago, seemed to be unattainable. After three consecutive days of the exciting tournament, RDA comfortably stays on the top of the table with 5 winners, 4 first runners up and 2 second runners up.

Feedback from the International Judges, Chris Porterfield, Alison King and Nick Rodgers, indicate that our Hong Kong riders are improving at a phenomenal rate and if they continue to do so, should be definite contenders at the 2014 World Equestrian Games and beyond to the 2016 Paralympic Games in Rio.

After the competition, a Farewell Cocktail was held at the 13th Floor of The China Club in Central, which was well attended by 60 distinguished guests and sponsors including Mr. T. Brian Stevenson, SBS, JP, President of RDA; Mr. KK Yeung, JP, Chairman of RDA; Dr. Benjamin Wong, Event Director of CPEDI 3* Hong Kong International Dressage Competition 2012, Mrs. Penny Smith, Voting Member of RDA; Dr. Edgar Cheng, GBS, Voting Member of RDA; Mrs. Jenny Fung, Chairman of HKPC & SAPD and Dr. Allan Zeman, Chairman of Lan Kwai Fong Group.

Mr. Stevenson opened the cocktail by welcoming everyone to the event and expressing his warm congratulations to the successful riders, followed by Mr. Yeung's speech congratulating the riders for their outstanding efforts.

A prize giving ceremony was held immediately afterwards for the Champions of the Team Test, the Individual Champion Test and the Freestyle Test together with the Overall Team Champion. A trophy was presented for each in recognition of the riders' astonishing achievements.

Last but not least, a big thank you must go to all the sponsors and supporters, namely The Hong Kong Jockey Club, Hong Kong Equestrian Federation, Lan Kwai Fong Group, Kon Dai (Far East) Packaging Co. Ltd, Mr. Chan Chi Sun, Early Light International (Holdings) Ltd, Innogreen Environmental Ltd, Konew Financial Express Ltd, Wake International Ltd, Mr. Leung Chun Wah, Win Fung Securities Ltd, Zhus, Kailey Enterprises Ltd, Mr. Sonny Li Mow Ming, Mr. Rusy & Mrs. Purviz Shroff and World Wide Stationery Mfg. Co. Ltd for their bighearted generosity.



唐志達在英國威爾斯親嘗騎馬樂

RDA Volunteer - Tong Chi Tat Riding In Wales

大家好，我是唐志達，我剛剛在英國威爾斯度過了今年的暑假，很高興可以在這裡跟大家分享我在當地的經歷。在威爾斯，我們的房子旁邊是一塊農田，那裡提供馬匹讓人在附近的沙灘上策騎。每次當有朋友探訪我們的時候，我總會叫他們帶我到那裡騎馬。我的馬匹名為Chick，我們在農田那裡上馬，然後越過河流，穿過森林，走過沙丘，最後去到一個無人的沙灘上。

只有出色的騎手才可以策騎馬匹慢跑，而我便是其中一位。我時常沿著海岸邊在馬背上慢跑一段長長的路。還記得第一次，我的腳不小心甩出馬鐙外，當時情況有點危急，幸好我及時拉緊了韁繩，將馬匹煞停，然後再安全地繼續騎馬。

在我所有的朋友中，沒有一個能夠策騎馬匹慢跑，而我的母親也漸漸發現到我騎馬時不需由別人帶領，因此我便獲准可以自己獨自去騎馬。那裡的農夫Rob更稱讚我是他們在農場上遇過最好的騎手之一！

這真是我經歷過最充實的假期！

My Name is Chi Tat, I spent my summer holiday in Wales. Near our house is a farm that has "Riding on the beach". Every time we had friends at our house I would ask them to take me riding. My horse was called Chick. We mounted up in the farmyard then we would cross the river, walk through the woods, over the sand dunes and onto a deserted beach. Only the good riders were allowed to canter....., I was one of them. I would canter for miles along the seashore. One time my foot came out of the stirrup, which was a little scary, but I just stopped, put it back in and carried on.

None of my friends were good enough to canter and my Mum realized that I didn't need anyone to take me so I was allowed to go by myself. Rob, the farmer said I was one of the best riders they had had at the farm all summer. It was the most exciting holiday I have ever had.

來自香港上海匯豐銀行的義工分享

Sharing from HSBC Volunteer Program at Pokfulam

我喜歡看見騎生坐上馬鞍時露出笑容和感受他們的歡欣，這絕對是非常窩心的體驗。

I love to feel the joy at the moment that one of the precious riders exudes the minute he or she gets into the saddle. It is a truly heartwarming experience.

Laurie Constantinides

單單看著騎生策騎時的快樂已經讓我感到一切也非常值得，還記得有一群有視障問題的騎生，在沙圈上策騎時臉上一直泛起笑容，這一幕非常難忘。

I think for me it's really just seeing the obvious enjoyment these children get from riding the horses. The second group of visually impaired children, especially, seem to just smile all the way round the paddock!

Julie Bloomfield

親身見證著小朋友們由當初不願意或害怕接觸馬匹，到短短數星期後變得積極、樂觀而且充滿自信，足以證明協會這個策騎服務的重要性。眼看著心光學校的視障學生在策騎課堂上的快樂及享受，令我感到十分振奮！這群小朋友是多麼卓越，多麼令人敬佩。縱使他們在生命上遇到一些重大的障礙，但這也無礙他們繼續以燦爛的笑容面對人生。

Seeing the children move from being reluctant and fearful of approaching the horses, to being eager and confident riders in a matter of weeks is a testimony to the immense value of the programme.

To witness the joy and delight that the children from The Ebenezer School for the Blind display and experience during their riding lesson is heart lifting.

The children are remarkable. Despite the monumental obstacles in their lives they are always ready to "walk on" with a big smile.

Mary Hughan

對於能夠從旁協助小朋友策騎馬匹，我感到非常有意義。而且，看著他們陶醉於策騎中的神情、他們的笑臉，想像到他們在馬背上感受到的成功感，我也非常高興。除此之外，他們也教導了我如何運用他們獨有的方法和別人溝通呢！

I feel its so fulfilling to assist a child in his/her riding experience and its wonderful to see them smiling and enjoying the ride, that sense of accomplishment which for them is so beneficial... I think they teach me how to communicate in their own special way!

Naina Bhatia

當我每一次來到香港傷健策騎協會，看見小朋友在馬背上的笑容，也會令我會心微笑。我非常榮幸可以成為這裡的一份子，為小朋友帶來快樂。

Every time I visit RDA it brings a smile to my face, to see the pleasure it brings the children sitting on the horses. I am so proud to be a part of the group and to help bring such joy.

Diane McKeown

相信我們每一個人接觸動物的時候，總會有一種奇妙的感覺，但對於一些在日常生活中須要面對不同大大小小挑戰的人而言，相信這一定是一個令人敬佩的經驗。我很高興可以成為這裡一份子，將這奇妙的事情一一實現。

All of us feel something special when we connect with animals, but if you face so many challenges in daily life, it must be amazing. It is wonderful to be part of making this happen.

Mina Bailey

那些小朋友經過數堂策騎課程後，變得十分自豪和充滿自信，實在令人驚訝！他們的笑容已經說明了一切！

It is so amazing to see how the children build up their pride and confidence in just a few riding lessons. Their smiles say it all!

Jocelyn Nivison

在協會做義工十分充實和有意義。簡單得就算只是聽著小朋友們的笑聲、看著他們上馬時雙眼變得炯炯有神的一刻，已經讓我感到非常值得。

I find the volunteering experience to be very rewarding. Simply hearing the children's laughter, and watching their eyes light up each time they climb onto the horse, is a great feeling.

Tulien Thurston

每星期花一個早上在這裡協助小朋友騎馬和看著他們策騎時臉上的笑容，是最好、最有意義的活動。

A lovely way to spend a morning a week, helping the children and seeing the big smiles on their faces as they ride round.

Kate Stafford

在香港傷健策騎協會做義工，眼看著小朋友上馬時的笑臉，令我們感到十分有意義，更令我整天也感到快樂和充實。

What a reward for us to work with RDA, to see those little faces light up when they mount the horses. It certainly makes the rest of my day complete.

Anne Quinn

能夠感受和分享小朋友們在香港傷健策騎協會騎馬時的喜悅，令我感到非常感動和興奮。

It is phenomenal to feel and share the happiness and joy that the children get from riding at RDA!

Kavita Singh



Sharing from New Volunteers

新義工分享

After working in a telecom company for decades, I am very glad to join the volunteer job at Riding for the Disabled Association. As a person who does not have any experience on horse, the 4-days training really increase my knowledge on horse and riding. During the actual volunteer practice, I really feel the experience is beneficial to me and also make me realize the importance of team work. Having the chance to share this with other teammates and the ability to help out disabled personnel is something I have never experienced before. All in all, the volunteering job at RDA makes my life more meaningful.

Kwan, Kwong Lun

於電訊工作數十年後，很高興現在竟可參與香港傷殘策騎協會的義工服務，在經過連續四日導師悉心的指導訓練下，使我這個對馬匹毫無認識的人，不但有所認知，而且興趣大增，當踏入正式服務行列中，感受到除自己得益外，亦確認團隊精神的重要性，一起分擔，一起分享，當中還可幫助到傷殘人士，那份得著，是我以前從未經驗到的，能參與這項義工服務，實在使我感到活得更具意義和充實。

關廣倫



I am Sophia Tang, student of Hong Kong Shue Yan University. I have joined RDA because I would like to do something meaningful to feedback our society. RDA's lesson time perfectly fits into my busy schedule while I have to study before my graduation as well as having a full-time job. In these months, throughout the interactions with disabilities, I have learnt to love, to give and to be patient. They are nice and smart and definitely deserving our respect and care.

Tang Shuk Ching Sophia

我是鄧淑貞，現於香港樹仁大學就讀。加入協會的原因是因為我一直希望善用餘暇，做一些有意義的事情回饋社會，在對於還未畢業而同時有一份全職工作在我而言，時間是一個很大的制肘，但在協會做義工的時間剛好配合到，所以我決定成為他們的一份子。在協會這幾個月，透過和傷殘人士的接觸及互動，我學會了如何去愛，去付出和變得更有耐性。這些傷殘人士非常善良和聰明，絕對值得我們去尊重和愛護。

鄧淑貞



After working for "Reuters Financial News" for a long time, I finally retired half a year ago from a stressful and fast-paced lifestyle. Not too long after my retirement, a friend of mine introduced me to RDA. Essentially, that is how I started volunteering there. It has been such a blessing to have given the opportunity to meet a group of disabled children and horses. In addition, volunteering at RDA has been a life lesson. I still have so much to learn from other volunteers; such as their boundless compassion and patience for work.

從服務多年的『路透新聞資訊社』退下來，昔日既繁重又緊張的日子轉過來過着平淡的退休生活，與朋友閒談間認識了『香港傷殘策騎協會』慈善組織，激發起做馳聘義工的念頭。接觸到馬匹及認識一班障礙小朋友，對一班熱情工作者，他們真的負出了無比的愛心及耐性，往下去，我也要跟他們學習呢。

Mr. Jimmy Tsim



Sharing from a Parent 家長分享



小女袁詩雅是第一次參加由香港傷健策騎協會舉辦的復康性策騎訓練。

我發現這項騎馬訓練活動對她身體有很大的幫助，包括平衡力、服從性、反應、集中力、身體協調、下半物腰背肌力和增加她的自信心。騎馬活動中是一項對我們「智障孩子」有益身心的活動！日後再有騎馬活動一定再給女兒參加。

禮賢會恩慈學校
袁詩雅家長
7-11-2012

It was the first time my daughter, Yuen Sze Nga participated in RDA rehabilitative riding lesson for the disabled. The riding training program had definitely strengthened her up. It improved my girl's balance, self-discipline, reaction time, concentration, coordination, and strength in her lower back, most importantly; it can be built up her self-confidence. Riding is a very good sport and recreation to those disabled kids. If there is other RDA riding opportunities in the future, I must let my daughter join!

Rhenish Church Grace School
Parent of Yuen Sze Nga
7th November 2012

Welcome

歡迎營運監督(薄扶林分處) - Dominique Tombazzi 女士

Welcome to Operations Supervisor (PFL) - Mrs. Dominique Tombazzi



我是在意大利長大的法國人，於2008年搬到香港數月後，於同年9月加入香港傷健策騎協會成為義工。我最初加入協會是因為我喜愛馬匹和有多年策騎經驗，但很快便被我們的騎生吸引住了。他們堅毅的勇氣和決心令我更期待、更投入每一次義工活動之中，並希望為協會貢獻更多，因此我成功於2011年11月取得協會三級指導員的資格。薄扶林馬術學校現在就成為我的第二個家，我每天都期待著和香港傷健策騎協會的教練，義工，騎生和馬匹一起活動。

Dominique Tombazzi

I am French-Italian and I started volunteering with RDA in September 2008, just a couple of months after I moved to Hong Kong. What originally drew me to RDA was my love for horses as I have been riding for many years, but very quickly I was mesmerized by our very special riders. Their courage and determination were such an inspiration that I quickly decided to get more involved and eventually qualified as a Grade 3 instructor in November 2011. I feel like PFL stables are now my home and I always look forward to a day with RDA and such an amazing team of instructors, volunteers, riders and wonderful ponies.

Dominique Tombazzi

歡迎營運監督(屯門及羅湖分處) - 王嫻婷小姐 Welcome to Operations Supervisor (TM & LW) - Ms. Jojo Wong

我從小熱愛馬匹及馬術運動，本在私人騎術學校工作。後有幸接觸到香港傷健策騎協會並加入成為義工，在我親身見證了一個又一個馬術治療的成功故事後令我下定決心在2011年加入香港傷健策騎協會工作並成功取得三級指導員資格。

我非常喜歡和享受跟來自不同地方、不同種族的義工向著同一目標進發的感覺，希望將來可以繼續和大家一起努力幫助更多有需要的人仕。

王嫻婷

I've been riding since I was young, and I continued this hobby while I was studying in Australia. To enhance my knowledge on equestrian matters I decided to work in a private equestrian center and stayed for 2 years. One day Yumi Toda introduced me to RDA then I started helping as a Volunteer. After witnessing the improvement of many different riders under this therapeutic programme, I joined RDA working initially as an Assistant Instructor and successfully got my Grade 3 instructor qualification by 2011.

Working to help people with colleagues from many different cultures is actually a very challenging and meaningful job! I just love it!!! I hope we will be able to help many more people in the future.

Jojo Wong



Welcome



歡迎公關及項目主任 - 梁康婷小姐

Welcome to PR & Projects Officer - Ms. Erin Leung

我於2012年11月加入香港傷健策騎協會，希望藉著自己的能力推廣協會的宗旨及服務，透過不同形式的宣傳及籌款慈善活動，令社會各界了解並支持我們的工作，也使更多的傷健人士受惠。這份工作別具意義，因為這不只是一份職業，也是對社會作出的一點少貢獻。協會裡所有員工和義工對這份充滿意義的工作十分投入，我也很榮幸能夠成為他們的一份子，希望將來可以幫助更多有需要人士！

梁康婷小姐

I joined RDA in November 2012. I am dedicated to introduce our motto to the public and expend our service through various forms of PR and fundraising events in order to facilitate more and more physically or mentally challenged people in the society. I hope to do the best of myself to assist riders to do the best of them. This is a rather meaningful job. It is not merely an occupation but also about making contribution to our society. All staff and helpers at RDA are so devoted to their job. I am so glad to take part here at RDA and I hope to help many more others as we go on!

Erin Leung



歡迎會計助理 - 黃伊霞小姐

Welcome to Accounting Administrator - Ms. Carol Wong

很榮幸可以在香港傷健策騎協會工作，自畢業後我一直都是在牟利機構上工作。2012年10月我看見協會刊登廣告聘請會計助理，我期待有一個新挑戰下申請了此職位，可以被接見是一個很難得的機會。

香港傷健策騎協會是非牟利機構，目標是教導傷健兒童及成人透過策騎去發揮他們的最大潛能，本人實在是感激及專重協會為著一群有需要的人仕而提供這項服務，盼望協會繼續發揮出創辦人港督麥理浩夫人的精神及崇高的目標。

黃伊霞

I would find it a great privilege to work for the Riding for the Disabled Association(RDA). Since graduation, I have been working solely for profit-making organizations. Then I saw an advertisement placed by RDA seeking an Accounting Administrator, in Oct 2012. As I look forward to new stimulating challenges therefore I have decided to apply for this position. Attending a job interview with the association would be a great opportunity for me.

RDA in Hong Kong is a non-profit-making organization, which aims to teach disabled children and some adults to ride horses to the best of their ability. I appreciate and respect the Association's exemplary involvement in the provision of services for people in need. It reflects the spirit and lofty aims of the iconic founder Lady Mac Lehosé who never hesitated to relieve those in need.

Carol Wong

In Memory of Honorary Member - Mrs. Binkie Leader

永遠懷念榮譽會員 - *Binkie Leader* 女士



非常遺憾地，香港傷健策騎協會榮譽委員Binkie Leader逝世。在此謹刊出本會的弔唁，藉以向Binkie致敬並作出最深切悼念。



It is with deep sadness that we announce the passing of Binkie Leader, one of the Honorary Members of Riding for the Disabled Association recently. With the deepest respect and love to Binkie, RDA has the following note of condolence.



BINKIE (Anna) LEADER

懷著悲慟的心情及掛念，香港傷健策騎協會在此向其中一位重要的創會成員 – Binkie Leader 道別。她剛於日前去逝。

1975年，Binkie與本會其中一位創辦人麥理浩夫人成為協會首位主席。於1994年，正正是她出任協會主席的第二十個年頭，她決定退休，回到法國生活。

Binkie的一生幾乎也在香港度過，她對香港的熟悉加上她本身擁有護士的背景，讓她一直盡心致力成立香港傷健策騎協會，並努力為本港傷殘人士及其家庭帶來福祉。在她任本會主席期間，她成立了一群非常專業、包括本地及來自海外的指導員團隊，這支團隊、這群力量更一直薪火相傳，將知識和經驗一直傳揚下去，成就今天的協會。她的愛心、她對騎生、義工、馬房職員、馬匹及小馬的愛護，我們將會一直銘記於心。

Binkie為協會奠下最穩固的基石，同時她的宗旨及精神帶領著今天的我們一直發展下來，為本港的傷殘人士盡力謀求福祉。她對我們的重要，我們不會忘記。

BINKIE (Anna) LEADER

It is with great sadness that Riding for the Disabled in Hong Kong has had to say goodbye to one of its founding members, Binkie Leader, who recently passed away.

Binkie was, with Lady MacLehose, one of the co-founders of RDA in 1975 becoming the first Chairlady of the Association. She held this post for almost twenty years until 1994 when she retired to France.

With her background in nursing and having spent almost her whole life in Hong Kong, she was able through her long and dedicated stewardship to help establish an organization, which has gone from strength to strength and delivers remarkable benefit to disabled people and their families in Hong Kong. During her time as Chairlady a very capable team of expatriate and local instructors was developed and this knowledge continues to pass from generation to generation to this day. But she will be remembered above all for her loving, caring approach to the riders, the helpers, the stable employees and to the horses and ponies themselves.

Binkie has left a remarkable legacy, which will continue to benefit the disabled community of Hong Kong. She was a remarkable lady and will always be remembered with much affection by all those who knew her.

Farewell

Farewell to PR & Projects Officer - Ms. Karlie Lam

歡送公關及項目主任 - 林嘉怡小姐

林嘉怡小姐於二零一一年十二月加入香港傷健策騎協會出任公關及項目主任，最近已經離職，在其他崗位開展事業另一個新階段。

嘉怡在協會主要負責公關及慈善籌款活動，她工作認真而且處事極具效率，又經常主動協助同事，在這一年裡，和我們真的建立了不少難忘回憶。

短短一年過得很快，我們衷心希望嘉怡在未來一切順利！

Karlie joined RDA in December 2011 as PR & Projects Officer, has now left RDA and started a new phrase of her career.

Karlie was responsible for public affairs, charitable projects and fundraising events. She was always there for us when we needed her and also worked so efficiently on her accomplishments. The year 2012 has passed by so quickly and we have built so much wonderful memories together in RDA.

Good Luck Karlie to a wonderful new journey!
We wish her all the best in the future.



Farewell to Office Administrator (PFL) - Mr. Tommy Tse

歡送辦公室行政(薄扶林分處) - 謝子健先生

Tommy has relocated back to Australia so we regret to announce that he has left RDA after serving for 2 years in Pokfulam.

Tommy joined RDA Hong Kong in February 2011 as an office administrator in Pokfulam. He was responsible for handling the administrative work for our rehabilitation programme at Pokfulam Public Riding School.

He was organised and conscientious thus enabling the riding programme to run well.

Apart from his administrative work, he was also very helpful in assisting with the lessons. He was very friendly and everybody liked him at Pokfulam.

We all remember Tommy with affection and wish him all the best in his new life back in Australia

傷健策騎協會辦公室行政謝子健於薄扶林分處服務了兩年後，因移居澳洲，現已離職。

謝子健於二零一一年二月加入協會，主要負責薄扶林分處復康課程的行政工作。他處事細心盡責，令策騎課堂得以順利進行。除了處理辦公室內的一般行政職務，偶爾他也会在沙圈中協助課堂進行。他態度友善，薄扶林分處上下每位都十分喜歡他。

傷健策騎協會各人都會記得子健，亦衷心希望他回到澳洲後一切順利及展開精彩的新生活。



COMING EVENTS 活動預告

Gymkhana 馬術障礙賽	2 nd February 2013 2013年2月2日
Annual Charity Ball 週年慈善餐舞會	23 rd February 2013 2013年2月23日
Experiential Day 騎馬體驗日	22 nd – 23 rd March 2013 2013年3月22日 – 3月23日
Mini Dressage Competition 小型盛裝舞步賽	20 th April 2013 2013年4月20日
HKRDA Cup Luncheon 香港傷健策騎協會盃暨午宴	8 th June 2013 2013年6月8日

COMING EVENTS 活動預告

HONG KONG



馳騁

香港傷健策騎協會2013週年慈善餐舞會

RDA Annual Charity Ball 2013



香港傷健策騎協會週年慈善餐舞會是本會每年最大的重點活動，也是我們主要的經費來源。今年的餐舞會將於2013年2月23日(星期六)假香港灣仔君悅酒店舉行，當晚的大會主題為「中國元宵節」；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，協會亦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erin@rda.org.hk與梁小姐聯絡。

RDA Annual Ball is one of the biggest annual events and the major source of funding for the organisation. The special theme of "Chinese Valentine's Day" is proposed for the 2013 Ball which will be held at the Grand Hyatt on the night of 23rd February (Saturday). 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 which is proving to be a popular regular attraction. The continued success and vision for the future of RDA will be shared during the event. In addition it will also give the opportunity to present the latest updates on the RDA rehabilitation and sports programmes for the disabled. For any further information, please feel free to contact Ms. Erin Leung at 2454 9961 or email to erin@rda.org.hk

COMING EVENTS 活動預告

2013年6月8日

8th June 2013



承接以往的成功，傷健策騎協會盃暨午餐會將於本年六月八日(星期六)假沙田馬場舉行。承蒙香港賽馬會的慷慨支持，我們將與一眾社區伙伴、熱心支持者及尊貴馬主聚首賽馬會的包廂，藉賽馬活動消磨一個下午。參與主題賽事的共有12至14匹良駒，牠們將於1000米至1650米的全天候賽道上一同競逐冠軍殊榮。除了為協會籌募經費，是次傷健策騎協會盃暨午餐會亦旨在與各界友好分享馬術樂趣，並提高公眾與傳媒對協會服務和傷健馬術的關注。

如有任何查詢，歡迎致電2454 9961或電郵至erin@rda.org.hk與梁小姐聯絡

The Annual Luncheon, one of three major fundraisers for the RDA, in conjunction with the Cup Race, combines an opportunity for the RDA to show its appreciation to both long term and new sponsors and supporters. In addition it also allows RDA to encourage support for the RDA Para Equestrian Squad athletes and rehabilitative riding for the disabled.

Following the success of the previous RDA Cups, the fourth such event will be held on 8th June 2013, at the Shatin Racecourse. A host of RDA sponsors and supporters will be invited to cheer on the winner of the 7th race of the day: The Hong Kong Riding for the Disabled Association Cup. For any further information, please feel free to contact Ms. Erin Leung at 2454 9961 or email to erin@rda.org.hk



With the Compliments of



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

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RDA Para Equestrian Squad



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Riding for the Disabled Association Ltd

Tuen Mun Spring Term – 2013 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 2013 二月							1	2	<ul style="list-style-type: none"> • Lunar New Year Holiday 農曆新年假期(5-22/2) • Services of RDA 課程簡介會 (18/2) • Regular Term Ride 常規季度課堂(26-28/2)
		3	4	5	6	7	8	9	
		10	11	12	13	14	15	16	
		17	18	19	20	21	22	23	
	1 st	24	25	26	27	28			
MAR 2013 三月							1	2	<ul style="list-style-type: none"> • Regular Term Ride 常規季度課堂 (1-21/3) • Experiential Day 騎馬體驗日 (22-23/3) • Easter Holiday 復活節假期 (26-31/3)
	2 nd	3	4	5	6	7	8	9	
	3 rd	10	11	12	13	14	15	16	
	4 th	17	18	19	20	21	22	23	
		24	25	26	27	28	29	30	
		31							
APR 2013 四月			1	2	3	4	5	6	<ul style="list-style-type: none"> • Easter Holiday 復活節假期 (1-5/4) • Ching Ming Festival 清明節 (4/4) • Regular Term Ride 常規季度課堂 (9-30/4) • Mini Dressage Competition 小型花步比賽 (20/4)
	5 th	7	8	9	10	11	12	13	
	6 th	14	15	16	17	18	19	20	
	7 th	21	22	23	24	25	26	27	
	8 th	28	29	30					
MAY 2013 五月					1	2	3	4	<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) • The Birthday of the Buddha 佛誕 (17/5)
	9 th	5	6	7	8	9	10	11	
	10 th	12	13	14	15	16	17	18	
	11 th	19	20	21	22	23	24	25	
	12 th	26	27	28	29	30	31		
JUN 2013 六月								1	<ul style="list-style-type: none"> • Regular Term Ride 常規季度課堂(4-28/6) • Tuen Ng Festival 端午節 (12/6) • Passing Out Ceremony 畢業禮 (18-21/6)
	13 th	2	3	4	5	6	7	8	
	14 th	9	10	11	12	13	14	15	
	15 th	16	17	18	19	20	21	22	
	16 th	23	24	25	26	27	28	29	
		30							

10th September 2013 秋季課程開始

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

當天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
	Experiential Day 騎馬體驗日 (22-23/3)
	RDA Term Holiday or Public Holiday 季度假期或公眾假期

Riding for the Disabled Association Ltd

Pokfulam Spring Term – 2013 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 2013 二月							1	2	<ul style="list-style-type: none"> • Lunar New Year Holiday 農曆新年假期 (1-16/2) • Services of RDA 課程簡介會 (25/2) • Regular Term Ride 常規季度課堂 (19-28/2)
		3	4	5	6	7	8	9	
		10	11	12	13	14	15	16	
	1 st	17	18	19	20	21	22	23	
	2 nd	24	25	26	27	28			
MAR 2013 三月							1	2	<ul style="list-style-type: none"> • Regular Term Ride 常規季度課堂 (1-23/3) • Easter Holiday 復活節假期 (26-31/3)
	3 rd	3	4	5	6	7	8	9	
	4 th	10	11	12	13	14	15	16	
	5 th	17	18	19	20	21	22	23	
		24	25	26	27	28	29	30	
		31							
APR 2013 四月			1	2	3	4	5	6	<ul style="list-style-type: none"> • Easter Holiday 復活節假期 (1-6/4) • Ching Ming Festival 清明節 (4/4) • Regular Term Ride 常規季度課堂 (9-30/4)
	6 th	7	8	9	10	11	12	13	
	7 th	14	15	16	17	18	19	20	
	8 th	21	22	23	24	25	26	27	
	9 th	28	29	30					
MAY 2013 五月					1	2	3	4	<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) • The Birthday of the Buddha 佛誕 (17/5)
	10 th	5	6	7	8	9	10	11	
	11 th	12	13	14	15	16	17	18	
	12 th	19	20	21	22	23	24	25	
	13 th	26	27	28	29	30	31		
JUN 2013 六月								1	<ul style="list-style-type: none"> • Regular Term Ride 常規季度課堂 (1-22/6) • Tuen Ng Festival 端午節 (12/6) • Passing Out Ceremony 畢業禮 (18-21/6)
	14 th	2	3	4	5	6	7	8	
	15 th	9	10	11	12	13	14	15	
	16 th	16	17	18	19	20	21	22	
		23	24	25	26	27	28	29	
		30							

10th September 2013 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

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 – 2013 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 2013 二月							1	2	<ul style="list-style-type: none"> • Lunar New Year Holiday 農曆新年假期(5-21/2) • Regular Term Ride 常規季度課堂(26-28/2)
		3	4	5	6	7	8	9	
		10	11	12	13	14	15	16	
		17	18	19	20	21	22	23	
	1 st	24	25	26	27	28			
MAR 2013 三月							1	2	<ul style="list-style-type: none"> • Regular Term Ride 常規季度課堂 (5-21/3) • Easter Holiday 復活節假期 (26-28/3)
	2 nd	3	4	5	6	7	8	9	
	3 rd	10	11	12	13	14	15	16	
	4 th	17	18	19	20	21	22	23	
		24	25	26	27	28	29	30	
		31							
APR 2013 四月			1	2	3	4	5	6	<ul style="list-style-type: none"> • Easter Holiday 復活節假期 (2-4/4) • Ching Ming Festival 清明節 (4/4) Regular Term Ride 常規季度課堂 (9-30/4)
	5 th	7	8	9	10	11	12	13	
	6 th	14	15	16	17	18	19	20	
	7 th	21	22	23	24	25	26	27	
	8 th	28	29	30					
MAY 2013 五月					1	2	3	4	<ul style="list-style-type: none"> • Labour Day 勞動節 (1/5) • Regular Term Ride 常規季度課堂(2-30/5) • The Birthday of the Buddha 佛誕 (17/5)
	9 th	5	6	7	8	9	10	11	
	10 th	12	13	14	15	16	17	18	
	11 th	19	20	21	22	23	24	25	
	12 th	26	27	28	29	30	31		
JUN 2013 六月								1	<ul style="list-style-type: none"> • Regular Term Ride 常規季度課堂(4-27/6) • Tuen Ng Festival 端午節 (12/6) • Passing Out Ceremony 畢業禮 (18-20/6)
	13 th	2	3	4	5	6	7	8	
	14 th	9	10	11	12	13	14	15	
	15 th	16	17	18	19	20	21	22	
	16 th	23	24	25	26	27	28	29	
		30							

10th September 2013 秋季課程開始

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

當天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

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 (中文Chi)	(英文Eng)
DOB 出生日期	ID Card No. 身份證號碼
Gender 性別 <input type="checkbox"/> Male 男 <input type="checkbox"/> Female 女	Occupation 職業
Address 地址	
Tel 電話	Mobile手提電話
Fax 傳真	Email 電郵

Location(s) Preference 工作地方意向: Please put tick (✓) in appropriate box(es) 請在適當方格內加(✓)

<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: Simon Mak	<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"/> Tue 星期二 (上午9:00am – 12:00pm) <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.