

HONG KONG



馳 騁

# Riding For the Disabled Association Ltd.

香港傷健策騎協會有限公司

## MAGAZINE

Hon Anson Chan  
with Jubilee during  
the presentation



“ Jo Eling received "Jubilee" on behalf of RDA  
from The Royal Overseas League ”

1<sup>st</sup> Issue - January 2004



# NEW YEAR WELCOME

## 新年歡迎詞



A rather difficult year for many has come to a close. So we wave goodbye to the year of the "Goat" and welcome the year of the "Monkey".

While we all suffered the consequences of the war in Iraq and of course closer to home the consequences of SARS. Here at RDA we worked hard to encourage all our riders to continue with their lessons.

There were many bright spots in our year. The Valentines Ball was a great success not only by the fun everyone had but also because we raised a lot of funds on the night. In the summer Jo Eling and myself purchased eight new horses for our operation. We then held RDA exams for our instructors. Eight of them passed their grade III. This was a wonderful success giving the instructor group a great boost.

In November Nelson Yip and myself visited Japan where Nelson took part in the Japanese RDA National Dressage Championships. Nelson scored the highest marks of any of the riders in the compulsory and the freestyle tests. So well done to Nelson.

Now we must look forward to the year of the "Monkey". There will be many opportunities this coming year for all our current riders to keep improving and we hope to have lots of new riders joining us.

Again there will be a ball to raise our funds. Hong Kong RDA has already been invited to Sydney in May to compete in another competition. Many other activities are in the pipeline.

It remains now for me to wish each and everyone a very happy and prosperous New Year.

Good Luck in 2004 !!!

Nick Rodgers  
General Manager

相當困難的一年已經即將結束，因此我們向“羊”說聲再見並且歡迎“猴子”的來臨。

當我們全部都遭受到由伊拉克戰爭帶來的經濟後果與及發生比較近的嚴重急性呼吸道症候群的後遺症的時候，在這裡“香港傷健策騎協會”我們仍努力地鼓勵所有我們的騎生都能繼續他們的培訓。

在過去一年中也有許多項目擦亮了本會，如情人節餐舞會是一個很大的成功例子，不但每一位嘉賓都盡興而回並且更能夠為本會籌到許多善款。在夏天的時候，本人及Jo Eling為本會購買了八匹新的馬兒。然後又為我們的教練舉行了三級考試，而且有八位教練成功通過考試，這是給教練團體們一個成功的推進點。

在十一月葉少康及本人到日本參加了日本傷健策騎協會所舉辦的“國家馬匹花式技術冠軍賽”。在這次指定項目及自由花式比賽中，葉少康的得分是全場最高的，實在要恭賀他並說聲『做得好』！

我們預期在“猴子”的一年裡，本會所有的騎生仍有許多機會繼續改良他們的騎馬技術，而且我們希望有更多新的騎生加入我們這個大家庭。

本會將會再一次舉辦餐舞會以作籌款活動。香港傷健策騎協會已經在二零零三年五月被邀請到雪梨去參加另一個比賽，而許多其他的活動也是在進行中。

現在讓我祝願所有人都非常快樂及邁向繁榮的新年。

祝各位在二零零四年行好運 !!!

羅傑仕  
總幹事



# PARTY TIME

## RDA ANNUAL HELPERS DINNER 2003

### 二零零三年香港傷健策騎協會之義工週年晚餐

The Annual Helpers Party this year was held at the Viceroy in Wanchai on Monday 27th October 2003. The theme this year was Bollywood meets China. So you can well imagine many of us took this to heart. Many ladies were dressed in Sari's and many in Cheongsams. Whilst the men tended to favour the Chinese style of dress.

The first part of the evening kicked off with an hour's cocktail reception, which gave many people who worked late an opportunity to arrive in time for dinner at eight.

Just before dinner I said a few words of welcome and in particular thanked everyone for all the help and support given to RDA throughout the year. Whether the support was in the form of donations, physically walking with our riders or working on the committee's. Any one of those tasks was of equal value.

Then it was time to eat. We partook of an Indian buffet which was delicious but perhaps could have been more plentiful because those of us who "talked" a lot found some of the dishes empty when we returned to the buffet table.

After the meal D.J. Rob started the music and many guests were working off their dinner in a most energetic fashion whilst the rest of us watched and thought about dancing.....!!!

Next on the agenda was the raffle kindly drawn by Elizabeth Davies. As always many people were highly delighted with their draw but some of us who purchased many tickets were prizeless at the end of the draw. C'est La Vie.....

"All in All" a good evening was had by one and all at the point where Bollywood meet China. I left while Rob the D.J. and some of his devoted fans were still bopping the night away.

Hope to see you all again at next years Helpers Dinner.



Nick Rodgers  
General Manager

今年的義工週年晚餐已在十月二七日星期一在灣仔的“勝利”餐廳舉行，今年主題是“印度會中國”。因此你能想像我們對針對這個主題，多數女仕們都穿著Sari's和長衫；與此同時男仕們都以中國風格服裝到場。

晚餐的第一部份以一小時的雞尾酒開始，這可給予一個方便予遲下班的賓客，能在八點鐘及時到達共進晚餐。

在晚餐之前，我致詞歡迎各人，並且特別多謝每一個人在過去一年裡；給予本會的所有幫忙和支持。這支持無論是以捐贈的形式、與騎生步行或在委員會內工作；任何的工作都是同等的付予本會。

在進晚餐的時候了。我們享受了一頓美味的印度式自助餐，但如果份量可以多一點就更加好了，因為當我和一些賓客寒暄了一會兒後，回到自助餐桌子的時候已經發現空空如也！

在晚餐之後唱片騎師Rob開始播放音樂，正當我們觀看著舞池及想跳舞的時候，眾多的賓客已經用膳完畢並精力充沛的準備一展舞姿！

下一個精彩的環節當然是由Elizabeth Davies任嘉賓的壓軸抽獎，一如往常，許多人高度祈望自己能夠被幸運之神眷顧，但無論我們買了多少張抽獎券，到最後都總是落空的。命運就是如此呢!!

在“印度會中國”的每一處或所有的籠罩下過了“極其重要”的一晚。當唱片騎師Rob和一些他的擁躉仍然沉醉於音樂中我悄悄的走了。

再一次希望在明年的義工週年晚餐見到你。

羅傑仕  
總幹事





# SUMMER BREAK

## 夏天之旅

It was with great excitement that I set out on my trip to England during the RDA summer break. I had a lot of ground to cover, places to visit and hoped that it all went to plan!

My first stop was to stay at The Diamond Centre in Surrey. After an early morning arrival at Heathrow and setting off round the M25 finding the Diamond Centre proved to be surprisingly easy. In Hong Kong I had heard the Diamond Centre mentioned by many RDA "old hands" and have been eager to visit for a long while and had made contact with Judy Lord - the Centre's Chief Instructor. The Diamond Centre is a purpose built RDA complex with a large and small indoor school and an outdoor arena, with riding out in the adjacent fields also possible. The Centre has accommodation for visitors who range from qualified instructors, physiotherapists and working pupils interested in RDA. Being able to stay at the Centre was very convenient and a great way to become one of the team. I spent many hours "shadowing" Judy and swapping teaching ideas with others. The yard is run to a very high standard and this is made far easier by all the horses/ponies being stabled on rubber matting. They run lessons for both schools and individuals, particularly adults. It was great working with Judy but I did envy their space in being able to take their riders in the fields. The Diamond Centre is one of the few RDA facilities used to run the RDA Senior Instructors exam. It was great to see that all the horses and ponies had Sunday and Monday off and had plenty of "regular" schooling by instructors. The Centre is also used by Pony Club, Adult Riding and Dog Training Groups. Judy ensures that ongoing staff training in both RDA and BHS exams is available and the Centre is very successful in preparing riders for competitions. While I was there a number of riders were specifically training for the RDA National Championships - very exciting. I thoroughly enjoyed my visit to the Diamond Centre.

Moving on in my travels I returned to the Clwyd Special Riding Centre (CSRC) in Wales. It was return of the "mad one from Hong Kong" as I was "responsible" for organizing the RDA Hong Kong Camp in Wales last year. It was fun to be there again and working alongside Liz Potter. We had many long discussions about exams and rider training, as Clwyd was also sending a number of riders to the National Championships. Once again CSRC is a purpose built riding school and camp with a wonderful rubber track used for both riding and driving, around 2.5km long. I also made a brief trip down to the Avon Riding Centre in Bristol, which is a dual purpose center, teaching both RDA and able bodied riders - much like Hong Kong. I was very impressed by the condition of their horses and was made very welcome for my brief visit. Back at the CSRC Liz completed some teaching assessments for my Log Book and was extremely complimentary on the high standard of RDA instructors we have in Hong Kong. I also attended an RDA Workshop in Leicester and was very pleasantly surprised to meet up with Jane Barker and Mary-Lou Bruce. We all had an informative and fun day.

So leaving Wales behind and 2 weeks away with dear husband in Germany I arrive in Shobden for Arrow Week which is certainly not RDA but very beneficial in many round about ways. Sue Adams-Wheeler is a co-founder of Arrow Training and I conned/bullied Carolyn Blaauw and Nicki Greeves into joining me. It was admittedly a full-on riding week for us but Sue's experience in Hong

Kong was demonstrated with a number of lesson plans being described as "Hong Kong friendly". We also had many discussions with Sue about RDA and look forward to her visit in November.

I also managed to get

我在香港傷健策騎協會夏天休息期間，往英國旅行，渡

過了一個很興奮的假期。在此之前，我有許多地方涵蓋在計劃之中而且希望能按照計劃全部拜訪！



我的第一站是停留在Surrey的Diamond Centre。在清早到達了Heathrow之後，驚訝地很容易找到了M25 Diamond Centre。在香港的時候，我已經聽聞了許多本會的資深人事提及到Diamond Centre的故事，因此熱切於拜訪此中心，藉此良機便與中心的主導師Judy Lord聯絡。

Diamond Centre是由大與小面積的戶內及戶外的競技場所建造成的傷健大樓，毗連的草地更加可以作為另一個策騎的場地。訪客例如合格的教練、物理治療師和對傷健協會感興趣的學生均可在此住宿。能夠拜訪此中心感到非常喜悅，也渴望成為他們的一份子。我花數小時跟隨Judy和其他人交流教學經驗。此馬場是採用非常高的標準去運作，這場地鋪設了膠地席，令馬匹入馬廐時更為容易。學校的培訓對象包括了團體及個人。與Judy合作固然是好但我真是很羨慕他們能夠帶騎生在此地方及空間去騎馬。Diamond Centre是很少數具備有傷健設施而能夠用作傷健協會高級教練考試場所。真開心能夠見到所有馬兒都可在星期日及星期一休息並能得到教練慣常的訓練。馬仔俱樂部、成人騎馬和狗訓練團體都使用此中心作為訓練場所。Judy確定傷健協會和英國馬術協會的考試訓練都在進行中，而且中心為騎士競賽做的準備功夫也非常成功。我在這期間，有幾位騎士正在為參加傷健協會國家冠軍賽而進行練習——非常令人興奮。我徹底地享受到了到Diamond Centre之拜訪。

下一個旅程，我到達威爾斯的Clwyd特別策騎中心(CSRC)。去年在威爾斯由我負責組織“傷健協會騎馬營”的來自香港的瘋狂人士“又回來了！很開心再一次在那裡而且與Liz Potter一同工作。我們討論了很長的時間關於考試和騎生的培訓。與此同時；Clwyd也提名了一些騎士參加傷健協會國家冠軍賽。再一次看到CSRC的騎術學校及營地的軌道約長2.5 km，它的建築材料是膠的，有利於騎馬及駕駛之用。順道我也到訪了Bristol的Avon騎術中心，它的設備是可作雙重用途，像香港一般同樣地培訓殘障人士及正常人士。對於我簡短的拜訪，他們表示了非常歡迎，而我對於他們的馬兒的情況留下深刻的印象。返回CSRC，Liz已經填寫了我的教學評估書，並且問候我們在香港有高標準水平的一眾教練。我也在Leicester參加一個傷健協會的工作坊；很高興能與Jane Barker及Mary-Lou Bruce會面，我們渡過了一個交流資訊及有趣的一日。

離開了威爾斯，為了“Arrow Week”到達了Shobden，這裡的培訓項目與傷健協會雖然沒有關係，但他們的經驗在多方面對我們都有裨益。Sue Adams-Wheeler是Arrow教育的一個共同創辦人，我誠意邀請到Carolyn Blaauw和Nicki Greeves與得一起，全個星期我們都騎著馬，Sue為我們這班“香港朋友”示範了一些他們的設計培訓項目，並討論了有關本會的事項。我邀請及盼望她能在十一月拜訪我們。

我在週末觀看了一場傷健協會國家冠軍賽。這是一個集合了所有傷健等級的比賽。我必須說我的忠誠在此分開了給——Sue Adams-Wheeler, Jane Barker, Jenny Leggate, The Diamond





the full weekend in at the RDA National Championships. This was a real showcase of RDA riding with all Grades competing. I have to say my loyalties were divided - Sue Adams-Wheeler, Jane Barker, Jenny Leggate, The Diamond Centre and CSRC - it was hard to keep track of all my friends. It was a brilliant weekend of outstanding competition including dressage, freestyle to music and a "Ride in the Country" Competition. As you will see from the photographs the job of calling can be very confusing with 3 arena's so close to each other! It was fantastic to everyone so excited to see each other and catch up on the past year. It was clear that RDA Instructors are very supportive of each other and they all delighted in everyone's success. I was very impressed by the high standard of riding and the preparation of horses but this was not too much of a surprise considering I had visited many Centre's during their Championship preparations.

In summary I continue to be inspired by visiting other RDA centre's wherever I go and I would encourage any RDA volunteer, helper or instructor to do the same - we can all learn from each other - that's for sure!

Sue Tuck

Centre及CSRC —— 這是很難在同一時間去掌握所有朋友的資訊。能夠看到包括花步、音樂花步和郊外騎馬等等傑出的競賽，真是一個難忘的週末。當你從相片看如此接近三個競技場，可想像到負責點名的工作人員能不感到非常困惑嗎？能夠在去年見到他們每一位感到莫大的興奮。很清楚地，傷健協會的每一位教練對彼此是非常支持的，而且他們全都為其他人的成功而感到愉快。我對他們的騎馬及馬匹預備的高標準工作水平留下深刻的印象，但不足為奇，因為從這次的到訪許多中心裡，已得知他們為了這次比賽已作好準備。

總結中，無論去到何處都會激發我拜訪其他的傷健中心，而且我將會鼓勵任何的本會的義工、輔助員或導師做相同的事 —— 肯定的，我們全都能從彼此中學習！

Sue Tuck



## JO AND CAROLYN GO TO AUSTRALIA 澳洲之旅

Jo Eling and Carolyn Blaauw went to Australia from July 5th-7th to take part in the RDAA (Riding for the Disabled Australia) National Coaching Workshop. This was held at the University of Queensland, Gatton Campus, about 50 km west of Brisbane, and was attended by approximately 150 RDA members, including examiners, instructors and helpers. The international contingent was made up by 8 Singapore representatives, Jo and Carolyn.

At the welcoming party, there was a vaulting exhibition by children from Arundel Park Barrel Vaulting Team. Jo and Carolyn thought that this could be very useful practice, and carefully examined the vaulting barrel so that one could be made in Hong Kong!

On the first day, subjects covered included how to select suitable horses and ponies for RDA, how to train horses and how to feed and train them. There was also a talk by Pauline Moore, an Equine Myotherapist, which explained about how to ease horses backs with easy-to-do exercises.

Carriage Driving is popular in Australia, and there was strong representation by driving trainers. One especially interesting talk was by Jan and Lex Young from the McIntyre Centre. They are a driving team who both have disabilities and have competed successfully and judged at many shows. Afterwards, Lex gave a driving exhibition.

The next day there was a demonstration by Bert Hartog, a Level 2 Dressage specialist, on the ideal riding position for able bodied riders. There was then consideration as to how to correctly match riders with physical disability with horses, followed by how to correct their position on horseback with exercises. These two sections were taught by Sally Francis and Rachel Vincent, both RDA National Assessors.

On the third day, the focus was on 'Training the Trainers', concentrating on subjects like Risk Management and Insurance, and planning lessons to ensure progress.

To help illustrate different points on all three days there were riders and horses from different centres. This meant that the seminar was a good mix of theory and practical lectures.

On the final afternoon Justin Vievers from Channel 7 TV interviewed 4 riders, asking them what part RDA played in their lives, and more importantly, what they expected from their RDA instructors!

Carolyn Blaauw



本年七月五日至七日，Jo & Carolyn到澳洲傷健策騎協會參加了一個“全國訓練工作坊”；此工作坊是由布里斯本以西約五十公里，昆士蘭大學的Gatton 營所舉行，約一百五十位傷健策騎協會會員出席，當中包括了考官、教練及輔助員。至於國際部份由星加坡的八位代表、Jo及Carolyn所組成。

在歡迎的派對中，一班來自Arundel Park Barrel Vaulting Team的兒童舉行了撐竿跳的表演。Jo及Carolyn同樣認為這項玩意對於香港的騎生是一項好的練習，所以非常小心地去檢查撐竿的構造以便在香港也可仿照製造相同出來！

在第一天，培訓科目包括如何選擇合適大和小的馬匹與及傷健策騎協會如何訓練及餵養它們。接著由一位馬匹治療師Pauline Moore講解如何可輕鬆地在馬背上鍛煉身體。

汽車連車箱在澳洲是很常見的，而其中最具有代表性是由練馬師駕駛。一個尤其吸引的講座是從McIntyre中心來的Jan和Lex Young。他們是駕駛隊伍的同時，兩者都是殘障人士，不但是成功競賽者也是在許多比賽中的評判員。到後來，Lex舉行了一個駕駛的展覽會。

第二天是由Bert Hartog —— 二級花式專家示範了理想騎馬姿勢予健全人士。接著示範關於如何分配馬匹與殘障人士之改正；後面側是利用在馬背上的練習去改正他們的位置。以上的兩段講座是由來自傷健策騎協會國家級評審員Sally Francis及Rachel Vincent所主講的。

在第三天裡，焦點便落到訓練及練馬師身上，集中在某些項目如風險管理及保險和課堂的計劃去確保進行順利。

由於騎生及馬兒都是來自不同的中心，為了去幫助說明不同論點，講座便融合了理論與實踐形式進行。

在最後一日的下午時間，電視台Channel 7的Justin Vievers訪問了四位騎生，問傷健策騎協會在他們的生命中扮演著什麼角色及重要的是他們作為教練對協會有什麼期望！

Carolyn Blaauw



# RDA "Wheel-A-Thon" 2003

## 傷健策騎協會“二零零三慈善滾軸百萬行”

What a lovely day for a Wheel-A-Thon here on the Peak was my first thought on the morning of Sunday 19th October 2003. I arrived early but not long after my arrival Canney, Fatima and a group of our helpers turned up to get the show on the road. We must not forget our mascot for the day Canney's little dog "Almond" who received much fuss and attention.

Lugard Road was the track we used for the event. By nine o'clock we were all set permission from the police had been obtained and our celebrity "Yu Man Sze" was standing by ready to cut the ribbon to start the proceedings. Only one problem we didn't have many starters at 9:00 am. However Wendy our celeb cut the ribbon and away went Carolyn Blaauw and Sue Tuck on children's scooters followed by Carolyn's two sons on skateboards. Later on Jamie Greeves sped round in his wheel-chair powered by Nicki Greeves. Ashley went round at least twice on his bicycle. When Ashley wasn't looking I borrowed the bike for a quick round. Ann-Sofi's daughter Anna turned up on roller skates.

But the person who worked hardest was Nelson Yip who chose to go round on foot. What a valiant effort. Well done to Nelson supported as always by Sanne.

By mid morning there were many people on the Peak and it became very busy round Lugard Road. Many people stopped and asked about RDA, we gave away baseball caps and lots of leaflets.

From a public relations exercise, this year's Wheel-A-Thon was a great success. From the fund raising aspect we probably earned \$10,000. Next year we need a different location as it became really too crowded for "wheels".

So keep those wheels oiled and ready for Wheel-A-Thon II in 2004. Venue to be announced. Keep your diary open.

Nick Rodgers  
General Manager

二零零三年十月十九日星期日的早晨，起床後第一感覺，今天的天氣對於本會在山頂所舉行的慈善滾軸百萬行真是極為適合。我一早到達，但是在我抵達後不久；Canney、Fatima和一群義工們也陸續到場。我們不能忘記我們的福神Canney的小狗“杏子”由牠所帶來的公眾注意力。

盧吉道是指定為今次的跑道。九點正，在警察允許下，各人速勢待發，而主持剪綵儀式的嘉賓“余文詩小姐”也都準備就緒。因為星期天的原故，所以早上九時也不是有很多人參與。但當余小姐完成剪綵儀式後Carolyn Blaauw和Sue Tuck踩上兒童小型腳踏車出發，而Carolyn的兩個女兒都踩上滑板隨後趕上。Nicki Greeves用她無窮的氣力幫她的兒子Jamie Greeves在輪椅上完成行程。而Ashley憑著他的腳踏車至少完成了兩個圈。當Ashley不在意的時候，我借了他的腳踏車很快地完成了一圈。Ann-Sofi的女兒一到場就用了滾筒溜冰鞋出發去了。

但是最努力的人是要算是葉少康，他選擇了步行的方式去完成整個賽程。真是值得嘉許啊。一如往常Sanne都在一旁默默的支持他。

在早晨與中午之間山頂上的人流也漸漸多起來，而盧吉道也變成非常忙碌的道路。許多人停下來而且有興趣諮詢關於本會的事，我們藉此良機送了一些棒球帽和本會的宣傳單張給他們。

從公共關係的角度看，今年的慈善滾軸百萬行是獲得很大的成功。至於籌款方面今次可收集到的善款為港幣一萬圓。在明年我們需要選擇另一個不同而且大一點的地方來舉行此活動。

所以請你們把輪子保持潤滑並且隨時預備本會宣報二零零四年的慈善滾軸百萬行舉辦地點。

羅傑仕  
總幹事





# Visit to Hong Kong by Vicky Melville

## Physiotherapist & IPEC Classifier

物理治療師 Vicky Melville 訪港之旅

During October this year Vicky Melville returned to Hong Kong to assist in the preparation of our RDA Group Instructor candidates.

Vicky returned to live in New Zealand after many years here practicing as a physiotherapist and being an invaluable part of our RDA lessons. Vicky is also an International Classifier for the Paralympic Equestrian Committee.

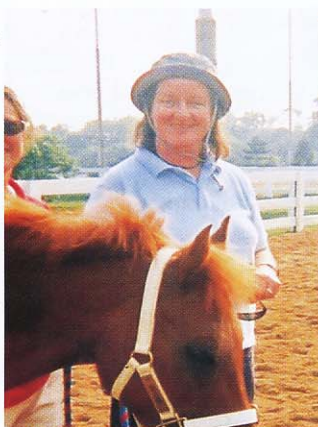
Vicky spent much of her time here assisting our instructors with the riders - giving advice on special equipment, holding techniques and horse movement.

Over the week she also presented a number of Medical Lectures in Cantonese which was very important for our Exam candidates and many times also very entertaining too.

It was also important for all of to be reminded of the importance of the horse's walk. This most important aspect of our lessons is very often neglected. Vicky was insistent that the horse's head be free to move during the walk so that the full therapeutic benefit be felt by the rider. Another important point was that the speed of the walk itself can be changed also bringing great benefit to the rider. A number of our instructors also had the opportunity to ride our wonderful horses Louie and Chubby with only a sheepskin, facing both frontwards and backwards. This proved not only to be very enlightening for them but also highly amusing to the onlookers.

During her stay Vicky proved again that she is an enthusiastic supporter of RDA Hong Kong and we look forward to her next visit. I would like to thank the General Committee for funding her visit this year.

Sue Tuck



二零零三年十月，Vicky Melville回到香港來幫助本會的教練們去應付考試而作出準備。

經過多年在香港作為一個物理治療師與及曾經逗留在本會裡分享她一些無價的教學經驗後，她現在已經返回新西蘭居住。Vicky Melville也是Paralympic馬術委員會內的其中一位國際級成員。

Vicky Melville花了很多時間在特別裝置、控制的技巧及馬匹的移動等都給予我們教練與騎生的一些極為有幫助的意見。

過去的一個星期，她用了廣東話去演說一些醫學的講座，真是極富娛樂性質與及為本會即將考試的教練也是極為重要地上了一課。

她正好提醒我們所有人馬匹步行的重要性。而這點也就是我們經常忽視的地方。Vicky堅持馬兒的頭在步行期間是自由移動的，因此騎生才感覺到治療的利益。另一個重要點是步行的速度亦可改變而令騎生也收到一定的效益。一些我們的教練有機會用僅僅一個羊皮鞍，去策騎本會的馬兒Louie和Chubby。不僅他們覺得很愉快，而且從旁觀者的角度也有一定程度的啟發。

在她逗留期間，Vicky又再次證明了她實在是本會的其中一個熱情支持者，我們盼望她會再到訪。今年我很感謝委員會對她的訪問作出慷慨的支持。

Sue Tuck







## TRIP TO SINGAPORE OCTOBER 2003

### 二零零三年十月 - 新加坡之旅

Whilst attending the R.D.A.A. National coaching workshop in Queensland Australia in July 2003, Carolyn and myself met the Singapore RDA instructors. It was

very interesting to meet another Asian RDA group so we spent some time swapping ideas and discussing our centres.

On returning to Hong Kong I received a call from Sandra Lim the head instructor in Singapore asking if I would like to pay them a visit. I would be teaching, assessing their instructors, helping the stable manager with advice on the care of RDA horses and running some lectures leading towards the BHS stage 2 exams as they were sending 4 candidates to Hong Kong in November of this year.

I arrived at the airport and was met by Mette Lowe who very kindly invited me to stay with her and her family during my visit.

The next day I was driven out to the RDA centre, which was a very attractive setting with grass paddocks and a huge indoor covered arena for the lessons and riding the horses. I was also introduced to Zul the stable manager and met Sandra Lim again. They took me on a site visit meeting all their horses and ponies.

The program started with me riding one of the new ex-racehorses called Oscar, followed by a lecture discussion with Zul with topics regarding the care of horses, feeding and shoeing.

At 9.30 the lessons started, they were well planned and organised, with a group of very good volunteer helpers who had been helping for several years which is always a great asset to have. The instructors were also very lucky to have a jungle track, which they can safely take disabled riders on. The riders really enjoyed the ride in the jungle I however was a little nervous when I was told about the cobra snakes that also liked using the jungle track!

For the next few days I would follow a similar program with assessments of the instructors, who were all very experienced and knowledgeable in the teaching and care of their riders, with clear goals for the progression of each child.

During the week I also visited the Polo Cub and had lunch there most days. This was a smart establishment with riding horses and polo ponies. Unfortunately I didn't manage to watch a game. I also visited the Saddle Club that is on the site of the old race course, so there was lots of room for the horses to be turned out or go for long hacks.

I had a very enjoyable week, being treated by the RDA Singapore chairman to a trip to the races, as he had one of his horses racing that night; we all had a small bet and were very lucky.

I hope RDA Hong Kong and Singapore can continue to build on our very special relationship in the future.

Jo Eling

於二零零三年七月在澳洲昆士蘭參加了他們舉辦的 R.D.A. National Coaching Workshop, Carolyn 和我與來自新加坡傷健策騎協會的教練會面。我們很投入地互相交流了工作經驗和討論我們中心事宜。

回到香港,我收到來自新加坡講師領隊 Sandra Lim 的來電邀請我探訪他們。屆時我將被委任教導及評估他們教練的技能表現,並提供建議去幫助馬廐經理照顧傷健策騎協會的馬匹和舉辦一些關於BHS第二階段考試的課題,有助他們提名四位候選人來香港參加於十一月舉行的考試。

我到達機場時, Mette Lowe 來迎接我,她很友善地安排我入住她家裏。

第二天我被安排到他們傷健策騎協會中心,我深深地被這片巨大的草沙圈吸引著,我被介紹認識這裡的馬廐經理 Zul 並同時與好友 Sandra Lim 會面。他們引領我視察他們所有的馬匹狀態和馬廐的環境。

我的第一項節目是策騎一匹剛剛退休的賽馬 Oscar, 接著便與 Zul 出席一個課程, 課題是關於如何去照顧、餵飼馬匹和替馬匹按著馬蹄等。

課程在九時三十分開始, 課程的設計和組織得很好, 參與者皆為一群曾當了數年的義工。此課程內容包括提供殘障騎手安全地於叢林策騎, 騎手們的感受學習是一種樂趣。但是當他們告訴我這裡偶然會有眼鏡蛇也喜歡在此出沒時, 我有點兒吃驚!

餘下的數天我參加了類似節目如評估教練們的技能表現, 他們都是經驗豐富和懂得如何指導和照顧騎手們的進展和清楚每孩子的心願。

這期間我順道探訪這裏的馬球會並與這裡的工作人員共進午餐, 接著的節目是策騎馬匹和小馬, 都是一項很好的安排呢! 只可惜我沒緣看到這一場比賽。同時我也探訪位於舊時賽道原址上的馬鞍俱樂部, 這裡的環境可提供許多足夠放馬的空間呢!

我渡過一個愉快的星期, 在這個賽馬的晚上我獲得了幸運——這幸運就是得到新加坡傷健策騎協會主席的禮待。

我希望香港和新加坡能在未來繼續發展我們這特殊的關係。

Jo Eling





# HORSE PURCHASES FOR 2003

## 於二零零三年採購的馬匹

This year saw Nick Rodgers General manager and myself headed off in search of new ponies for RDA.

Nick travelled to the UK and Tim Downes's Ingestry Stables to look for three ponies while Jo travelled to Australia to visit Clive Reed who was also going to help us buy suitable ponies.

Our travels proved very fruitful, as we were both able to find suitable ponies. In the UK Nick found a 15.0hh cob mare, a 13.2hh strawberry roan gelding and a 12.2hh grey gelding.

Whilst in Australia I was able to find Flynn a 14.3hh dark brown gelding, Kimberly a 13.0hh chestnut mare, Dimity a 12.2hh chestnut mare, Tricky a 12.2hh grey gelding and Charade a 13.0hh grey mare.

All the horses started to arrive in June and July of this year and after spending a further 14 days in quarantine where released in to our hands and taken to Tuen Mun Riding School where they had a few days to relax and enjoy the grass paddocks.

Tim Downes had also sent a young girl called Suzanne with the UK horses to help us get them worked while they were in quarantine. This was a great help to me, as I would have had my hands very full otherwise.

All the ponies have settled in well to their new life here in Hong Kong and have already started their services for RDA. It is hoped that they can continue to work and serve RDA for many years to come.

於今年我們的總幹事 Nick Rodgers 和我分別為本會採購了八隻新馬兒。

Nick 專程往英國 Ingestry Stables 會見 Tim Downes 尋找三匹小馬，與此同時我則往澳洲到訪 Clive Reed 一起購買合適的小馬。

我們此行不負眾望，Nick 在英國找到了三匹馬，分別是15掌、13.2掌及12.2掌。

而我在澳洲找到了Flynn (14.3掌)、Kimberly (13掌)、Dimity (12.2掌)、Trickey (12.2掌) 和 Charade (13掌)。

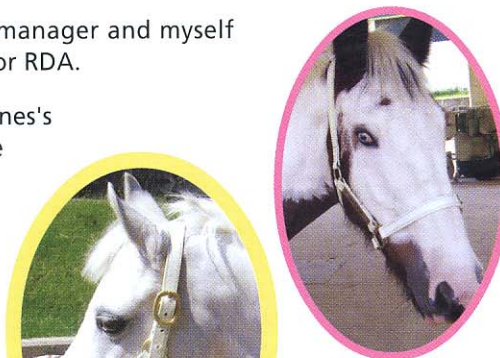
所有這些馬會在六月和七月到達，並經過14天隔離檢疫才被送往屯門騎術學校，在哪兒他們享受了輕鬆的數天。

Tim Downes更安排一位年輕女孩Suzanne陪同採購自英國的馬來幫助我們於隔離檢疫期間減輕我們繁忙的工作。

所有這些小馬很適應香港的新生活，而且已經開始為本會服務，但願他們能繼續服務我們許多年吧！

Jo Eling

Jo Eling





# My experience At The Japan National Dressage Championships for the Disabled

“參賽的經驗” 日本傷健策騎協會 - 國家馬匹花式技術冠軍賽



November 2003 Nelson Yip Siu-hong

It was almost exactly 13 years ago when my professor in University sent me a quote from the General George S. Patton, apparently intended to gear up the troops in a time of war. It said simply: "Accept the challenge without reservation or doubt. Risk the depression of losing so that you may experience the exhilaration of victory." Since my first day with horse riding competition games, I have come to regard these few simple, but succinct, words as my horse riding creed.

Our team arrived at the guest house of Miki Horseland Park located at Miki, Hyogo in the late evening of 12th November. We were greeted by Mr Norio MIKI, the Chairman of Organization Committee of the National Dressage Championship and Mr. Hiroto Watanabe, the Vice-president of the JRAD (Japan Riding Association for the Disabled) and made to feel like at home. There were nice smiles everywhere in the Horseland Park the count down was on for the big day.

The next day, we all went up to Horseland Park, what a fantastic venue, the indoor stadium, stables, the areas and the horses. My horse prepared by Japan was a gelding called "Seika" (meaning of "Holy Fire" in English or "ㄟㄟㄟ" in Chinese). He was a pretty black with a sweet nature and had white blaze down his face. He had good paces and was very sensitive to the voice, whip, saddle, and was working at elementary level.

The 15th November was the Opening Ceremony of the National Competition Games and competition day had finally arrived. After the warm-up day, I knew where I had to improve on one or two things, especially on the accuracy and transition paces with Seika in the individual competition.

Being the only non-Japanese member, I understood that I have to do my best and accept the challenge without reservation or doubt.

The individual championship went well for me but so did other Japanese competitors, there was no room for errors in such a strong competition with 16 competitors in the Game. To my surprises, when the result came to the scoreboard, I had the highest percentage score.

The individual game followed by the day of the Freestyle to music. I picked the Phantom of the Opera as my music. The pressure and the unknowns of the ultimate contest began to grip and grab my emotions. It was timely for my great instructor Mr. Nick Rodger's to remind me that the very pressure and tension I was feeling was exactly the first stage of accepting the challenges in sport games.

All the scores were up except mine with Mr. IKEDA at 54%, and his fellow team member Mr. ChinJYU at 58%, was it possible to beat him or her? Then my score went up at 59%! I could hear the crowd shouting and applauding, and was proud of our team achievements with great honour.

So it was time to go home after having another wonderful time at the Closing Ceremony, having to say goodbye to all our new friends. Coming home on the plane I relived my experience in my dreams, and my Japanese Dream will stay with me forever.

正正是十三年前，我的一位大學教授送給我巴頓將軍在上戰場時的名句：「不要有任何保留及懷疑去接受挑戰，要冒受挫敗所帶來的沮喪風險，如此你才能體驗到勝來所帶來的雀躍感覺。」自從我參加騎術比賽第一天開始，我便視這幾句簡潔的名言為我策騎的金科玉律。

在日本全國馬術冠軍錦標賽中，我的隊伍於十一月十二日的黃昏便到達位於兵庫縣的Miki比賽場地Horseland Park附近之賓館，我們受到是次全國馬術冠軍錦標賽籌委會主席Norio Miki先生的歡迎，而日本傷健策騎協會的副會長Hiroto Watanabe亦令我們有賓至如歸的感覺，每處均瀰漫著可愛的笑容，而我們亦等待大賽日的最後倒數。

翌日我們去到Horseland Park，那裡的室內運動場、馬房、四週環境及馬匹均令我們眼界大開；我獲分配到一匹名為「聖火」的閹馬，牠是匹漂亮的黑馬，亦有白鼻樑，牠步法不俗，對聲音、馬鞭及馬鞍很敏感，牠仍只是在接受基本的訓練。

到十一月十五日，賽事的開幕禮終於來臨，經過了一日熱身之後，我知道尚有一兩處要改善的地方，特別是在步法的準確度方面。

作為唯一的非日本籍會員，我明白要盡全力做到最好，不要有任何保留及懷疑去接受挑戰。

在個人的冠軍項目中我的表現尚算不俗，但其他日本參賽者亦有好演出，在十六位參賽者競爭的高水準場合，實在不容許有任何失誤；出乎我的意料之外，當計分牌打出成績之後，我的命中百份率是最高的。

在個人項目之後便是在音樂配襯下的自由表演，我揀選了「歌聲魅影」作為我的音樂，此際我的情緒開始受到有壓力影響，但我的導師Nick Rodger及時向我提醒，我之所以感到有壓力，亦正是我在體育比賽接受挑戰時的第一步。

最後正式的命中百份率出來了，其中一位Ikeda先生有百份之五十四，他的隊友Chinju先生有百份之五十八，而我則有百份之五十九！我清楚聽得到群眾向我歡呼喝采，我亦為我們隊伍所取得的出色成就而感到驕傲。

在閉幕禮上我歡渡了另一個快樂時光，但亦是時候向各位新朋友說再見，在回家的航程中，我感到如釋重負，這次日本之旅將長留在我心中。



Opening Ceremony



First Competition



## RDA grade results 傷健策騎協會 - 級別考試結果

We have had a very successful year with Grade 1 awards going to several helpers over the past 12 months. Well done to all those who took part and passed.

Grade 2 certificates were awarded to Winnie Tung, Marie Lai, Carolyn Blaauw, Benny Kwan and Nicki Greeves.

### 一級

今年是非常成功的一年，在過去十二個月內已經有數位義工通過了一級的考試。在此謹向合格的義工們道賀。

### 二級

Winnie Tung, Marie Lau, Carolyn Blaauw, Benny Kwan和Nicki Greeves均獲頒發二級證書。

## GRADE 3 EXAM 三級考試



On the 24th of November RDA held a Grade 3 exam for eight of our instructors. This being the largest RDA exam ever held in Hong Kong.

Examiners Jenny Leggate and Sue Adams-Wheeler were invited from the UK to examine the candidates.

The exam started on the 24th and finished on the 27th, thus ending a very busy week. The exam covered Stable Management, Medical Knowledge, teaching, then assisting in a class lesson, teaching a private lesson and last but not least assess an able bodied lesson talking about the aids, paces and riders general correct position.

All our candidates were successful in their exams passing either the Grade 3 or the HKRDA Group instructors certificate.

Congratulations to all those who took part.

Grade 3 AND HKRDA Group instructors certificates were awarded to Carolyn Blaauw, Nicki Greeves, Sue Gazzie, Benny Kwan, Marie Lai, Paul Leung, Winnie Tung, Erica Wheatley

在十一月二十四日香港傷健策騎協會為其中八位教練舉行了一項三級考試。這也是本會在香港有史以來最大的考試。

今次考試的主考官是本會專程由英國邀請來港的Jenny Leggae及Sue Adams-Wheeler。

考試在二十四日開始及在二十七日完成，實是一個非常忙碌的星期。考試涵蓋了馬房的管理、醫學的知識、教學，然後協助課堂、教授私人的課堂和最後的評估健全的騎生去講出怎樣輔助及幫助他們的騎馬的正確位置。

我們所有參加考試的教練都成功通過他們的三級考試或香港傷健策騎協會團體教練證書。

祝賀今次有份參與考試的所有教練們。

三級考試或香港傷健策騎協會團體教練證書頒發與以下教練：

Carolyn Blaauw, Nicki Greeves, Sue Gazzie, Benny Kwan, Marie Lau, Paul Leung, Winnie Tung, Erica Wheatley



## FAREWELL 後會有期

As Hong Kong is such a transient place with many people arriving and leaving it was no surprise to have lost some of our very valuable instructors.

This summer we saw two very professional and highly qualified instructors leave us for homes in Europe.

Harrie Nieuwhuis and his family left Hong Kong in August to take up a new position in Switzerland. A letter from Harrie is also issued in this magazine.

Christina Grieve and family also left us for a new home in the UK. Taking their horse Pearl of India with them once again. Christina did ask the airline if he was valid for air miles but they replied he was under age! After a set back with Pearl of India in the UK due to travel sickness the whole family are doing well.

We will miss them all very much, yet wishing them well for the future looking forward to hearing more tales from their ventures abroad.

Some of our long term helpers and riders have also moved overseas, farewell to Arthur Chow and Andrew Shellum who have both gone overseas to universities.

香港是一個人流甚多的地方，每一天都有人到港或離港，在此情況下，本會也失去一些對我們非常有價值的教練也不足為奇。今年的夏天，我們看見兩個非常專業和資深的教練會移居歐洲。

### Harrie Nieuwhuis

Harrie Nieuwhuis和他的家人在八月離開了香港，在瑞士開始一份新的工作。來自 Harrie 的一封信也連同本雜誌中一同被刊登出來。

### Christina Grieve

Christina Grieve也和家人一同移居到英國的新屋。一如以往她也帶同她們的馬匹“印度明珠”到英國。她還打趣地問航空公司飛行哩數的計算是包括馬匹在內嗎？但航空公司也巧妙地答覆她『它在年齡之下』！當安頓了“印度明珠”後，全家人才可安定下來。

我們將全部非常想念他們，祝他們有一個更好的將來，也希望可以聽到他們在國外有趣的故事。

一些我們的長期義工和騎生也要到海外，如Arthur Chow及Andrew Shellum因要到海外去升讀大學而辭別我們。



## A LETTER FROM HARRIE HARRIE 的來信

I hope things are going well for RDA in Hong Kong, we are having a wonderful time here in Switzerland. Minka and I are now working in a private school, Martin has been accepted as a student so we all together which is nice. We have bought 3 new horses, which are keeping us very busy. The weather is fabulous and we go riding in the mountains almost every day.

Our best memories are those of RDA, keep doing a fantastic job, and please keep in touch.

我希望香港傷健策騎協會一如以往運作得一切順利，我們在瑞士這裡正享受著一段美好時光。Minka和我現正工作於一所私人的學校，而Martin剛被接立為該校的學生，因此我們三個經常都在一起。我們已經買了三匹新的馬兒，所以可想像到我們是非常忙碌的。在這裡天氣是極好，所以我們幾乎每天都騎馬出山。

我們在香港最好的回憶是在協會中渡過，希望大家繼續這偉大的工作吧，請保持聯絡。

Harrie Nieuwhuis





Dear RDA Friends,

I hope you are all well and that RDA is going well. As many of you know, I have been in England since early July, so I have had the usual English weather, cold and wet, but also really hot. Sometimes it was 37 degrees Celsius and no aircon or fans!

After the first adventures of trying to get my beginner's driving licence and bank accounts I then had Gina Porter's (now Primmer) wedding to look forward to. It was great seeing so many friends from RDA/riding and spend time with everyone.

The next adventure was orientation for my course. Sparsholt, the college I am studying Equine Management at, is HUGE. It is almost as big as HK Island, and takes 15 minutes to walk from the classroom block to the stable area. The horses are interesting, many of them Cobs, much bigger than Thomas and William, but the same breed. There are a few Thoroughbreds, but they are all quite young and untrained.

There are 61 students in my year - 2 boys and 59 women! Great fun! We only ride for 3 hours a week, but I am learning new things all the time, although my ride, the top ride gets all the crazy horses that no one else wants - why does that sound familiar?

The first few lessons were really strange, because they wanted to find out how much we knew, so they had us walking and trotting for an hour in the first flat lesson and trotting over cross poles for the jump lesson. But, it's got better since, as we went out for cross country training last week - it was only the second time my Cobb had been out on the course, so it decided to bolt when the wind blew and upset one of the others, then my reins broke and I had to do a lot of gymnastics before it would stop.

Had my first week of full yard duty as they call it here, which meant I had to live at college and carry out full duty in the stables before going to classes at 9am. Very different from home in some ways, but the same in others, although the I prefer the equipment used in Hong Kong

I am hoping to get a part-time job in a stable near where I am living, so I will tell you all about that in the next letter from cold old England.

Can't wait to get back to HK and see everyone at Christmas.

Andrew Shellum



親愛的香港傷健策騎協會的朋友們：

我希望你們與及協會全部都很好。正如你們許多人知道我自從七月以後已經前往英國生活，因此，我已經感受到此地方的一般氣候，就是冰凍、潮濕但炎熱。有時更達攝氏三十七度但沒有冷氣及風扇！

我的第一個冒險就是嘗試考取駕駛牌照及開設我的銀行帳戶，接著是參加Gina Porter (現在應叫Gina Prymmer) 的婚禮。在婚禮上遇見很多來自協會及騎馬的朋友真是開心。

我的下一個冒險就是開始學習馬術課程。Sparsholt學院是我修讀馬匹管理的學院，它是一所稱得上用“極大”來形容的地方，如香港島一樣的大，而我要花十五分鐘從教室區段到馬房範圍。他們的馬匹是很有趣的，許多是Cobs，相比於Thomas及William更大但是同種的。當中有一些是純種，但他們全部相當年輕及未經訓練的。

在我的級別裡有六十一位學生（二個男生和五十九個女生）！可以想像到我的樂趣嗎！我們一星期雖然只騎三小時馬，雖然我的坐騎是沒人要的頂尖發狂馬，但每次都學習到新的事物，為什麼此情況似曾相識的？

第一堂對於我來說是奇怪的一課，因為他們想要知道我們對於騎馬知識能認識多少，所以在第一個小時都是騎馬步行，慢步走及用慢步走跨越一些平地桿。

但自此之後訓練便緊密起來，當我們進入了最尾一星期的訓練亦是我的馬匹第二次出外活動的時候，所以它決定當風吹起時它自己快跑一輪來熱身，並且另到其人馬匹有點兒不安，最不堪是我的韁繩斷掉了所以我必須在馬上做許多體操才可以將會它停止。

他們有個習俗是新生必須在第一個星期的早上九時前即上學前在馬房中居住一星期，才能到班房上堂，與我在香港的時候有很大不同的。但我偏愛於香港的方法。

我希望能在我住的附近找到一份兼職工作，希望可在下次冬季的時候給你們好消息。

極渴望可以快些回到香港，聖誕節再見。

Andrew Shellum



## PAMELA CHEUNG

Pamela Cheung has been working for RDA for the past 10 years, in our office at Pokfulam Public Riding School.

Pamela has been responsible for the booking of lessons and group rides, helping to keep our helpers, riders, parents and instructors happy, as well as the smooth running of RDA in Pokfulam.

We are very sad to see her leave us but we all hope she will not be a stranger to RDA and will keep in touch with us often.

Many thanks from all of us at RDA

Wishing you good luck in the future and a Happy New Year!

Pamela Cheung在過去10年一直為本會於我們薄扶林的辦公室工作。Pamela負責安排訂定課堂和一日騎馬樂，使到我們的義工、騎生、家長和教練們感到稱心如意，更務使本會的運作流暢順利地進行。我們皆為她的離開而傷感，我們但願與她經常保持聯絡而不致陌生下來。



我們全人很感謝她，並祝福她新年快樂和於未來一切如意幸福。



# RDA DRESSAGE DECEMBER 6TH 2003

## 香港傷健策騎協會花步騎術賽 二零零三年十二月六日

The traditional Christmas Dressage competition was held at Pokfulam riding School on Saturday 6th December.

There were 24 riders from nearly all the independent lessons, that are held at Pokfulam for the disabled riders.

Divided in to three different classes it proved an exciting evening and quite a task for our judges Ivan Wong and Peta Duncalf.

Places for the top six in each class were:

Junior class:	Winner	Ben Easton	Fourth	Talia Jin
	Second	Lucas Hemshall	Fifth	Benjamin Smith
	Third	Alexander Crebbin	Sixth	Lee man Yuk

Well done to all the other junior riders, Torrey Ryan, Valerie and Shawn Kwan, Cheng Wing Hong and Natasha Tse

Novice Class:	Winner	Ronald Wu	Fourth	Sophie Wong
	Second	Laurie Nesbitt	Fifth	Gregg Carruthers
	Third	Oliver Brough	Sixth	Kurtis Siu

Well done to all the other riders in this class, Chi Tat Tong, Quinton Siu, Edward Chan,

Advanced Class	Winner	Hansen Lee	Second	Ting Ho Mak
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傳統的花步騎術賽已於十二月六日星期六在薄扶林公眾騎術學校舉行。二十四位騎生裡大部份是來自薄扶林個人組別的殘障人士。

比賽分開了三個不同的班級，在賽程中每一個班級衍生不同的興奮程度，也對於我們的評判Ivan和Peta Duncalf來說是一項極愉快的工作。

以下是每個級別的頭六名：

初級組別:				
第一名	Ben Easton	第四名	Talia Jin	
第二名	Lucas Hemshall	第五名	Benjamin Smith	
第三名	Alexander Crebbin	第六名	Lee man Yuk	

騎生包括Torrey Ryan, Valerie, Shawn Kwan, Cheng Wing Hong 及 Natasha Tse也表現得不錯

中級組別:				
第一名	Ronald Wu	第四名	Sophie Wong	
第二名	Laurie Nesbitt	第五名	Gregg Carruthers	
第三名	Oliver Brough	第六名	Kurtis Siu	

騎生包括Chi Tat Tong, Quinton Siu, Edward Chan的成績也表現得很好

高級組別:				
第一名	Hansen Lee	第二名	Ting Ho Mak	





# The Gymkhana in May 2003 at PFL Public Riding School

## 二零零三年五月在薄扶林公眾騎術學校之馬上遊戲

This year we were very lucky with the weather because the night of the Gymkhana was rain free, humid and hot! Jo had kindly arranged everything in advance but couldn't be there herself so she had given the 'baton' to Sue Tuck.

All the riders and team leaders were there on time and were given their games and allocated their ponies. Excitement was growing by the minute. We had eight teams of three riders each. The teams and the winning order were as follows:

今年我們對天氣感到非常幸運，因為是晚的場地沒有下雨、潮濕和熱! Jo雖然已經預先安排了一切備功夫，但在場的時候她都要把“指揮棒”交到Sue Tuck之手裡。

所有的騎生和小組領袖準時到達場地，並且根據有份的遊戲而分配了馬兒，每過一分鐘，他們的刺激感也增加一分鐘。我們每三個騎生為一組，總共有八個小組。而小組名單和得勝的次序是依下列排列：

### Team-leaders 小組領袖：

- 1<sup>st</sup> (第一組) Harims Hotshots
- 2<sup>nd</sup> (第二組) Louisa's Locos
- 3<sup>rd</sup> (第三組) Fred Flintstones
- 4<sup>th</sup> (第四組) Sarah's Stompers
- 5<sup>th</sup> (第五組) Carolyn's Crazies
- 6<sup>th</sup> (第六組) Benny's Barnstompers

### Riders 騎生：

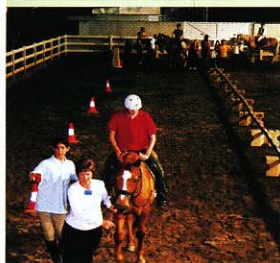
- Nelson Yip, Laurie Nesbitt, Adrienne Tan
- Sunny Leung, Edward Chan, Lucas Hemshall
- Gregg Carruthers, Arthur Chiu, Alexander Crebbin
- Hansen Lee, Jamie Greeves, Charles Yeung
- Ronald Wu, Paul Wong, Oliver Brough
- Ting Ho Mak, Chi Tat Tong, Quinton Siu

### Pony rider teams 小馬隊伍：

- 1<sup>st</sup> (第一組) Paul Pounces
- 2<sup>nd</sup> (第二組) Sandra's Steamers

### Riders 騎生：

- Torrey Ryan, Cheng Wing Hong, Tam Man Hin
- Benjamin Smith, Kurtis Siu, Rosemary Smith



Their judges were Nick Rodgers and Harrie Niewhuis. The judges had their own assistants and they were Linda Lee and Ali Bairektar.

The evening ended with a B-B-Q prepared by the mafoos. A big THANK YOU goes to Tony and Shirley and the mafoos for all their help. THANK YOU also to all the helpers we cannot do it without YOU.

Hope to see you all next year!

羅傑仕及Harrie Niewhuis是今次的大會評判，而他們的助手分別是Linda Lee和Ali Bairektar。

由馬伕為我們準備的燒烤晚會在黃昏結束後正式開始。藉著此機會本會衷心多謝Tony, Shirley及所有馬伕的幫助，更加多謝在場的義工們，沒有你們今天晚上怎可這麼成功呢！

希望在明天能夠再次見到你們！



## Donor & Sponsor 2003:

### THANK YOU TO ALL OUR MAJOR SPONSORS FOR 2003

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#### Up to 10 K

Ann-Charlotte Anderson  
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Brian Greeves  
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# RIDING FOR THE DISABLED ASSOCIATION LTD

## SPRING TERM - 2004 FOR TUEN MUN OFFICE

### TIMETABLE

#### New Term

3rd - 6th Feb, inclusive (4 days)	Spring Group Rides “一日騎馬樂”
9th Feb - 2nd Apr, inclusive	Normal RDA lessons for Tuen Mun “屯門正常課堂”
3rd - 12th April, inclusive	No RDA - Easter Holidays “復活節假期”
13th Apr - 30th Apr, inclusive	Normal RDA lessons for Tuen Mun “屯門正常課堂”
1st May	No RDA - Labour Day “五一勞動節假期”
4th - 28th May, inclusive	Normal RDA lessons for Tuen Mun “屯門正常課堂”
26th May	No RDA - Buddha's Birthday “佛誕假期”
1st - 11th June, inclusive - END TERM	Normal RDA lessons for Tuen Mun “屯門正常課堂”
15th - 18th June, inclusive (4 days)	Spring Group Rides “一日騎馬樂”
22nd June	No RDA - Tuen Ng Festival “端午節假期”
23rd - 25th June, inclusive (3 days)	Spring Group Rides “一日騎馬樂”



## SPRING TERM - 2004 FOR POKFULAM OFFICE

### TIMETABLE

#### New Term

27th - 30th Jan, inclusive (4 days)	Spring Group Rides “一日騎馬樂”
3th Feb - 3rd Apr, inclusive	Normal RDA lessons for Pokfulam “薄扶林正常課堂”
5th - 17th April, inclusive	No RDA - Easter Holidays “復活節假期”
20th Apr - 30th Apr, inclusive	Normal RDA lessons for Pokfulam “薄扶林正常課堂”
1st May	No RDA - Labour Day “五一勞動節假期”
4th - 29th May, inclusive	Normal RDA lessons for Pokfulam “薄扶林正常課堂”
26th May	No RDA - Buddha's Birthday “佛誕假期”
1st - 11th June, inclusive - END TERM	Normal RDA lessons for Pokfulam “薄扶林正常課堂” 及完堂

#### Notes:

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

- ◆ Typhoon Signal No.3 or above is hoisted, or
- ◆ a Thunderstorm Warning is in effect, or
- ◆ a Black Rainstorm Warning is in effect.

If you are in any doubt about the weather conditions, please contact the RDA Pokfulam Office (Tel No: 2875-7711) or Tuen Mun Office (Tel No: 2454-9961) after 8:30 a.m.

#### Group Rides:

Group rides will be arranged when schools or centres that come regularly are going to miss their class. Instructors and helpers will be notified in advance of any stand-in groups.

### COMING EVENTS - 本季活動

17th January 2004  
8th February 2004

Dressage Test at Tuen Mun  
Hong Kong Jockey Club  
Tuen Mun Public Riding School  
10TH Anniversary Show "RDA Stall"

屯門花步騎術賽  
香港賽馬會  
屯門公眾騎術學校  
- 十週年慶祝活動

5th March 2004  
May 2004  
May 2004

RDA Annual Ball  
RDA Gymkhana at Pokfulam  
RDA Gymkhana at Tuen Mun

傷健策騎協會週年餐舞會  
傷健策騎協會馬上遊戲 - 薄扶林  
傷健策騎協會馬上遊戲 - 屯門