

Riding for the Disabled Association Ltd.

HONG KONG



馳 騁

香港傷健策騎協會有限公司

MAGAZINE

Hong Kong Riding for the Disabled Association Cup Luncheon 2013
香港傷健策騎協會盃暨午宴2013



馳 騁



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由左至右：香港賽馬會行政總裁應家柏先生、香港傷健策騎協會公關及籌募委員會主席李茂銘博士、香港傷健策騎協會會長施文信太平紳士、民政事務總署署長陳甘美華太平紳士、英國駐香港及澳門總領事吳若蘭女士、勝出馬主代表蘇先生、香港傷健策騎協會金贊助施羅孚夫人、香港賽馬會副主席葉錫安博士、香港傷健策騎協會主席楊國琦太平紳士、香港賽馬會賽馬事務執行總監利達賢先生。

From left to right: Mr. Winfried Engelbrecht-Bresges, Chief Executive Officer of The Hong Kong Jockey Club; Dr. Sonny Li, PR & Fundraising Subcommittee Chairman; Mr. T. Brian Stevenson, SBS, JP, President of RDA; Mrs. Pamela Tan, JP, Director of Home Affairs; Ms. Caroline Wilson, British Consul-General to Hong Kong & Macao; Mr. So, winning owner representative of Hong Kong Riding for the Disabled Association Cup; Mrs. Purviz R. Shroff, RDA's Gold Sponsor; Dr. Simon Ip, Deputy Chairman of The Hong Kong Jockey Club; Mr. KK Yeung, JP, Chairman of RDA; Mr. William A. Nader, Executive Director, Racing of The Hong Kong Jockey Club.

18th Issue - July 2013

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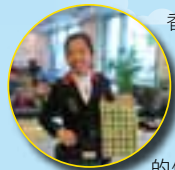
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香港傷健策騎協會二零一三年度新界區賣旗日

Riding for the Disabled Association Flag Day 2013



香港傷健策騎協會2012-2013年度新界區賣旗日已於二零一二年十二月廿九日完滿結束。感謝社會各界人士及團體鼎力協助、支持街上賣旗和金旗募捐的善長仁翁，是次活動的所有收益將用作改善及擴展給傷健人士的策騎課程上，讓更多本港的傷健人士受惠。

雖然是次活動臨近聖誕及新年假期，但仍招募超過三百位義工，他們分別來自中小學校、大專院校、社會服務機構及個別熱心人士。全賴每位義工於假期仍主動抽空參與，積極向途人募捐及介紹本會，使協會籌得慈款之餘亦同時讓廣大市民認識本會。在大家鼎力協助下，活動得以順利完成！冀盼日後能繼續合作，支持本會傷健人士復康策騎活動！

本會亦希望藉此機會，特別鳴謝領匯管理有限公司批准於其轄下場地張貼宣傳海報；香港鐵路有限公司及香港房屋委員會允許本會在指定範圍內售旗；免費提供場地作為旗袋收集站的民政事務總署、梁志成議員辦事處；及香港上海滙豐銀行有限公司，他們除了免費提供場地作為旗袋收集站外，亦協助點算所有旗袋善款。

衷心感謝下列機構及團體派出義工協助本會賣旗活動。(次序根據英文字母順序排列)：

The RDA Flag Day 2012 - 2013 was successfully held on the morning of 29th December 2012 (Saturday) in New Territories Region. We would like to express our deepest gratitude to all the supporters from the community and organizations, as well as the individuals who contributed to our Gold Flag and Street Flag Campaign. All proceeds will go directly to the improvement and expansion of riding lessons for the disabled.

Despite the event being scheduled in between the Christmas and New Year holiday, there were over three hundred people who volunteered to sell the street flags. These kind-hearted helpers included individuals, schools, institutions and community groups who were all willing to devote their spare time during the holiday to support, promote and raise funds for RDA. The campaign ran extremely smoothly, thanks to their generous support! We sincerely hope they will continue to support our services in the future.

We would also like to take this opportunity to offer a special acknowledgement to the following companies: Link Management Ltd for allowing us to display our posters within their estate, to the MTR Corporation Ltd, and Hong Kong Housing Authority who granted us permission to sell flags at their designated areas, to the Home Affairs Department, The Office of Mr. Leung Chi-Shing, District Councilor who provided us with free venues as our collection depots, and finally to HSBC who also provided venues as collection depots and offered assistance in the donation bag counting process.

Special thanks to the institutions and organizations listed below for recruiting volunteers for RDA (Names are listed in alphabetical order):

鄰舍輔導會大興宿舍

香港專業教育學院 (沙田)
Hong Kong Institute of Vocational Education (Sha Tin)

香港中文大學校友會聯會陳震夏中學
CUHK FAA Chan Chun Ha Secondary School

香港賽馬會
The Hong Kong Jockey Club

香港知專設計學院
Hong Kong Design Institute

香港耀能協會賽馬會田綺玲學校
SAHK Jockey Club Elaine Field School

香港專業教育學院 (柴灣)
Hong Kong Institute of Vocational Education (Chai Wan)

香港耀能協會高福耀紀念學校
SAHK Ko Fook Iu Memorial School

香港專業教育學院 (黃克競)
Hong Kong Institute of Vocational Education (Haking Wong)

職業訓練局
Vocational Training Council

香港專業教育學院 (觀塘)
Hong Kong Institute of Vocational Education (Kwun Tong)

職業訓練局 (灣仔)
Vocational Training Council (Wan Chai)

衷心感謝下列人士、機構及團體的慷慨捐助。(次序根據英文姓氏順序排列)：

Special thanks to the individuals, corporations and groups listed below for their generous donations to RDA (Names are listed in alphabetical order):

Ms. Au Suet Ming Clarea	Ms. Fung Yuk Yan	Mr. Norman Lyle
Mr. James Bertram	George Y.C. Mok & Co.	Mr. Ma Kim Wai
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Mr. Iain F Bruce	Mr. Robert Herries	Mr. Ng Tin Hoi Stephen
Ms. Chan Chiu Har	Hoi Cheong Trading Co	Mr. Kevin O'Shaughnessy
Ms. Chan Chiu Ling Ophelia	Mrs. Ho	Mr. Clement Poon
Mr. Chan Ho Lung	Ms. Ho Sze Yu	Mr. Rusy & Mrs. Purviz Shroff
Mr. Chan Yun Choi	Mr. Hsiah Ming Wai Anthony	Mrs. Karen Tandy
Ms. Chan Sui Wan	K K Yeung Management Consultants Ltd.	Ms. Ting Yuk Chee
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Ms. Flora Chiu	Mr. Lau Sak Hong	Mr. Albert Wong
Mr. Chiu Wai Piu	Mr. David Leung	Ms. Wong Oi Ling Irene
Ms. Quince Chong	Ms. Leung Shun Ching Shirley	World Wide Stationery Mfg. Co. Ltd.
Ms. Chow Choi Ping	Ms. Li Siu Fan	Ms. Yip Mun See
Mr. Dan Bing Kin Albert	Dr. Sonny Li	
Fongs Foundation	Ms. Liu Choi Fung	



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香港傷健策騎協會2013年週年慈善餐舞會 Riding for the Disabled Association Annual Charity Ball 2013

中國元宵節

由百利建國際有限公司及Hackett London冠名贊助的香港傷健策騎協會週年慈善餐舞會 – 中國元宵節，於二零一三年二月廿三日假香港灣仔君悅酒店圓滿舉行，約四百位城中名人、協會夥伴和支持者出席活動，全力支持本會一年一度的慈善盛事。當晚，由食物及衛生局局長高永文太平紳士任主禮嘉賓，其他嘉賓包括：百利建國際有限公司董事總經理及慈善餐舞會主席陳正欣先生、民政事務局副局長許曉輝太平紳士、前教育局局長孫明揚太平紳士、香港傷健策騎協會會長及香港賽馬會主席施文信太平紳士、香港賽馬會副主席葉錫安博士、香港傷健策騎協會主席楊國琦太平紳士、英國駐香港及澳門總領事吳若蘭女士、Roger Dubuis常務董事Tamie Tolendano女士等城中名人紛紛出席支持，共襄善舉。

食物及衛生局局長高永文太平紳士於晚宴上致辭時表示，協會在過去三十八年來，一直致力為香港傷健兒童及成人提供馬術治療策騎服務，幫助他們鍛鍊肌肉及肢體的控制，令他們重新建立自信心及成功感，活出生命的精彩。協會提供的服務正正與政府推行的復康活動相輔相成。除了推動香港馬術治療外，協會更致力發展馬術體育運動，以發掘和培訓傷健馬術體育運動員為目標，培訓有潛質的青少年騎手，參加本地、埠際、國際性和殘奧馬術賽事。

Chinese Valentine's Day

The Riding for the Disabled Association Annual Charity Ball 2013 entitled "Chinese Valentine's Day", jointly presented by Paragon International Limited and Hackett London, was successfully held on the 23rd February 2013 at The Grand Hyatt Hotel Hong Kong. This year, around 400 honorable guests, community partners and avid supporters of RDA gathered to support this major fundraising event. The guest of honor this year was the Secretary for Food and Health, Dr. Ko Wing Man, BBS, JP. Other guests included Paragon International Limited Managing Director & RDA Annual Charity Ball Committee Chairman Mr. Daniel Chan, RDA President & the HKJC Chairman Mr. T. Brian Stevenson, SBS, JP, the HKJC Deputy Chairman Dr Simon S. O. Ip, CBE, JP, the RDA Chairman Mr. KK Yeung, JP, British Consul General to Hong Kong and Macao, Ms. Caroline Wilson and Roger Dubuis Managing Director Ms. Tamie Toledano.

Before the banquet began, Dr. Ko Wing Man, BBS, JP extended a warm welcome to all the guests, briefly introducing the RDA's mission and services. During the past 38 years, RDA has been actively promoting rehabilitative riding to the disabled community with the aim of help building self-confidence, balance and co-ordination. The RDA shares the Government's goals and ideals and is dedicated to providing the best rehabilitative services possible to the disabled community. Besides promoting therapeutic riding, RDA is also committed to the development of equestrian sports with the aim of training high potential riders to compete in local, regional and international competitions.



當日晚宴上，嘉賓都盛裝打扮以切合大會今年主題「中國元宵節」，衣香鬢影。音樂方面亦請來樂隊Tony Carpio演繹及伴奏多首與情人節有關的歌曲，令場內洋溢在一片甜蜜的氣氛當中。另外，當晚焦點環節有慈善拍賣及由名人周一嶽醫生、周永健先生、葉錫安博士及吳嵩先生慈善演唱多首金曲，令觀眾聽出耳油。其中慈善拍賣競投激烈，總共籌得善款六十二萬四千元正。拍賣珍品分別有Roger Dubuis La Monégasque系列腕錶，由百利建國際有限公司捐出，由佳能香港有限公司高級副總裁鄧慶治先生以十三萬零八千元投得；1996年Ch. Lafite 及1996年Ch. Margaux，由陳正欣先生及楊國琦大平紳士捐出，由昌泰國際集團有限公司主席及行政總裁鄧慕蓮女士以十萬零八千元投得；Cartier 女裝腕錶，由百利建國際有限公司捐出，由花旗銀行投資銀行中國部董事朱芷欣小姐以十萬元投得；冠玲瓏18K鑽石頸鍊，由古珀行珠寶集團捐出，由施羅孚夫人以十萬元投得；另一名牌腕錶，由百利建國際有限公司捐出，由莎莎國際控股有限公司主席及行政總裁郭少明太平紳士以十萬零八千元投得；最後「徐悲鴻飛馬圖」全球限量二百套複印品，由胡家驊先生捐出，由香港賽馬會董事周永健先生以七萬元投得。

Many of the honourable guests attending the ball wore traditional Chinese attire, which complemented this year's theme "Chinese Valentine's Day". The music was provided by Tony Carpio, whose sweet love songs created warm and relaxing atmosphere. One of the highlights of the night was the charity singing with performances by Celebrity singers Dr. York Chow GBS, SBS, MBE, JP, Dr. Simon S. O. Ip, CBE, JP, Mr. Anthony W K Chow SBS, JP, and Mr. Apollo Ng. The live auction was enthusiastically received by all. A total of \$624,000 was raised. The first item to be auctioned was a Roger Dubuis La Monégasque watch, which was donated by Paragon International Limited. This was won by Senior Vice President of Canon Hong Kong Co. Ltd. Mr. Mingo Tang with a bid of \$138,000. The second item to be auctioned was a set of 1996 Ch. Lafite & 1996 Ch. Margaux wine, donated by Mr. Daniel Chan and Mr. KK Yeung JP, was won by Chairman & CEO of Cheong Tai International Holdings Ltd. Ms. Irene Tang with a bid of \$108,000. The third item, a Cartier watch donated by Paragon International Limited, was won by Ms. Amanda Chau, the director of the China Investment Banking of CITI Bank with a bid of \$100,000. The fourth item, a Coronet Solitaire 18K necklace donated by Aaron Shum Jewelry Ltd, was won by Mrs. Purviz R. Shroff with a bid of \$100,000. The second last item, a watch from a well-known brand donated by Paragon International Limited, was won by the Chairman & CEO of Sa Sa International Holdings Ltd. Dr. Simon Kwok, BBS, JP, with a bid of \$108,000. The final item, a limited edition printing of master Xubeihong's of which there are only 200 copies was donated by Mr. Jackson Woo, and won by Mr. Anthony W K Chow SBS, JP, a member of the HKJC board of Stewards with a bid of \$70,000.





在此，本會衷心感謝週年餐舞會委員會，包括餐舞會主席陳正欣先生及副主席林李婉冰女士、李茂銘博士、史立德博士及胡家驊先生，委員楊珮姿小姐、珊翠絲小姐、何志強先生及王振宇醫生。感謝他們多個月來的付出和努力，讓活動得以順利舉行。

本會亦感謝各方人員不辭勞苦的貢獻，更於百忙中抽空支持，沒有你們，是晚便不能像一如以往地成功！

We would like to take this opportunity to express our gratitude to the Annual Ball Charity Ball Committee, which included our Ball Chairman, Mr. Daniel Chan, our Ball Vice-Chairpersons Mrs. Nina Lam, Dr. Sonny Li, Dr. Allen Shi and Mr. Jackson Woo, and our members Ms. Patricia Yeung, Ms. Reayon Sanchez, Mr. Alan Ho and Dr. Benjamin Wong for all their hard work and dedication during the past months.

We would also like to say a big thank you to all the volunteers and anyone who took time out from their busy schedules to help, your hard work and support played a big part in making the Ball possible and contributed greatly to the success of the evening.

最後，感謝所有贊助，包括：

鑽石級贊助人：

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施羅孚夫人

白金級贊助人：

史立德博士
Hongkong Land Limited
胡家驊先生
Stone Pole Limited

Last, thank you to all the sponsors, including:

Diamond Sponsor:

Mr. Rusy M. Shroff BBS, MBE &
Mrs. Purviz R. Shroff

Platinum Sponsors

Dr. Allen Shi
Hongkong Land Limited
Mr. Wilson Woo
Stone Pole Limited

當晚總共籌得港幣三百八十八萬元，作為協會未來發展的經費，再一次多謝各位善長仁翁的出席及捐助。慈善餐舞會在歡樂甜蜜的氣氛中圓滿結束。

This year, the total amount raised was an impressive \$3.88 million which will go into sustaining our core service. Thank you once again for all your generous support to RDA.





遊戲障礙賽 GYMKHANA

香港傷健策騎協會週年遊戲障礙賽於二零一三年三月九日，在本會薄扶林中心舉行。當日，共有十九位騎生參與，比賽以隊制形式進行，根據騎生年齡及能力分成不同的組別隊伍。同一組別的兩隊各佔沙圈一方，騎生需於起點把物件運送到沙圈另一面的終點線，沿途需繞過雪糕筒，再返回起點方算完成。騎生和馬匹都十分喜歡這個緊張刺激的遊戲！

這邊沙圈正進行遊戲比賽，而另一邊正排隊等待上馬的騎生們亦進行其他活動，除馬術運動外，騎生們還充分表現他們美術方面的才能，無論是畫畫、填色還是玩拼圖，都創意十足！最出色的亦會張貼出來給大家欣賞。

縱使參加者人數眾多，但義工們亦能非常有效率地安排比賽。歡樂的時光總是過得特別快，而活動亦十分受歡迎，所以我們計劃將於秋季再和大家見面！

RD A PFL held its annual Gymkhana on Saturday 9 March. An amazing total of 19 riders participated, and were placed in several different teams according to their age and ability. Games were set up in the big paddock. Two teams for each category were placed at one end of the paddock, the riders had to pick up an object at the start line, weave through cones to the other side of the paddock, drop the object and come straight back to the start line in a fast walk. It was all quite exciting and some of the ponies definitely took to the challenge!

Other unmounted activities were going on in the meantime in the waiting area, such as drawing, colouring in and puzzles. The riders had great fun showing off their artistic skills and the best ones were displayed on the board.

Time went very fast and our volunteers handled the activities very proficiently even with the large number of participants!

Due to its popularity we are planning to hold another Gymkhana in the Autumn term. We are looking forward to seeing you all then!



MINI DRESSAGE

小型盛裝舞步比賽



香港傷健策騎協會首次舉辦的小型盛裝舞步比賽於2013年5月20日順利舉行。

當日天氣晴朗，陽光普照。30位來自簿扶林及屯門分校的騎手穿上比賽裝束，打扮得精神奕奕。

我們有幸邀請到 Danny Tong 擔任是次比賽評判，並於賽後向騎手們分享寶貴的意見。

The First Mini Dressage Competition was successfully held on 20th May 2013 by The Hong Kong Riding for the Disabled Association (RDA).

The weather was lovely with a clear blue sky and a bright shiny sun. Thirty riders came from Pokfulam and Tuen Mun centres looking extremely smart in their equestrian gear.

We were very honored to have Danny Tong as our judge. Danny kindly shared some of his own precious experience with the riders after the competition.





大部份選手及義工也是第一次參與或協助此類大型比賽，起初大家都表現得有點緊張，但參賽騎手得到教練及義工的幫助後慢慢融入比賽節奏，並發揮出水準。

我在此非常感激當日出席的所有義工及教練，令此活動可以順利完成。

It was the first time that most of the riders and helpers had participated in such a big event. Though everyone was quite nervous at the beginning, it was nice to see the riders gradually adapt to the pace of the game. Everyone performed well especially with the help of the coaches and the helpers.

I would like to say a very big thank you to all the helpers and coaches who made the event so wonderful.

Jojo

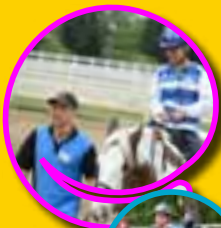
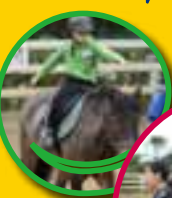
Jojo





企業社區工作坊 – 馬會會員義工隊

Corporate Community Work Program – Members' CARE@hkjc Volunteer Team



香港傷健策騎協會成立「企業社區工作坊」，希望透過這個工作坊，提供一個很好的橋樑給大家互動溝通，加強企業與傷健人士之間的聯繫，以提升社會對傷健人士的關注，帶出特殊人士的不同需要，同時令到社會上的企業更認識本會服務及活動。

協會邀請香港賽馬會會員義工隊聯同匡智屯門晨輝學校，分別於三個星期六：二零一三年四月十三日、五月十一日及五月廿五日，蒞臨協會在屯門公眾騎術學校的中心舉行工作坊，一同享受策騎樂趣。每節工作坊都會邀請大約十名企業義工，十名騎生和六名協會的義工，連同工作人員大約四十人出席。

於工作坊，馬會會員義工隊及匡智屯門晨輝學校學生首先一同參觀馬房，並了解有關馬房的日常運作。接著便來到學生最期待的環節 – 復康策騎課程，騎生們都表現得十分興奮。協會亦安排午膳聚餐，希望大家可透過午膳時間多點互動及了解，有些騎生非常雀躍地與馬會的義工分享他們剛剛騎馬時的趣事。享用過午餐後，大家還一起到外面的草地與兩隻雪特蘭迷你小馬接觸，又與牠們拍照留念。工作坊約於下午二時結束，每人都帶著不捨的心情準備離開，馬會會員義工隊對於本會舉辦此項活動覺得很有意義，所以非常期待秋季再次參加！

In a bid to enhance the relations between the disabled community and business corporations, as well as raising awareness about the many special needs children within our society, RDA facilitated the "Corporate Community Work Program". We invited the Members' CARE@hkjc Volunteer Team and Hong Chi Morning Hope School Tuen Mun to join this fun filled program with us on Saturday 13th April, and the 11th and 25th May at Tuen Mun Public Riding School.

Each session was well attended by over 40 people, which included 10 disabled children, 10 volunteers from Members' CARE@hkjc Volunteer Team, 6 RDA volunteers and staff. During the program, children and volunteers took a tour of the stable where they visited the horses and learnt about how they are taken care of. After the stable visit came the most exciting part for the children - a ride on one of RDA's adorable ponies! All our young visitors were so happy during the ride and seemed to really enjoy themselves. A lunch was also arranged, which gave everyone a chance to interact with one another. During the lunch the children could not wait to share their riding experiences with HKJC volunteers. Near the end of the program everyone was also invited to pat and feed two Shetland mini ponies and then have photographs taken with them.

The program ended at around 2 pm, and everyone had, had a fantastic time despite the rainy spring weather. We hoped that through this program the volunteers of HKJC would have a more thorough understanding of RDA's services. It was also a perfect opportunity for them to interact with disabled children. The volunteers from Members' CARE@hkjc Volunteer Team appeared to be extremely interested in this program and could not express enough how much they are looking forward to joining us again in the autumn!



屯門公眾騎術學校開放日

Tuen Mun Public Riding School Open Day



今年的母親節，有些人選擇了一個與眾不同的方法來慶祝：參觀屯門公眾騎術學校開放日！今年的開放日在潮濕的星期天舉行，但也無阻大家的心情，仍然吸引數千公眾人士入場參觀。

開放日節目包羅萬有，其中「香港傷健策騎協會騎術巡禮」甚為矚目，協會騎生們向公眾人士展現策騎英姿，氣勢十足。香港傷健策騎協會會長施文信太平紳士、主席楊國琦太平紳士、公關及籌募委員會主席李茂銘博士、復康委員會主席楊存洲先生及公關及籌募委員會委員楊珮姿小姐亦應邀出席觀賞巡禮，為騎生打氣。巡禮結束後，協會會長施文信太平紳士頒發紀念狀予騎生，表揚他們出色的表現及努力。

What makes an unforgettable Mothers' Day? A visit to the Open Day at Tuen Mun Public Riding School is certainly a way to celebrate this meaningful day! This year, the Open Day was again held on a hot and humid Sunday, but this unfavorable weather did not diminish the joy and fun attracting over 3000 visitors throughout the day.

The RDA Parade was definitely the highlight of the day and was proudly presented to the public to demonstrate the excellent riding skills of our rehab riders. The parade was attended by RDA President Mr. T. Brian Stevenson, SBS, JP, RDA Chairman Mr. KK Yeung, JP, PR & Fundraising Subcommittee Chairman Dr. Sonny Li, Rehab Subcommittee Chairman Mr. Thomas Yeung and PR & Fundraising Subcommittee Member Ms. Patricia Yeung. At the end of the parade the RDA President and the HKJC Chairman Mr. T. Brian Stevenson, SBS, JP, presented rosettes and certificates to our riders complimenting them on their efforts.



除了觀賞騎術巡禮外，參觀者亦可在「慈善迷你小馬拍照區」親親兩隻可愛的雪特蘭迷你小馬，與牠們拍照留念。今年，大會更得到楊存洲先生贊助增設「慈善雪糕義賣」攤位，正正為大家在濕悶的天氣下消消暑。協會今年最終共籌得港幣\$16,188.70。

協會希望藉此機會衷心感謝香港賽馬會屯門公眾騎術學校邀請我們參與活動，亦感謝義工們騰出母親節寶貴的時間來幫忙，有你們的參與，開放日十分成功！

Besides getting to know our riders and horses during the parade, people were also given a chance to meet with two Shetland mini ponies at our 'Charity photo taking booth'. This year we also had an ice-cream stall, which was sponsored by RDA Rehab Subcommittee Chairman Mr. Thomas Yeung. It was an excellent idea on such a hot Sunday and extremely popular. We managed to raise a total of \$16,188.70- on the photo taking booth and all charity sales stalls.

We would like to take this opportunity to express our most sincere gratitude to Tuen Mun Public Riding School for inviting us to take part, and a big thank you to all RDA volunteers who gave up their precious time on a Sunday (especially on the Mothers' Day) to help out at the Tuen Mun Public Riding School Open Day!



Hong Kong Riding for the Disabled Association Cup 2013

香港傷健策騎協會盃2013



香港傷健策騎協會盃暨午宴

Hong Kong Riding for the Disabled Association Cup Luncheon 2013



第四屆香港傷健策騎協會盃暨午宴於2013年6月8日，假香港賽馬會沙田馬場圓滿舉行。超過二百位城中名人、協會夥伴和支持者出席活動，全力支持香港一年一度的馬場慈善盛事，共襄善舉。

是次午宴的焦點為「香港傷健策騎協會盃」，賽事安排於第八場舉行，當中陣容鼎盛，共有十四匹良駒角逐一千四百米草地「B+2」賽事，最後由馬匹「超級精神」贏得冠軍，蘇先生代表勝出馬主「朱年耀」從民政事務總署署長陳甘美華太平紳士手中接過「香港傷健策騎協會盃」獎盃。英國駐香港及澳門總領事吳若蘭女士(Caroline Wilson)、香港傷健策騎協會金贊助施羅孚夫人，及香港傷健策騎協會主席楊國琦太平紳士亦隨即頒發小型獎盃予勝出馬匹的馬主、練馬師及騎師。

The fourth Hong Kong Riding for the Disabled Association Cup Luncheon 2013 was held on 8th June 2013 at The Hong Kong Jockey Club Shatin Racecourse. Over 250 guests, community partners and avid supporters of the Riding for the Disabled Association (RDA) gathered at the racecourse to attend this annual fundraising event.

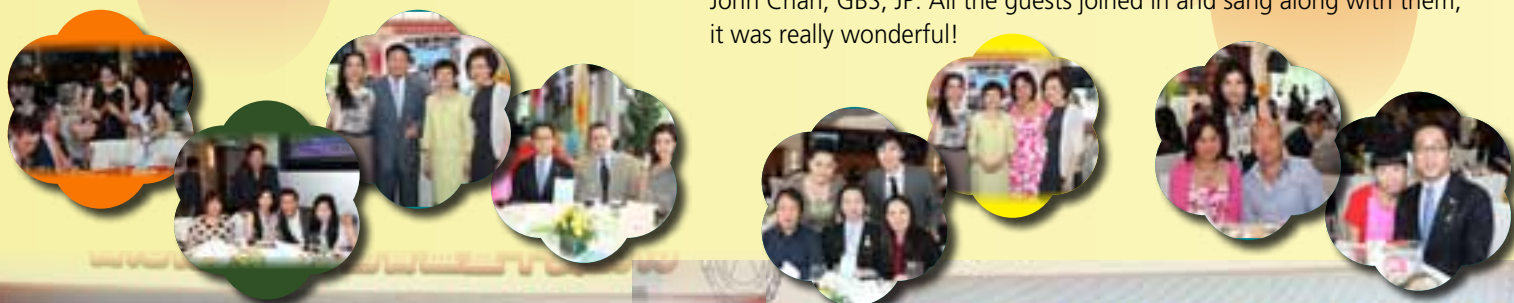
The highlight of the day was most definitely the 'Hong Kong Riding for the Disabled Cup', which was arranged for Race 8, during which time 14 race horses aimed for gold, galloping over 1,400 metres on the Turf of 'B+2' Course. The racehorse 'Supreme Genki' triumphed at the finish line. Mr. So, the representative of the winning owner Mr. Chu Nin Yiu, was presented with the prize of an inaugural trophy from the 'Hong Kong Riding for the Disabled Association Cup' by Mrs. Pamela Tan, JP, Director of Home Affairs. Trophy miniatures were also given to the winning Owner, Trainer and Jockey by Ms. Caroline Wilson, British Consul-General to Hong Kong and Macao, Mrs. Purviz Shroff, RDA's Gold Sponsor and Mr. K K Yeung, JP, Chairman of RDA respectively.





當日每場賽事都十分精彩，嘉賓除了聚精會神欣賞每一場緊張刺激的賽事外，亦非常投入欣賞大會特別安排的兩項表演節目；在兩位騎生表演前，他們的媽媽亦在台上分享了孩子的成長點滴，及講述加入協會後的轉變，令在場人士十分感動，非常切合「感恩日」這個主題。至於當日第一項表演，是香港傷健策騎協會復康組騎生潘力衡為大家拉奏大提琴，表演的是他在大提琴八級考試的曲目「巴赫大提琴第一號組曲」。力衡表現十分出色，在二百多位賓客面前不但沒有顯露半點緊張，反而十分興奮雀躍！另外，協會傷健馬術隊運動員謝佩婷更與協會前會長陳祖澤太平紳士一同合唱歌曲「Sha La La La」，場內每位都一起拍和，牽起全日高潮！

The guests watched the ten exciting races and enjoyed the Talent Show that had been prepared by RDA. The show included special performances by RDA riders, but before they took to the stage two mothers of RDA riders each shared their life changing experiences with RDA, which touched the hearts of everyone there. Their stories really echoed the day's theme – thanksgiving! The first performance then began with RDA rehab rider Mr. Lincoln Poon who played Suite No.1 Prelude by JS Bach on his cello. Lincoln had studied this musical piece for his Grade 8 cello exam. Instead of being nervous performing in front of over 250 guests, Lincoln was rather excited at the prospect of showing off his talent and played beautifully. The second performance was really one of the highlights of the day, when RDA Equestrian Athlete Miss. Natasha Tse sang a duet with RDA former President Dr. John Chan, GBS, JP. All the guests joined in and sang along with them, it was really wonderful!





香港傷健策騎協會盃暨午宴來到第四屆，亦是協會全年三項大型籌款活動之一，全賴善心人士、贊助人及香港賽馬會的鼎力支持，令這一年一度的慈善盛事得以延續，繼續誠邀大家每年聚首一堂，為慈善出一分力，繼續帶給傷健人士希望，使他們重拾笑容。

This was the fourth year of the RDA Cup and also one of the biggest fundraising events in RDA's portfolio. A very successful afternoon for the 'Hong Kong Riding for the Disabled Association', because of the generous support from the sponsors, donors and also The Hong Kong Jockey Club. The outcome of this event is that RDA will be able to continue to improve its service and bring a smile to the faces of the many less fortunate within our disabled community.



香港傷健策騎協會盃暨午宴2013



Sharing Corner

協會傷健馬術隊運動員陳柏然在英國的生活點滴 RDA Sport Rider – Life of Mr. Bryan Chan in the U.K.



對我而言，學業無疑是生命中最重要的一環。因此，於2012年的秋天，我決定到外國升學。這雖然意味著我的生活將會出現很大變化，但是我並沒有因而放棄騎馬，因為這是最愛的運動。全賴香港傷健策騎協會的協助和支持，我能夠在英國繼續接受騎馬訓練。

在英國讀書的進展不錯，第一個學期我考取了不俗的成績，不用父母為我操心。課餘的時候，我也非常活躍，平日會做很多運動，例如在星期天，如果我和朋友們都溫完習和做完功課，我們會一起去跑步或打攪球。學校的生活令人愉快，老師們都非常友善和熱心助人。

騎馬是我生活中的一部份，因此每星期有兩天我也會到學校練習騎馬。在Lucton School習騎對我而言非常有用，因為那裡有林林總總的馬匹和小馬可以策騎。通常我也會策騎一隻名叫Domino的花斑馬，這是一匹在我整個騎馬生涯中也難以忘懷的馬匹，因為牠曾幫助我克服對慢跑(Cantering)的恐懼，更是我第一次嘗試跳躍(Jumping)的馬匹。在短短的半年裏，我們一起經歷過很多，慢慢建立起我們間的感情和信任。因此，我十分期待和Domino第一次一起參加比賽的那一天來臨。

我非常感激協會和贊助人給予我難得的機會在英國習騎，他們對我的支持使我在騎馬方面有很大進步，更擴闊了我的眼界，對傷殘馬術有更深的認識和見解。

As education is one of our most important aspects in our life, in 2012 autumn, I decided to start studying abroad, but I didn't give up one of my favorite sport-horse riding, with the support of HKRDA, I continued my training in the UK.

I picked up my education quite well with some quite good grades in the first term; my parents didn't have to worry about me. Also, I do more exercises here, since there is nothing else to do. For example on Sunday, if we finished all our revision and homework, we would go for a run or play soccer and rugby on the field. School life was enjoyable; all teachers were friendly and helpful.

Riding is a part of my life, so I spend twice a week riding at school. Riding in Lucton School is constructive, since there are a huge variety of horses and pony to ride. I normally ride a piebald horse called "Domino". I could say this is one of the horses that I couldn't forget in my entire riding life. I said that it is because he is the horse which helps me to encounter my fear of cantering, and he was the first horse that I have jumped on. In this half year, I think we achieved a lot, we build on our relationship and trust between us. I'm always looking forward to the first competition that Domino and I compete together.

To sum up, I am very grateful that I am given this opportunity to ride in the UK by the RDA and all the sponsors, and this helps to improve my riding skills and broadening my horizon to the world of para dressage.



對傷健策騎協會的認識已有十多年，而Kurtis在協會學習馬術，亦有九年光景。

回想Kurtis兩歲時，當知道兒子患有自閉症，智力亦有差異時，心情跌入谷底，於是全職照顧兒子，利用僅有的餘暇當義工。在偶然機會下加入傷健策騎協會當義工，進而認識到弱兒策騎在體能、心智上的改變。

當義工數年後，兒子亦加入訓練，不經不覺Kurtis現在已經十九歲。從外表看來，Kurtis和時下青少年一樣，是個充滿陽光、開朗、健康的伙子。誰也想不到他小時候，滿歲半也不會走路，甚至從未爬行。雖然當時已知道他患有自閉症，但想不到精神上和智力上的障礙亦影響他的體能協調。

直至我當上了傷健策騎協會的義工，認識到策騎、運動對他的好處，所以讓兒子參加騎術訓練。

雖然當了多年義工，多少對協助策騎有認識，亦知道這種運動是絕對安全。但面對兒子也有患得患失的心情，他的體能可以應付嗎？危險嗎？在高馬背上，他有沒有恐懼呢？因為他一向不喜歡與人接觸，更遑論提動物了。慶幸的是，他並沒有抗拒，亦慢慢適應下來。

騎馬幾年下來，看到他對馬術的興趣，騎術的進展，甚至和馬匹相處的點滴，是多年學習馬術的進展。現在他對馬匹、甚至動物由抗拒到喜歡，家中的狗兒更是他的良伴，我實在感到安慰。

Kurtis因為初時體格弱，平衡差，經多年物理治療及職業治療外，我亦讓他參加多種運動訓練，如游泳、馬術、跆拳道、體操、滑水、球類運動。直至他日漸成長，馬術還是他最深愛的一項運動訓練，他甚至願意放棄其他活動，遷就有關馬術訓練和活動。

每次馬術課後，他會立刻主動與我討論課堂上的每個細節，例如怎樣從學習中克服困難。所以，在這項運動，我看到的Kurtis不同的改變，除了在體能上的進展，還看到在溝通、思考上的改變。

從上個月開始，他亦加入義工行列，每星期有兩節協助策騎當義工。他能將他所學的，回饋協會，亦對自己的能力有所提升，他以這個新的身分感到無限光榮。

Kurtis訓練多年，從不願缺席任何特別活動，如協會舉辦的gymkana(遊戲挑戰)，dressage(盛裝舞步)等活動，

他唯一的遺憾是，參與比賽的機會很少，現階段殘奧馬

術項目只能讓肢體弱能人士參與，希望有朝

一日，智障馬術運動亦能如田徑、游泳、乒乓球等看

齊，能重返殘奧項目。這無論對Kurtis，

或其他學習馬術的運動員，亦能多一個參加比賽的機會，亦可以令

他們在訓練之餘，加多一些承諾和挑戰。

I have known the Hong Kong Riding for the Disabled Association (RDA) for over 10 years whilst my son Kurtis has been learning to ride. He has already been with the RDA for 9 years.

I felt very sad when my lovely son, Kurtis, who was only a two-year-old little boy, was diagnosed with autism and a lower IQ than some other children. I devoted all my time to taking care of him and sometimes involved myself in voluntary work. I joined RDA as a volunteer and learned how riding helps disabled children both physically and mentally.

After volunteering for several years my son also joined RDA, as one of their beneficiaries and began to learn to ride! Time has flown by so quickly and now Kurtis is 19 years old. He looks as energetic, optimistic and healthy as any youngster nowadays. It is difficult to believe that he could not walk and had never crawled by the time he had reached one and a half years of age. Even though I knew that he had autism, I never ever thought that his mental and intellectual disability could affect his physical coordination such a lot.

Things began to change when I became a volunteer with RDA, as I discovered the benefits of horse riding for my son. I was so inspired by what I had seen that I decided to apply to RDA for riding lessons for Kurtis. I was still concerned about my boy safety even though I had been an RDA volunteer for many years many thoughts went through my head. Could he manage it? Was it dangerous? Would he be scared when he sat on a horse? Of course in reality there was nothing to fear! Before he began riding he didn't like to interact with people and animals. Fortunately, he didn't refuse the opportunity to ride with RDA and he got used to this new experience gradually.

After many years of riding it is clear that my son has gained a lot from equestrianism including improving his riding skills, fun activities and many fond memories of the horses, and these are just some examples. Now, he loves horses and also other animals. I feel so blessed to see that our puppy at home is his best buddy now.

Before Kurtis began to ride, he was so weak physically and did not have good balance, but now this has changed. Other than having professional physiotherapy, I not only let him learn horse riding but other sports as well including swimming, taekwondo, gymnastics, wind-surfing and ball games. Among all of these equestrianism is what he loves most and he would even be willing to give up the other sports to be involved in all equestrian-related activities and training.

Kurtis is always eager to share his feelings with me after every riding lesson and tell me how he overcomes the difficulties he encounters when riding. Since he began to ride, I have witnessed many positive changes in Kurtis not only in his physical strength, but also in his communication skills and thinking.

In October 2012, he became an RDA volunteer assisting in two riding sessions every week. During his time with RDA he has learnt a great deal and feels he has a lot to contribute. He is so proud of his new role in the association and the opportunity to continue to broaden his horizons

Kurtis is never absent from RDA special events, including Gymkhana and Dressage Competitions held by the association. The only regret for him is not having more opportunities to participate in competitions.

I hope one day, Kurtis will be able to participate in high level equestrian competitions for both the physically and mentally handicapped. This would certainly be welcome news for Kurtis and other equestrian athletes without a doubt. They would have more opportunities to take part in competitions, which would open them to new challenges and give them a sense of commitment during training.



Welcome

歡迎會計助理 - 劉毅敏小姐

Welcome to Accounting Administrator - Ms. Clover Law

我於2013年1月加入香港傷健策騎協會，主要的職責是負責會計及行政工作。香港傷健策騎協會是一所非牟利機構，主要目標是利用策騎方式幫助傷健人士去發揮他們的潛能及建立自信。每次當我看到策騎中的學員，以及與義工們交流的時候，令我了解到策騎復康的真正意義。對我來說這是一份非常有意義的工作，希望在以後的日子能夠為協會盡一分力，幫助更多有需要的人士。

I joined RDA in January 2013 and mainly responsible for accounting and administration support to Tuen Mun office. RDA is a non-profit-making organization which aims to teach disabled persons to ride a horse to the best of their ability and build self-confidence. I am so impressed when I watch the riding lessons, and learn more about riding rehabilitation when communicating with the volunteers. This is a meaningful work and I will make the greatest effort to work in the association so that we can help more people in the future.



歡迎屯門及羅湖分處辦公室行政 - 余英澤先生

Welcome to Tuen Mun & Lo Wu Branch Office Administrator - Mr. Danny Yee

很高興在二零一三年五月份可以加入香港傷健策騎協會裡工作，這裡的同事、教練及義工們都很有愛心和友善。復康策騎對有特別需要的傷健騎生帶來樂趣，透過教練及義工悉心照顧，騎生可以在課堂上表現自己，鍛鍊體魄，令生活變得更充實。而我在協會的其中一項工作，是要將這項有意義的運動傳揚開去，幫助到更多有需要的騎生！

It is pleasant for me to join the Riding for the Disabled Association (RDA) in May 2013. The colleagues, instructors and helpers are all friendly and warm hearted. Disabled person gain joyful experiences through rehabilitation riding. The lessons help the riders to show off themselves, improve their muscle coordination as well as make their life more meaningful. I am now working for the RDA, one of the tasks is to promote this meaningful service to the disabled community and I sincerely hope that our services can serve more and more people in the future.



COMING EVENTS 活動預告

Events 活動	Date 日期
Stakeholders Visit Program (weekly) 探訪用家工作坊 (每週)	Commenced in June 2013 onwards 二零一三年六月開始
Summer Training Course 暑期訓練課程	2nd to 12th July 2013 二零一三年七月二日至十二日
New Helpers Training in Tuen Mun & Lo Wu Centres 屯門及羅湖中心新義工訓練	20th to 23rd August 2013 二零一三年八月二十日至廿三日
Corporate Community Work Program 企業社區工作坊	September 2013 - April 2014 二零一三年九月至二零一四年四月
New Helpers Training in Pokfulam Centre 薄扶林中心新義工訓練	3rd to 6th September 2013 二零一三年九月三至六日
Pokfulam, Tuen Mun and Lo Wu Autumn term ride start 薄扶林、屯門及羅湖秋季課堂開始	10th September 2013 二零一三年九月十日
RDA Annual General Meeting 2013 香港傷健策騎協會二零一三年度週年大會	3rd December 2013 二零一三年十二月三日
Christmas Gymkhana 聖誕遊戲障礙賽	14th December 2013 二零一三年十二月十四日
Parents Annual Assembly 家長週年大會	Proposed January 2014 暫定於二零一四年一月
5th Asia Pacific Conference 第五屆亞太會議	Proposed January 2014 暫定於二零一四年一月
CPEDI2* Hong Kong 2013 國際馬術聯合會香港馬術2*比賽	Proposed January 2014 暫定於二零一四年一月
Special Schools/NGO Principals Annual Assembly 特殊學校/非政府組織校長週年大會	Proposed July 2014 暫定於二零一四年七月



Farewell to Chairman of International Liaison Subcommittee - Dr. Benjamin Wong

歡送國際統籌委員會主席 - 王振宇醫生



香港傷健策騎協會二零一三週年慈善餐舞會完滿舉行，全賴慈善餐舞會統籌委員會各委員精心籌備及策劃，令此活動得以順利完成。本會主席楊國琦太平紳士，聯同公關及籌募委員會主席李茂銘博士及兩位副主席史立德博士太平紳士及胡家驊先生，於灣仔福臨門酒家宴請各籌委會委員，以感謝他們於過去數個月來的努力。是次晚宴亦為送別王振宇醫生，王醫生是籌委會會員之一，亦身兼香港傷健策騎協會國際統籌委員會主席，現已辭任。

席間，楊主席表揚籌委會勞苦功高，在百利建國際有限公司董事總經理及慈善餐舞會主席陳正欣先生及副主席林李婉冰女士統籌下，餐舞會方非常成功，籌得超過三百萬港元。百利建國際有限公司亦是慈善餐舞會其中一位冠名贊助。其後，楊主席亦表揚王振宇醫生在國際議題項目上的功勞。最後，楊主席亦代表本會，向慈善演唱的吳嵩先生及所有慈善拍賣的買家：周永健先生、鄧慶治先生、鄧慕蓮女士、施羅孚夫人、郭少明博士及Jacky Chow先生致謝，感謝各慈善家樂善好施，慷慨解囊。

香港傷健策騎協會衷心感謝各善長的支持，亦感謝出心出力推動活動的朋友，沒有你們，協會的慈善活動便不能如此成功。

RDA Annual Charity Ball 2013 was again, a spectacular success for the RDA profile. Such an event would not have been as tremendous without the wonderful job of the 2013 RDA Annual Charity Ball Organizing Committee. In appreciation of the avid effort that the Organizing Committee had made a Thank You Dinner was hosted by Mr. KK Yeung JP, RDA Chairman, Dr. Sonny Li, Chairman of PR & Fundraising Subcommittee, Dr. Allen Shi and Mr. Jackson Woo, the Vice Chairmen of PR & Fundraising Subcommittee. It was held at the Fook Lam Moon Restaurant in Wan Chai to express their most sincere gratitude. It was also held as a farewell to the Chairman of International Liaison Subcommittee Dr. Benjamin Wong, who was also a member of the Organising Committee.

During the dinner, a welcome introduction was given by RDA Chairman Mr. KK Yeung, to praise the excellent work done by the Organising Committee, which was chaired by Mr. Daniel Chan, Managing Director of Paragon International Ltd and Mrs. Nina Lam, the Vice-Chairlady. Paragon International Ltd was also one of the two title sponsors of the Charity Ball. An impressive three million Hong Kong dollars was raised at the event. Mr. Yeung then extended his gratitude to Dr. Benjamin Wong for his work and leadership over the past few years, particularly his work concerning international matters. Finally, Mr. Apollo Ng, the Charity Singers during the event and all six successful bidders from the night's charity auction, Mr. Anthony Chow, Mr. Mingo Tang, Ms. Irene Tang, Mrs. Purviz R. Shroff, Dr. Simon Kwok and Mr. Jacky Chau (father of auction bidder Ms. Amanda Chau) were also honored for their generous support and bids on charity auction items.

RDA is extremely grateful to all its supporters, without whom our charity events would not be possible. We would like to express our heartfelt thanks and our sincere appreciation to all who have contributed to RDA.



Farewell to General Manager - Mr Gerald Kuh

歡送總經理 - 葛祖南先生

葛祖南先生於二零一零年四月開始加入香港傷健策騎協會，出任總經理一職，並於二零一三年一月請辭，二月中正式離職。謹代表協會衷心感謝葛先生服務於本會，並祝願他將來一切順利。

Mr. Gerald Kuh who began working as the General Manager for The Riding for the Disabled Association (RDA) in April 2010. He tendered his resignation in January of this year and ceased his employment with RDA mid of February. We would like to thank Mr. Kuh for his service to RDA and wish him all the best for the future.



歡送三級指導員 - Sonja Kronhart女士 Farewell to Grade 3 Instructor - Mrs. Sonja Kronhart

每年到了夏天，當我們正興高采烈地計劃假期時，卻收到一位好朋友及好拍檔'Sonja Kronhart女士' 將要離居香港的消息。其實對於很多居港外國人來說，告別是很常見的事，雖然如此但亦令人傷感的。現在心情十分複雜，一方面依依不捨，但另一方面亦衷心祝福她和家人在新生活裡一切安好。

午餐歡送會於六月三日在深灣遊艇會為Sonja舉行。原居德國的Sonja在二零零零年十月與丈夫Craig移居香港，一個月後便加入協會，一星期數次來協助課堂。Sonja生了兩個女女後 (Carey 和 Audrey, 分別十歲及七歲)，全力投入協會工作，並於二零零九年考獲三級指導員資格。她是大家都喜歡的教練，每季課堂最尾畢業禮都由她帶頭舉辦大食會，我們總趁大食會的日子回到中心湊個熱鬧，這個已成為我們的習慣和她的標誌了！Sonja我們不會忘記你，希望你和家人在美國生活愉快！

另外，Sonja的幼女Audrey亦在臨別前完成了一個重要任務。早前同學為她舉辦了歡送會，她說不要禮物了，她寧可大家捐錢給她最愛的慈善機構 - 香港傷健策騎協會。Audrey為協會籌了三百元正，並笑咪咪的轉交了給我們！Audrey謝謝你！希望你在科羅拉多州生活愉快！

Dominique Tombazzi

It is that time of the year again...just as we are getting excited about our holidays our best friends reveal their own summer plans with the dreaded words: "we are leaving Hong Kong". It is a common fact of life for many expatriates, and surely one of the hardest. There are the mixed feelings of sadness and loss, but at the same time we truly wish our departing friends the best in their new adventure.

And so we gathered at The Aberdeen Marina Club on Monday 3rd June to say our good-byes to our friend Sonja. Originally from Germany, Sonja came to Hong Kong in October 2000 with her husband Craig. A month later she was already a regular at Pokfulam stables attending several times a week. After having her two children (Carey and Audrey, now 10 and 7), Sonja fully dedicated herself to RDA and became an instructor in 2009. She was the "Friday" instructor, and her very popular end of term potluck lunches soon became an institution! I always made sure to casually find myself at the stables on those occasions...Sonja we will miss you at Pokfulam, and wish you all the best for the future in the United States!

It was such a lovely surprise when Audrey, 7, came to see me in Pokfulam with a very important mission: Audrey had just hosted her farewell party, and had asked her friends no presents but if they wished they could make a donation to her favourite charity: Riding for the Disabled Association. Audrey raised an amazing \$300 and it was with a big smile that she handed it over to RDA. Many congratulations Audrey, you are a star and we wish you lots of fun in Colorado!

Dominique Tombazzi



歡送香港傷健策騎協會小馬Tricky Farewell to RDA Pony - Tricky

協會小馬Tricky，於今年三月離開了我們，終年二十三歲，協會上下都感到非常惋惜難過。以Tricky這個年齡，走到最後階段時身體狀態已非常欠佳，每天對牠來說都過得不易。牠於二零零三年從澳洲來到香港傷健策騎協會這個大家庭，大部份時間都在薄扶林中心工作。牠身長十二掌多，正適合小朋友策騎，而且十分可靠，所以一直受騎生及義工愛戴。牠性格帶點小頑皮，在課堂中偶爾捉弄我們，這正正切合牠的名字「Tricky」。

Tricky一直會活在我們每位心裡，永遠懷念這隻帶點小頑皮卻很可靠的小馬。

It is with great sadness that we said our last good-bye to Tricky in March of this year. At the grand old age of 23 years Tricky became very ill and found everyday life quite difficult. He came to HK from Australia in 2003 and had been in PFL for most of the time. He was a very reliable RDA pony, loved by our riders and volunteers. At 12.2hh his size was a perfect choice for our younger riders. Some would say that he could occasionally live up to his name and be a bit playful in the Jockey Club lessons!

Tricky we will miss you dearly and you will always be in our hearts!

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

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Tuen Mun Autumn Term – 2013 屯門秋季課堂

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
SEP 2013 九月		1	2	3	4	5	6	7	New Helper Training 新義工訓練 (20-23/8) The day following Chinese Mid-Autumn Festival 中秋節翌日 (20/9) Regular Term Ride 常規季度課堂 (10-27/9)
	1 st	8	9	10	11	12	13	14	
	2 nd	15	16	17	18	19	20	21	
	3 rd	22	23	24	25	26	27	28	
OCT 2013 十月		29	30						National Day 國慶日 (1/10) Regular Term Ride 常規季度課堂 (2-31/10) Chung Yeung Festival 重陽節翌日 (14/10)
	4 th			1	2	3	4	5	
	5 th	6	7	8	9	10	11	12	
	6 th	13	14	15	16	17	18	19	
	7 th	20	21	22	23	24	25	26	
NOV 2013 十一月	8 th	27	28	29	30	31			Regular Term Ride 常規季度課堂 (1- 22/11) CPEDI2* Competition 馬術比賽 (26-29/11)
	9 th	3	4	5	6	7	8	9	
	10 th	10	11	12	13	14	15	16	
	11 th	17	18	19	20	21	22	23	
	12 th	24	25	26	27	28	29	30	
DEC 2013 十二月	13 th	1	2	3	4	5	6	7	Regular Term Ride 常規季度課堂 (3-20/12) Passing Out Ceremony 畢業禮 (10-13/12) Christmas Gymkhana 聖誕遊戲障礙賽 (14/12) Christmas Holiday 聖誕節假期 (25-26/12)
	14 th	8	9	10	11	12	13	14	
	15 th	15	16	17	18	19	20	21	
		22	23	24	25	26	27	28	
		29	30	31					
JAN 2014 一月					1	2	3	4	The first day of January 一月一日 (1/1) Group Ride 一日騎馬樂 (7-17/1) Lunar New Year Holiday 農曆新年假期 (21/1-31/1)
	16 th	5	6	7	8	9	10	11	
	17 th	12	13	14	15	16	17	18	
	18 th	19	20	21	22	23	24	25	
		26	27	28	29	30	31		
FEB 2014 二月								1	Lunar New Year Holiday 農曆新年假期 (1/2-7/2) Spring Term 2013 starts 春季課程開始 (11/2)
		2	3	4	5	6	7	8	
		9	10	11	12	13	14	15	
		16	17	18	19	20	21	22	
		23	24	25	26	27	28		

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: 8 days)
一日騎馬樂 (總共：8 天)

CPEDI2* Competition
馬術比賽

New Helper Training
新義工訓練

RDA Term Holiday or Public Holiday
季度假期或公眾假期

Riding for the Disabled Association Ltd

Pokfulam Autumn Term – 2013 薄扶林秋季課堂

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
SEP 2013 九月		1	2	3	4	5	6	7	Regular Term Ride 常規季度課堂 (10/9-28/9) The Day Following Chinese Mid-Autumn Festival 中秋節翌日 (20/9)
	1 st	8	9	10	11	12	13	14	
	2 nd	15	16	17	18	19	20	21	
	3 rd	22	23	24	25	26	27	28	
OCT 2013 十月		29	30						National Day 國慶日 (1/10) Regular Term Ride 常規季度課堂 (2/10-31/10) Chung Yeung Festival and The Day Following Chung Yeung Festival 重陽節及重陽節翌日 (13/10-14/10)
	4 th			1	2	3	4	5	
	5 th	6	7	8	9	10	11	12	
		13	14	15	16	17	18	19	
	6 th	20	21	22	23	24	25	26	
NOV 2013 十一月		27	28	29	30	31			Regular Term Ride 常規季度課堂 (1/11-16/11) Group Ride 一日騎馬樂 (19/11-22/11) Competition and conference 馬術比賽及會議 (26/11-30/11)
	7 th						1	2	
	8 th	3	4	5	6	7	8	9	
	9 th	10	11	12	13	14	15	16	
	10 th	17	18	19	20	21	22	23	
DEC 2013 十二月		24	25	26	27	28	29	30	Regular Term Ride 常規季度課堂 (3/12-21/12) Christmas Holiday 聖誕節假期 (24/12-4/1)
	11 th	1	2	3	4	5	6	7	
	12 th	8	9	10	11	12	13	14	
	13 th	15	16	17	18	19	20	21	
		22	23	24	25	26	27	28	
JAN 2014 一月		29	30	31					Regular Term Ride 常規季度課堂 (7/1-18/1) Passing Out Ceremony 畢業禮 (7/1-11/1)
					1	2	3	4	
	14 th	5	6	7	8	9	10	11	
	15 th	12	13	14	15	16	17	18	
	16 th	19	20	21	22	23	24	25	
		26	27	28	29	30	31		

12th FEBRUARY 2014 春季課程開始

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
	Group Ride 一日騎馬樂
	RDA Term Holiday or Public Holiday 季度假期或公眾假期

Riding for the Disabled Association Ltd

Lo Wu Autumn Term – 2013 羅湖秋季課堂

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
SEP 2013 九月		1	2	3	4	5	6	7	Regular Term Ride 常規季度課堂 (10-26/9) The day following Chinese Mid-Autumn Festival 中秋節翌日 (20/9)
	1 st	8	9	10	11	12	13	14	
	2 nd	15	16	17	18	19	20	21	
	3 rd	22	23	24	25	26	27	28	
		29	30						
OCT 2013 十月	4 th			1	2	3	4	5	National Day 國慶日 (1/10) Regular Term Ride 常規季度課堂 (2-31/10) Chung Yeung Festival 重陽節翌日 (14/10)
	5 th	6	7	8	9	10	11	12	
	6 th	13	14	15	16	17	18	19	
	7 th	20	21	22	23	24	25	26	
	8 th	27	28	29	30	31			
NOV 2013 十一月	9 th	3	4	5	6	7	8	9	Regular Term Ride 常規季度課堂 (5- 21/11) CPEDI2* Competition 馬術比賽 (26-28/11)
	10 th	10	11	12	13	14	15	16	
	11 th	17	18	19	20	21	22	23	
	12 th	24	25	26	27	28	29	30	
							1	2	
DEC 2013 十二月	13 th	1	2	3	4	5	6	7	Regular Term Ride 常規季度課堂 (3-19/12) Passing Out Ceremony 畢業禮 (10-12/12) Christmas Holiday 聖誕節假期 (25-26/12)
	14 th	8	9	10	11	12	13	14	
	15 th	15	16	17	18	19	20	21	
		22	23	24	25	26	27	28	
		29	30	31					
JAN 2014 一月					1	2	3	4	The first day of January 一月一日 (1/1) Group Ride 一日騎馬樂 (7-16/1) Lunar New Year Holiday 農曆新年假期 (21/1-30/1)
	16 th	5	6	7	8	9	10	11	
	17 th	12	13	14	15	16	17	18	
	18 th	19	20	21	22	23	24	25	
		26	27	28	29	30	31		
FEB 2014 二月								1	Lunar New Year Holiday 農曆新年假期 (1/2-6/2) Spring Term 2013 starts 春季課程開始 (11/2)
		2	3	4	5	6	7	8	
		9	10	11	12	13	14	15	
		16	17	18	19	20	21	22	
		23	24	25	26	27	28		

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：6 天)



CPEDI2* Competition
馬術比賽



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: Danny Yee	<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: Danny Yee
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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

1. 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。
2. 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.