

Riding for the Disabled Association Ltd.



馳 騁

香港傷健策騎協會有限公司

MAGAZINE



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Ms. Apple Wong
Administration & Projects Manager
(Appointed Office-In-Charge)



Ms. Saturnia Kwok
PR & Fundraising Officer



Mr. Alvin Kwan
Assistant Administrative Officer



Mr. Andrew Shellum
Instructor



Ms. JoElle Scott
Assistant Instructor



Ms. Emily Lee
Accounting Administrator



Ms. Carol Chan
Public Relations Officer



Ms. Catherine Chan
Office Administrator (Pokfulam)



Ms. Clara Siu
Office Administrator (Tuen Mun)



VOLUNTEER TRAINING BY (2ND – 8TH MAY 2016)

SUE ADAMS-WHEELER

(2 0 1 6 年 5 月 2 至 8 日)

本會非常幸運能再次邀請到英國傷健策騎協會的資深教練 Mrs. Sue Adams Wheeler，於今年5月2至6日期間為我們的義工提供訓練及讓他們進行第三級教練考試評核，而經過 Sue的專業評估，本會的Niamh Armitage及Andrew Shellum均以出色的表現順利通過第三級教練考試，在此本會衷心祝賀Niamh Armitage及Andrew Shellum能成功取得第三級教練資格。同時，Sue在港期間更到本會的薄扶林及屯門的中心，向本會的義工們分享她豐富的教練知識與經驗，透過Sue的分享義工們學習了很多新的知識，他們亦增強了信心可在未來的日子做得更好。Sue的寶貴知識及豐富的經驗對本會的義工非常重要，本會期望及歡迎Sue能在不久將來再臨我們當中，為我們義工提供更多訓練。

Andrew Shellum

We were very fortunate to have Mrs. Sue Adams Wheeler, FRDA to once again conduct Grade 3 Examinations and provide training for our volunteers from 2-6 May 2016. Sue assessed Niamh Armitage and Andrew Shellum for their Grade 3 instructor examinations, and as expected both passed with flying colours. We would like to take this opportunity to congratulate Niamh and Andrew on their success. During her visit, Sue also shared some of her wealth of knowledge and experience with our volunteers at Pok Fu Lam and Tuen Mun. Everyone who attended the training sessions, learned something new and went away feeling empowered to do better. Sue's experience and knowledge is always in great demand however, we are very pleased to inform you that we will be welcoming her back again to conduct more training and to give us more advice in the very near future.

Andrew Shellum



屯門公眾騎術學校開放日 (2016年5月28日)

**Tuen Mun Public Riding School Open Day
(8th May 2016)**



香港賽馬會（馬會）舉辦週年屯門公眾騎術學校開放日，都吸引超過7,134人參與這項充滿歡樂的活動作為慶祝母親節的節目。

屯門公眾騎術學校開放日，再次提供了多項有趣活動，包括馬房探訪，攤位遊戲和騎馬。RDA透過籌辦冰淇淋、慈善禮品義賣以及免費小馬拍照等多個宣傳及籌款攤位，成為是次活動的重要角色。而活動其中一個亮點，便是香港傷健策騎協會的復康騎者由會中的教練及義工帶領下，於數百名遊客面前自信地騎著馬巡遊。而香港傷健策騎協會馬術學院的香港傷健馬術隊表演專業傷健馬術技巧是另一個令場內觀眾嘆為觀止的項目。

香港傷健策騎協會感謝香港賽馬會再次邀請本會參加屯門公眾騎術學校開放日，同時感激本會的委員會成員通過參與是次活動給予支持，當然還有香港傷健策騎協會的工作人員及義工獻出寶貴時間及心機，合力令當日活動非常成功。

心悅

Over 7,134 visitors celebrated their Mothers' Day at an annual fun filled event, which took place at the Tuen Mun Public Riding School Open Day (TMPRS Open Day), organized by the Hong Kong Jockey Club (HKJC).

TMPRS Open Day, once again provided a variety of equestrian entertainment, including a stable visit, game booths and fun riding. RDA played an important role at the Open Day by setting up several booths for fundraising and promotion, which comprised of a charity ice-cream sale, charity gift sale, and mini ponies photo taking. One of the highlights was the RDA rehab riders, who led by their RDA instructor and volunteers, paraded in front of hundreds of visitors confidently on horse back. Another exciting moment was a performance by the RDA Academy Para squad who exhibited their professional Para-equestrian skills to a fascinated audience.

We would like to thank the HKJC for inviting RDA to take part in the TMPRS Open Day again, and also all the RDA committee members who gave their support by joining us at this event, and of course the RDA staff and volunteers who contributed their time and effort to make this a truly successful day.

Amy Au

Tuen Mun



Hong Kong Riding for the Disabled Association Cup Luncheon (14th May 2016) 香港傷健策騎協會盃暨午宴 2016



由本會主辦的「香港傷健策騎協會盃暨午宴2016」，吸引逾二百五十位城中名人、本會伙伴與支持者聚首於香港賽馬會沙田馬場，場面熱鬧。

今年，本會非常榮幸邀請到政務司司長林鄭月娥女士 GBS JP、行政會議非官守議員召集人林煥光先生 GBS JP及食物及衛生局副局長陳肇始教授 JP蒞臨作午宴主禮嘉賓。

在午宴正式開始前，本會主席楊存洲先生及本會會長葉錫安博士分別致辭歡迎各位來賓，席間，香港傷健策騎協會馬術學院有限公司榮譽秘書郭藹欣女士，介紹香港傷健策騎協會馬術學院推動殘奧馬術的成果：國際馬術聯會確認香港在2016年巴西里約熱內盧殘疾人士奧運會的傷健馬術盛裝舞步賽取得一席參賽資格。

More than 200 guests, community partners and avid supporters of the Riding for the Disabled Association Limited (RDA) gathered at the Hong Kong Jockey Club's Sha Tin Racecourse to join the Hong Kong Riding for the Disabled Association Cup Luncheon 2016 on 14th May 2016.

This year, RDA was honored by the attendance of Mrs. LAM CHENG Yuet Ngor, Carrie, GBS, JP, Chief Secretary for Administration, Mr. LAM Woon Kwong GBS JP, Convenor of the Non-official Members of the Executive Council, and Professor Sophia SC CHAN JP, Under Secretary for Food and Health joined the event as our officiating guests.

Before the luncheon began, Dr. Simon IP, President of RDA and Chairman of the Hong Kong Jockey Club (HKJC), and, Mr. Thomas YEUNG, Chairman of RDA, extended their warmest welcome to the guests with their individual opening remarks. Ms. Ann KWOK, Honorary Secretary of RDA Academy (RDAA), shared with everyone the positive news and outstanding results of RDAA from the Para-equestrian and Fédération Equestre Internationale (FEI) who confirmed that Hong Kong had qualified one individual slot in Para-Dressage for 2016 Rio Paralympic Games, Brazil.

馳騁



2016



The highlight of the day was the 7th Race, the Hong Kong Riding for the Disabled Association Cup. Fourteen race horses competed for gold across the turf of a 1,400 metre "B+2" Course. The wife of Mr. Jackie WONG See Sum, the winning owner, kindly stepped forward to receive the trophy of Hong Kong Riding for the Disabled Association Cup from Mrs. LAM CHENG Yuet Ngor, Carrie, GBS, JP, Chief Secretary for Administration. Afterwards, Mr. Thomas YEUNG, Chairman of RDA, Mr. LAM Woon Kwong GBS JP, Convenor of the Non-official Members of the Executive Council, and Mrs. Purviz SHROFF, the Gold Sponsor of the Luncheon, presented a miniature trophy to Mrs. Jackie WONG See Sum, the winning owner, Mr. C H YIP, the winning trainer, and Miss K K CHIONG, the winning jockey respectively.

At the close of this wonderful day, Dr. Simon IP and Mr. Thomas YEUNG toasted and congratulated the success of the event with Mrs. LAM CHENG Yuet Ngor, Carrie, GBS, JP, Chief Secretary for Administration, Mr. LAM Woon Kwong GBS JP, Convenor of the Non-official Members of the Executive Council, Mr. Anthony W K CHOW, SBS, Deputy Chairman of HKJC, Mr. Winfried ENGELBRECHT-BRESGES, CEO of HKJC, Mr. Andrew HARDING, Executive Director, Racing Authority HKJC, Mrs. Purviz SHROFF and the winning owners.

Amy Au

今日焦點賽事落在第七場「香港傷健策騎協會盃」。共十四匹馬匹角逐一千四百米草地「B+2」賽事，陣容鼎盛。「香港傷健策騎協會盃」勝出「香港傷健策騎協會盃」馬匹之馬主黃士心夫人在政務司司長林鄭月娥女士 GBS JP手中接過「香港傷健策騎協會盃」獎盃；本會主席楊存洲先生、行政會議非官守議員召集人林煥光先生 GBS JP及香港傷健策騎協會金贊助施羅孚夫人亦隨即頒發小型獎盃予勝出馬匹的馬主黃士心夫人、練馬師葉楚航及騎師蔣嘉琦。

午宴尾聲，本會會長葉錫安博士、主席楊存洲先生，聯同政務司司長林鄭月娥女士 GBS JP、行政會議非官守議員召集人林煥光先生 GBS JP、香港賽馬會副主席周永健太平紳士、香港賽馬會行政總裁應家柏先生、香港賽馬會賽馬事務發展總監夏定安先生及香港傷健策騎協會金贊助施羅孚夫人與賓客祝酒，祝賀今屆「香港傷健策騎協會盃」順利完滿。

心悅



馬 馳



2016 香港殘疾人奧運日 (2016年5月29日) Hong Kong Paralympic Day 2016 (29th May 2016)

為了提高香港對殘疾運動的關注，香港殘疾人奧委會暨傷殘人士體育協會開始籌辦“香港殘疾人奧運會日”，由2016年起每兩年舉行一次。2016年香港殘疾人奧運會日與巴西里約熱內盧殘疾人十奧運會倒數100日的啟動儀式，於2016年5月29日成功舉行。

香港傷健策騎協會馬術學院很高興能成為這項有意義的活動之其中一個協辦伙伴。本會安排教練及香港傷健馬術隊介紹傷健馬術，並且讓在場的殘疾人士透過騎上本會在攤位內的模擬木馬嘗試騎馬，能夠親身體驗傷健馬術，參加者均享受模擬騎馬並且獲得與殘疾運動員傾談的機會。

In order to raise awareness of para-sports in Hong Kong, the Hong Kong Paralympic Committee & Sports Association for the Physically Disabled started to organize “Hong Kong Paralympic Day”, a biennial event, from the beginning of 2016. The launching ceremony of the Hong Kong Paralympic Day 2016 and 100 Days Countdown for Rio 2016 Paralympic was successfully held at the Hong Kong Sports Institute on 29th May 2016.

It was RDA Academy (RDAA)’s great pleasure to be one of the supporting partners of this meaningful event. RDAA participated by arranging coaches and also the Para squad to introduce Para-equestrianism to the visitors, as well as giving them the chance to have a first hand horse riding experience by providing trail rides on a wooden horse simulator at our RDA booth. The visitors enjoyed the trail rides and the opportunity to chat with the Para-squad athletes.



香港傷健策騎協會及香港傷健策騎協會馬術學院均感謝香港賽馬會慷慨借出木馬，並感激香港傷健策騎協會馬術學院的香港傷健馬術隊成員及他們的父母，與在場人士分享他們在訓練及健康馬術比賽的經驗，以及香港傷健策騎協會的義工們付出了整個下午的時間，於本會的攤位內負責模擬木馬的運作，同時亦感激消防署及香港女童軍會派來的義工，為活動協助歡迎參加者。

心悅

Both RDA and RDAA would like to extend their gratitude to the Hong Kong Jockey Club for the kind loan of the wooden horse simulator, the Para squad of RDAA (and their parents) who shared their experience of training and competitions as Para-equestrians, the RDA volunteers, who spent an afternoon at the booth operating the wooden horse simulator, and, the volunteers from the Fire Services Department and Hong Kong Girl Guides Association who assisted with ushering.

Amy Au

出戰里約熱內盧2016 殘疾人奧運會歡送酒會 (2016年7月7日)

Sending-off Cocktail Reception (7th July 2016)



「出戰里約熱內盧2016殘疾人奧運會歡送酒會」於七月七日黃昏在怡和大廈圓滿舉行。是此酒會吸引多位城中名人、本會伙伴與支持者出席，場面熱鬧。我們亦非常榮幸獲得怡和控股集團財務董事及香港傷健策騎協會有限公司遴選委員韋梓強先生（Mr. John Witt）鼎力支持並出任主禮嘉賓。

此外，出席酒會的嘉賓還包括行政會議非官守議員召集人林煥光先生 GBS JP、巴西駐香港及澳門領事 José Antônio De Macedo Soares 先生、里約熱內盧2016殘疾人奧運會香港代表團團長伍澤連先生BBS MH，與及香港傷健策騎協會會長及香港賽馬會主席葉錫安博士 CBE JP，令酒會場面生色不少。

Many guests, community partners and avid supporters of RDA Academy Limited (RDAA) gathered at Jardine House to join the Sending-Off Cocktail Reception for the Rio 2016 Paralympic Games, on the evening of July 7th.

We were honored by the kindness of Mr. John WITT, Group Finance Director of the Jardine Matheson Holdings Limited and a Voting Member of Riding for the Disabled Association (RDA) who showed his support to RDAA by hosting the wonderful Sending-Off Cocktail Reception.

In addition to the many distinguished who attended the event, we were honored and delighted to welcome Mr. LAM Woon Kwong, GBS, JP, Convenor of the Non-official Members of the Executive Council, Labour and Welfare Bureau, Mr. José Antônio DE MACEDO SOARES, Consulate General of Brazil in Hong Kong and Macau, and Mr. Patrick NG, BBS, MH, Chef de Mission of Hong Kong Delegation to Rio 2016 Paralympic Games, and Dr Simon IP Sik On CBE, JP, President of RDA and Chairman of the Hong Kong Jockey Club (HKJC).



在歡送酒會開始時，中國香港體育協會暨奧林匹克委員會主席霍震霆太平紳士、香港殘疾人奧委會暨傷殘人士體育協會主席林國基醫生 JP、香港賽馬會董事暨香港傷健策騎協會有限公司遴選委員楊紹信先生 JP、香港馬術總會副主席宋愛萍女士聯同本學院主席楊存洲先生分別致辭歡迎各位來賓，同時藉此祝願謝佩婷於七月至八期間遠赴英國受訓以及出戰九月巴西里約殘奧會一切順利。

酒會尾聲，本會主席楊存洲先生，聯同眾主禮嘉賓與賓客祝酒，祝福謝佩婷與代表香港出戰里約奧運會及殘奧會的所有運動員能獲得美滿成績。

心悅

During the evening, Mr. Timothy FOK GBS, JP, President of Sports Federation & Olympic Committee of Hong Kong, Dr. James LAM, JP, Chairman of Hong Kong Paralympic Committee and Sports Association for the Physically Disabled, Mr. Silas YANG JP, Steward of the Hong Kong Jockey Club and Voting Member of RDA, Ms. I-Ping SOONG, Vice President of the Hong Kong Equestrian Federation, and Mr. Thomas YEUNG, Chairman of RDAA, extended their warmest welcome to all the guests through their individual speeches, and gave their blessings to Ms. Natasha TSE, wishing her every success at the Rio Games in September, as she prepared to depart for the UK for her intensive training.

At the end of the reception, Mr. Thomas YEUNG, Chairman of RDAA, together with all the officiating guests, toasted and congratulated the success of the event and wished Ms. Natasha TSE and all representatives from the Hong Kong delegation the best of luck at the Rio 2016 Olympic and Paralympic Games.

Carol Chan



AMY HOPKINS'S 義工分享

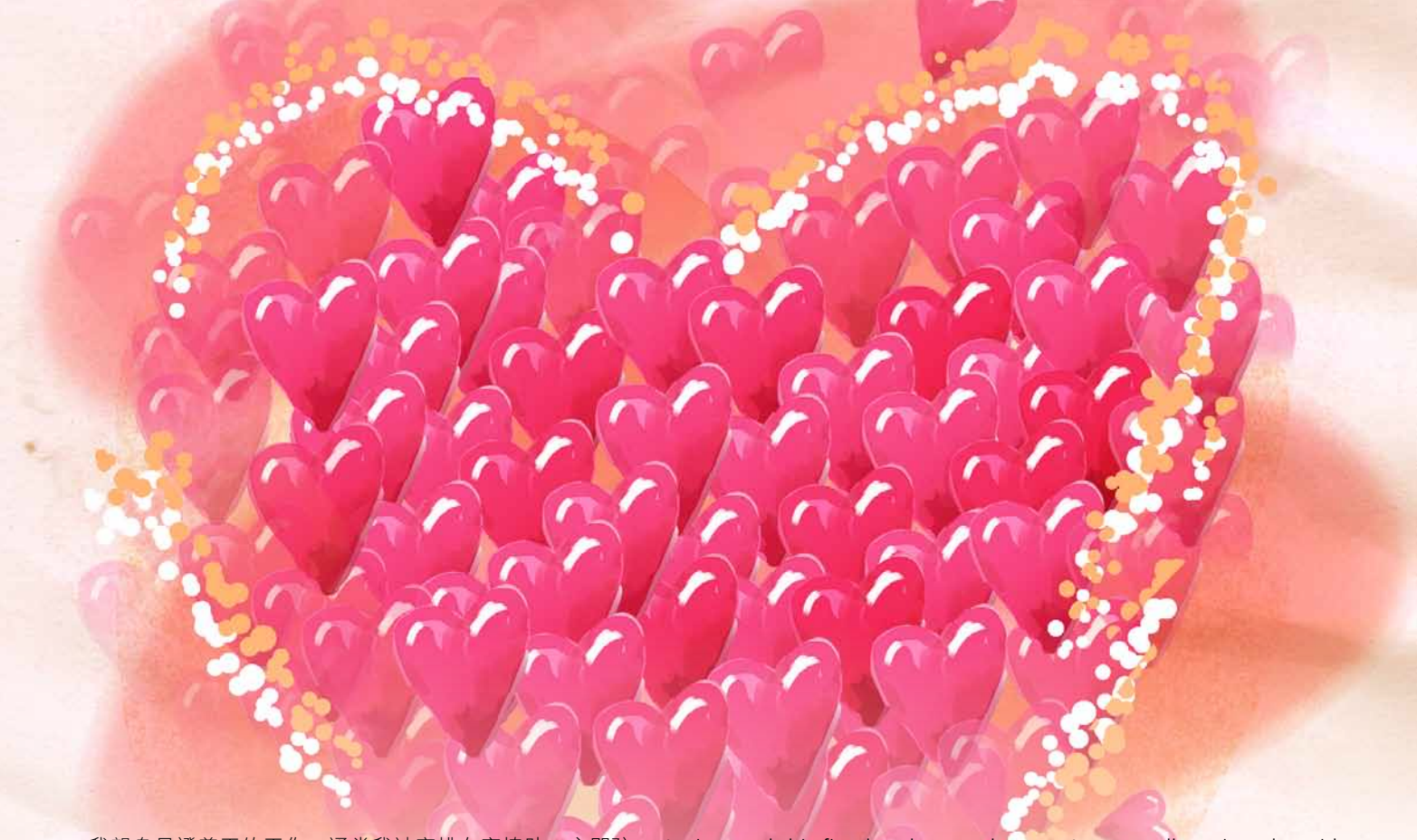
Volunteer Sharing

2015年9月開始，每週末早上我開始當上香港傷健策騎協會的義工，最初我開始有興趣為RDA服務，因為想與孩子和動物多點接觸，而且似乎是服務社會及幫助有需要的人的良機。在開始的時候，我沒有深思騎馬對殘疾兒童帶來的實際益處，然而數星期的義工經驗及閱讀了一名骨科醫生寫的文章後，我漸漸明白騎馬及這個組織對殘疾兒童的益處及重要性。

當初我並有從健康的角度去看香港傷健策騎協會，只認為這團體只是提供了一個富趣味性的活動給殘疾兒童參加，讓他們能享受美好的一天。不過，我很快就注意到，讓兒童騎馬是一個令他們身心均得到益處的機會。這些措施包括心血管鍛煉，令身體得到協調和平衡，並且提升肌肉的力量。而且孩子們透過照顧馬匹，能夠建立自信心，更加能讓孩子與動物建立情感關係。

I started volunteering for Riding for the Disabled Association ("RDA") in September 2015, on Saturday mornings. I was initially interested, because I wanted to be involved with children and animals. It also seemed to be the perfect opportunity to work in the community as well as generally helping out. At the beginning, I hadn't really thought through the actual benefits of riding for disabled children. However, after several weeks of experience and reading about the subject; particularly a paper written by an orthopedic surgeon, I began to understand the benefits of riding and the importance of this organization for disabled children.

Without originally having any of the health benefits in mind, I thought that RDA simply provided an interesting activity for disabled children to participate in, rather like a nice day out. However, I soon noticed the huge array of mental, physical and other benefits that come along with the opportunity for children to ride. These include cardiovascular exercise, better coordination and body balance, and improved muscle strength. It also allows children to care for a horse, build their confidence, and develop emotional relationships.



我親身見證義工的工作，通常我被安排在旁協助，亦即孩子們騎馬時與他們溝通，工作涉及到向孩子們明確解釋指示，穩固他們的騎術及友善地傾談。每個星期我也因為在孩子的當中而能夠有機會看到騎馬如何幫助他們的身心。我也看到初期較害羞及緊張的學員，漸漸建立自信及慢慢成為騎術了得的騎者。他們的熱情及快樂顯然可見，令人感動。

不用說，這是一個不可思議的活動，亦會因為孩子而不會停下來，能夠經歷與孩子們愉快地成長，是我成為義工後獲得最難能可貴的獎賞。我肯提高了自己在情感和溝通的技巧。不僅孩子能通過活動建立長久的友誼，義工也如是。我極喜歡幫忙別人，是屬於我的活動，我還了解到讓殘疾兒童騎馬非只是為了復康，也兼顧社交層面。現在每週六的早上已成為我一週中非常重要的一部分，而且令我期待。

我希望這些想法將有助於新的義工了解一些與這個美好的活動帶來的好處，不只是為了幫助殘疾兒童，而且令義工們也有得著。我向大家推薦，成為香港傷健策騎協會義工，你絕不會後悔！

心悅

I witnessed this first hand as a volunteer. I am usually assigned to side help, which means communicating with the children as they ride their horse. This involves clarifying instructions, fixing their riding technique and friendly conversations. Being around these children every week has given me a chance to watch how riding has helped them both physically and mentally. I have also seen them slowly develop from shy, nervous beginners to confident, brilliant riders. Their enthusiasm and the pleasure they get is so evident and it is truly heartwarming.

Needless to say, this is an incredible activity, but it doesn't just stop with the children. I've found this experience incredibly rewarding personally, as I've experienced these young children grow increasingly comfortable with me. I've definitely improved my own emotional and communication skills as well. The ability to build long-term friendships through this activity is also an important aspect of the programme, not only with the children but with other fellow volunteers as well. I've thoroughly enjoyed helping out; it feels like an activity for me as well! I've also learnt that the opportunity given to disabled children to ride horses is tremendous not only in rehabilitation but in social aspects as well. Saturday mornings have become a hugely important part of my week that I always look forward to.

I hope that these thoughts will help new volunteers understand some of the benefits associated with this wonderful activity. They are not just for the disabled children, but for the volunteers as well. I would thoroughly recommend getting involved with RDA if you can, you won't regret it!

Amy Hopkins



1. RTHK Digital Audio Broadcasting – Press Conference on 14th June 香港電台光影5號之追夢無界限記者招待會



2. HKJC TV Program on 21st June
馬會節目「綠茵闖蕩」



3. Metro Broadcast Program on 23rd June
新城電台節目「人生馬拉松」

2016年5月至7月的傳媒活動及訪問 *Media Activities and Interviews from May to July 2016*

為了讓更多人社會人士關注及支持殘疾運動員，香港傷健策騎協會馬術院安排香港傷健馬術隊透過電視台、電台、報章及雜誌的訪問，以及出席與殘疾運動員有關的宣傳活動，讓社會人士有機會了解到，傷健馬術運動員因為不同程度的身體殘疾，令日常生活受到而影響，但他們卻比健全人士更明白健康的重要性，不但未因身體有缺陷而氣餒，更努力活出精彩人生，他們的堅毅信念絕對值得表揚。

In order to enhance community to giving their caring and support for the disabled athletes, Riding for the Disabled Association Academy arranged Para squad to participant several interviews of television, radio, newspapers and magazines, as well as attend the relevant promotional activities related to disabled athletes. So that people should have a chance to understand disabled athletes born with physical disabilities which affects their daily lives but they realize the importance of their health and their perseverance is commendable despite their physical disabilities by trying to live a more exciting life.



4. Commercial Radio 1 Program on 24th June 商業一台節目「有誰共鳴」及「大鐵人」



荷蘭訥默伊登的CPEDI三星賽 (2016年1月21至22日)

CPEDI 3* Genemuiden, Netherlands (21st – 22nd January 2016)



香港傷健策騎協會馬術學院的香港傷健馬術隊，包括謝佩婷、曾 賜和鍾美娟參加於2016年1月21及22日在荷蘭訥默伊登的CPEDI三星賽事。

三位運動員面對不少挑戰，包括嚴格的裁判及賽前在細小場地進行一連串熱身。然而，所有的運動員表現積極，而這些挑戰可助他們獲得更多經驗，令他們懂得面對及處理難以預計的情況。

我們衷心感謝國泰航空贊助機票。

心悅

The Para-Equestrian Squad of RDA Academy Ltd (RDAA), Natasha Tse, Timothy Tsang, and Fleur Schrader participated in the CPEDI3* competition held in Genemuiden, Netherlands, between 21st and 22nd January 2016.

The three riders faced some challenges, including considerably strict judges and a lack of warm up before riding their tests, due to the small working area in the arena. However, all the riders coped well and performed positively. The challenges helped them to gained more practical experience in how to handle unexpected situations.

We would like to say a very big thank you to Cathay Pacific Airways for sponsoring the flight tickets.

Amy Au

Summary of their results:

成績總結：

Test 賽事	Riders 運動員	Score 得分
Team Test 團體賽	Natasha Tse 謝佩婷	66.45%
	Fleur Schrader 鍾美娟	59.51%
	Timothy Tsang 曾 賜	56.91%
Individual Championship. Test 個人錦標賽	Natasha Tse 謝佩婷	66.52%
	Fleur Schrader 鍾美娟	64.00%
	Timothy Tsang 曾 賜	56.71%



法國多維爾舉行的CPEDI三星賽 (2016年4月8至10日)

CPEDI3* Deauville, France (8th – 10th April 2016)



完成於2106年1月在荷蘭訥默伊登舉行的賽事後，香港傷健策騎協會馬術學院的香港傷健馬術隊，包括謝佩婷、曾 賜和鍾美娟飛往法國參加2016年4月在多維爾舉行的CPEDI三星賽事。

三位運動員在是次比賽中，需與數位世界著名騎手一起角逐，包括Sophia Christiansen, Anne Dunham 及Laurentia Tan。儘管面對這些頂級的傷健馬術選手，但三位運動員也能表現出自己的天份及獲得優良的成績，並且得到正面的評價。

我們再次衷心感謝國泰航空贊助機票。

After competing in Genemuiden, Netherlands in January 2016, The RDA Academy Ltd (RDAA) Para-Equestrian Squad, which included Natasha Tse, Timothy Tsang, and Fleur Schrader, departed Hong Kong for the CPEDI3* Deauville, France in April 2016.

The three riders competed alongside world renowned medalist riders such as, Sophia Christiansen, Anne Dunham, and Laurentia Tan in this competition. Despite having to perform against these top Para-equestrian medalists, the Para squad exhibited their talent and received good results and positive comments.

Once again, a big thank you for the generous support of Cathay Pacific Airways for sponsoring the flight tickets.

心悅

Amy Au

Summary of their results:

成績總結：

Test 賽事	Riders 運動員	Score 得分
Team Test 團體賽	Natasha Tse 謝佩婷	67.78%
	Fleur Schrader 鍾美娟	59.12%
	Timothy Tsang 曾 賜	60.68%
Individual Championship. Test 個人錦標賽	Natasha Tse 謝佩婷	67.09%
	Fleur Schrader 鍾美娟	61.86%
	Timothy Tsang 曾 賜	59.69%
Freestyle Test 自選賽事	Natasha Tse 謝佩婷	63.10%



Welc



Welcome Mr. Andrew Shellum, Instructor

I am happy to join the team as RDA's Instructor in charge of overseeing the operations of RDA at both the Tuen Mun and Pok Fu Lam RDA centres. Born and raised in Hong Kong, I am very familiar with RDA, earning my Grade 1 when I was just 14, as well as working with the HKJC and Lo Wu Saddle Club for many years. I have been riding for over 20 years and have worked with horses professionally for the past 14 years. I spent time in the UK studying and qualifying in equine management and also a year working at the Singapore Polo Club to gain wider experience. I look forward to working with everyone at RDA and I am very open to any questions and ideas that anyone might have.

Andrew Shellum

歡迎教練Andrew Shellum先生

我感到非常高興能成為香港傷健策騎協會其中一位教練，同時參與薄扶林及屯門兩間中心的運作。在香港土生土長的我早已認識香港傷健策騎協會，十四歲時我已取得第一級教練資格，其後更於香港賽馬會及羅湖騎校工作多年。而我騎馬已有超過二十年的歲月並與馬匹為伴工作超過十四年，並曾遠赴英國修讀及考獲馬匹管理資格，亦於星加坡賽馬會工作了一年，各方面我已有一定的經驗。我期望能與香港傷健策騎協會每一位通力合作，以開明的態度去看任何問題及構思。

Andrew Shellum



Welcome Mr. Alvin Kwan – Assistant Administrative Officer

In June 2016, I was so thrilled to join the RDA family. It is a precious gift to be part of an organisation that strives not only to help the disabled upgrade their individual abilities through therapeutic riding, but also to show the world this unique and lovely partnership where horse and rider work in harmony together.

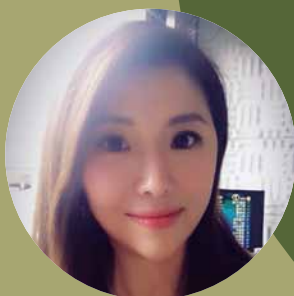
Alvin Kwan

歡迎助理行政主任關霈霖先生

我很高興於2016年6月加入香港傷健策騎協會這個大家庭，參與讓傷健人士透過馬術治療提升各方面能力的工作，從而令大家認識他們每一位也是世上可愛及獨一無二的人，對我而言是寶貴的禮物。

關霈霖

ome



Welcome Ms. Carol Chan, Public Relations Officer

Carol Chan, who is an existing horse commentator and television program host and who has also written a column for several newspapers has joined the RDA team. Carol has a keen interest in anything which is related to horses, and has therefore, decided to take on the role of Public Relations Officer for the Riding Disabled Association(RDA) commencing in June this year. She is mainly responsible for enhancing the reputation of RDA and promoting equestrian rehabilitation service through her positive relationship with the media. Moreover, Carol is committed to awakening public awareness to support and care for people with disabilities.

Carol Chan

歡迎公關主任心悅

心悅，現職評馬人及賽馬節目主持，亦為報章撰寫多個專欄，本身對馬匹有關的一切人與事均感興趣，因此於六月初便加入了香港傷健策騎協會，參與公共關係方面的工作，期望憑著本身對馬匹的認識及與各大媒體的良好合作關係，協助本會透過媒體加強宣傳，推廣馬術復康服務及發放更多正面信息，務求令更多有需要的市民受惠，亦藉此希望社會各界對馬術有更深的認識之餘，同時喚醒公眾對殘疾人士的關懷與支持。

心悅



Welcome Ms. Saturnia Kwok - PR & Fundraising Officer

Saturnia Kwok joins RDA in July 2016 to serve as Public Relations and Fundraising Officer. She is dedicated to enrich the engagement of RDA activities with the community. Apart from the meaningful work, she is also very excited to see our Para Equestrian athletes competing at the Rio 2016 Paralympic Games in September. Previously she has experience in corporate events and fundraising activities organization.

Saturnia Kwok

歡迎公關及籌募主任郭頤小姐

郭頤於七月加入香港傷健策騎協會，負責公關及籌募工作，希望協助本會加強社會對傷健人士的關懷和支持。她又殷切期待本會運動員於里約熱內盧殘奧會展現風采。加入本會前，她主要參與企業傳訊及市場推廣工作。

郭頤

Farewell

PR & FUNDRAISING MANGER – MS AMY AU

歡送公關及籌募經理 — 區穎文小姐



由2015年3月起，我便擔任宣傳及籌募經理，我很開心獲得這奇妙的機會在香港傷健策騎會工作。

在同事和義工的支持下，我能夠成功完負責的項目，並且獲得難能可貴的友情，我亦希望能在未來的日子繼續擁有這份友情。

最後，希望香港傷健策騎協會與香港傷健策騎協會馬術學院未來一切順利。

I took up the role of PR & Fundraising Manger in March 2016. I appreciate having had this wonderful opportunity to work with RDA.

With the support from colleagues and volunteers, I have been able to excel at the projects offered to me and have shared a unique camaraderie which I hope will continue in the years to come even though I am not be here.

Last and never least, I wish RDA and RDA Academy all the best in the future.

Amy Au

區穎文

*With
the
Compliments of*



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

同心同步同進 RIDING HIGH TOGETHER

Acknowledgments

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The Business Enablers

 BAKER TILLY
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香港馬主協會慈善基金有限公司
The Hong Kong Racehorse Owners Association
Charitable Foundation Limited




South China Morning Post

TMF
GROUP



Coming Events

活動預告

Events 活動	Date 日期	Location 地點
RDA Annual Charity Ball 週年慈善餐舞會	21 st October 2016 2016年10月21日	The Grand Hyatt Hotel Hong Kong 香港君悅酒店
Pokfulam Group Ride 薄扶林一日騎馬樂	8 th – 11 st November 2016 2016年11月8至11日	PFL Public Riding School 薄扶林公眾騎術學校
Tuen Mun Group Ride 屯門一日騎馬樂	15 th – 18 th November 2016 2016年11月15至18日	TM Public Riding School 屯門公眾騎術學校
Tuen Mun Mini Dressage Competition 屯門小型花步比賽	26 th November 2016 2016年11月26日	TM Public Riding School 屯門公眾騎術學校
Flay Day 賣旗日	18 th February 2017 2017年2月18日	TBC 待定



介紹傷健策騎協會二零一六年週年慈善餐舞會 Introduction of RDA Annual Charity Ball 2016



香港傷健策騎協會週年慈善餐舞會是本會每年最大型的重點活動，也是我們主要的經費來源。今年的餐舞會將於二零一六年十月廿一日假香港君悅酒店舉行，今次的主題是圍繞「香港傷健策騎協會服務殘疾社群四十載」。一如以往，屆時一眾友好的企業伙伴、協會委員、政商名人均會蒞臨參加，享受一個富娛樂性的晚上。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，香港傷健策騎協會也會分享其成功經驗與未來展望。如有任何查詢，歡迎致電2454 9961 或發電郵至 saturniakwok@rda.org.hk 與郭小姐聯絡。

The RDA Annual Charity Ball is the most important annual fundraising event of our organization. The 2016 Annual Charity Ball will be held on 21st October 2016 (Friday) at The Grand Hyatt Hotel Hong Kong. The theme will be related to RDA's forty years of service to the Disabled Riding Community". As has been the case during previous years our valuable corporate partners, supportive committee members, government officials and celebrities will be invited to enjoy this fun-filled evening, which will include a variety of entertainment such as live music, a lucky draw, live auction, and charity singing by celebrities. RDA achievements and future vision will be shared during the event to affirm our dedication to the disabled community.

If you would like any further information, please feel free to contact Ms. Kwok at 2454 9961 or by email to saturniakwok@rda.org.hk.





RDA *Flag Day* 香港傷健策騎協會 賣旗日



為了能服務更多傷健兒童及成人，繼續讓他們參與免費馬術治療策騎，一直以來香港傷健策騎協會更透過舉辦不同活動去籌募經費，同時希望喚醒社會各界關注及鼓勵傷健人士。而舉辦賣旗日便是香港傷健策騎協會其中一項籌款活動，也是經費來源之一，多年來獲得社會人士、學校及機構支持，合力完成活動，而且籌募善款效果相當理想。

In order to serve and allow more children and adults with disabilities to participate in therapeutic riding program, we organize various activities to raise funding and hope to waken the public to support and encourage people with disabilities. The RDA Flag Day is one of the fundraising activities of the organization and one of our channels of fundraising. Over the flag day, we got a lot of support from the community, schools and organizations, and work together to complete the activity while the fundraising result had been very satisfactory.



Tuen Mun Autumn Term 2016 Calendar

二零一六年屯門秋季時間表

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
SEPT 2016 九月						1	2	3	2/9 New Helper Training 新義工訓練日 6-30/9 Regular Term Ride 常規季度課堂 16/9 The Day Following Chinese Mid-Autumn Festival 中秋節翌日
	1 st	4	5	6	7	8	9	10	
	2 nd	11	12	13	14	15	16	17	
	3 rd	18	19	20	21	22	23	24	
	4 th	25	26	27	28	29	30		
OCT 2016 十月								1	1/10 National Day 國慶日 4-8/10 Regular Term Ride 常規季度課堂 10/10 Chung Yeung Festival 重陽節 11-15/10 RDA Term Break 季度假期 18-29/10 Regular Term Ride 常規季度課堂
	5 th	2	3	4	5	6	7	8	
		9	10	11	12	13	14	15	
	6 th	16	17	18	19	20	21	22	
	7 th	23	24	25	26	27	28	29	
		30	31						
NOV 2016 十一月	8 th			1	2	3	4	5	1-5/11 Regular Term Ride 常規季度課堂 8-11/11 Group Ride 一日騎馬樂 12-30/11 Regular Term Ride 常規季度課堂 26/11 Lessons Cancelled due Mini Dressage in TM 屯門小型花步比賽
	9 th	6	7	8	9	10	11	12	
	10 th	13	14	15	16	17	18	19	
		20	21	22	23	24	25	26	
	11 th	27	28	29	30				
DEC 2016 十二月						1	2	3	1-17/12 Regular Term Ride 常規季度課堂 20/12-2/1 Christmas Holiday 聖誕節假期
	12 th	4	5	6	7	8	9	10	
	13 th	11	12	13	14	15	16	17	
		18	19	20	21	22	23	24	
		25	26	27	28	29	30	31	
JAN 2017 一月		1	2	3	4	5	6	7	3-6/1 Group Ride 一日騎馬樂 7-21/1 Regular Term Ride 常規季度課堂 17-21/1 Graduation Ceremony 畢業禮 24-31/1 Lunar New Year Holiday 農曆新年假期
	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					

7th FEBRUARY 2017 春季課程開始 New Term Start

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 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
- New Helper Training 新義工訓練日

Pokfulam Autumn Term 2016 Calendar

二零一六年薄扶林秋季時間表

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
SEPT 2016 九月						1	2	3	1/9 Helpers Training 義工訓練
		4	5	6	7	8	9	10	16/9 The Day Following Chinese Mid-Autumn Festival 中秋節翌日
		11	12	13	14	15	16	17	20-30/9 Regular Term Ride 常規季度課堂
	1 st	18	19	20	21	22	23	24	
	2 nd	25	26	27	28	29	30		
OCT 2016 十月								1	1/10 National Day 國慶日
	3 rd	2	3	4	5	6	7	8	4-14/10 Regular Term Ride 常規季度課堂
	4 th	9	10	11	12	13	14	15	10/10 Chung Yeung Festival 重陽節
		16	17	18	19	20	21	22	18-21/10 RDA Term Break 季度假期
	5 th	23	24	25	26	27	28	29	25-28/10 Regular Term Ride 常規季度課堂
		30	31						
NOV 2016 十一月	6 th			1	2	3	4	5	1-11/11 Regular Term Ride 常規季度課堂
	7 th	6	7	8	9	10	11	12	15-18/11 Group Ride 一日騎馬樂
		13	14	15	16	17	18	19	22-30/11 Regular Term Ride 常規季度課堂
	8 th	20	21	22	23	24	25	26	26/11 Mini Dressage 小型花步比賽
	9 th	27	28	29	30				
DEC 2016 十二月						1	2	3	1-16/12 Regular Term Ride 常規季度課堂
	10 th	4	5	6	7	8	9	10	20-30/12 Christmas Holiday 聖誕節假期
	11 th	11	12	13	14	15	16	17	
		18	19	20	21	22	23	24	
		25	26	27	28	29	30	31	
JAN 2017 一月	12 th	1	2	3	4	5	6	7	1/1 The first day of January 一月一日
	13 th	8	9	10	11	12	13	14	3-13/1 Regular Term Ride 常規季度課堂
		15	16	17	18	19	20	21	10-13/1 Graduation Ceremony 畢業禮
		22	23	24	25	26	27	28	17-20/1 Group Ride 一日騎馬樂
		29	30	31					20/1 Annual Helpers Dinner 義工週年晚宴

7th FEBRUARY 2017 春季課程開始 New Term Start

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
- New Helper Training 新義工訓練日



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

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: Ms. Catherine Chan 陳小姐	<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: Ms. Clara Siu 蕭小姐
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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"/> Tue 星期二 (上午9:00am – 12:00pm)
<input type="checkbox"/> Wed 星期三 (上午9:30am – 12:00pm)	<input type="checkbox"/> Tue 星期二 (下午2:00pm – 4:30pm)
<input type="checkbox"/> Wed 星期三 (下午3:00pm – 4:30pm)	<input type="checkbox"/> Wed 星期三 (上午9:00am – 12:00pm)
<input type="checkbox"/> Thu 星期四 (上午9:30am – 12:00pm)	<input type="checkbox"/> Wed 星期三 (下午2:00pm – 4:30pm)
<input type="checkbox"/> Fri 星期五 (上午9:30am – 12:00pm)	<input type="checkbox"/> Thu 星期四 (上午9:00am – 12:00pm)
<input type="checkbox"/> Fri 星期五 (下午3:00pm – 5:30pm)	<input type="checkbox"/> Fri 星期五 (上午9:00am – 12:00pm)
<input type="checkbox"/> Sat 星期六 (上午7:30am – 11:30am)	<input type="checkbox"/> Fri 星期五 (下午2:00pm – 4:30pm)

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: _____

Knowledge and Experience 知識及經驗

☐ Photography/Video Making 攝影/影片製作 ☐ Working with Children 與小孩工作

☐ Working with people with disabilities 與傷健人士工作 ☐ Media 媒體

☐ Others 其他 (Please specify 請說明) _____

How did you find out about RDA Hong Kong? 您如何得知香港傷健策騎協會?

☐ RDA HK Website 本會網站 ☐ RDA Facebook 本會臉書 ☐ Search Engine 搜尋工具 ☐ Friends 朋友

☐ Others 其他 (Please specify 請說明) _____

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. 捐款滿一百元以上可發收據。
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.