

# Riding for the Disabled Association Ltd.

HONG KONG



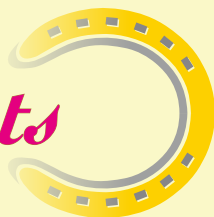
馳騁

香港傷健策騎協會有限公司

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



**Mr. Alvin Kwan**  
Assistant Administrative Officer



**Mr. Andrew Shellum**  
Instructor



**Ms. JoElle Scott**  
Assistant Instructor



**Ms. Emily Lee**  
Accounting Administrator



**Ms. Carol Chan**  
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**Ms. Catherine Chan**  
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**Ms. Clara Siu**  
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Rehab training demo and sports demo for  
HKJCCT Visit on 24th September 2016



2016年9月24日香港賽馬會慈善信託基金團體  
參觀屯門公眾騎術學校 – 馬術復康示範

為響應2016國際慈善及社企周，香港賽馬會慈善信託基金舉行了不少活動，其中一項活動便是於9月24日星期六早上參觀屯門公眾騎術學校，而本會於當日更安排了香港傷健馬術隊隊員曾靚賜示範馬術項目，更透過向參觀人士介紹一直替我們努力工作的小馬，讓本會有機會向在場人士明白本會所服務的對象及有關服務。在此，本會感謝當日的騎手Athena Li及Pui Yee Leong，與本會的教練Andrew Shellum完成其中一項馬術復康示範，另外亦要感謝香港傷健馬術隊隊員曾靚賜及他的教練陳世健先生(香港賽馬會公眾騎術學校總教練)協助今次活動。希望所有參與人士透過本會的示範後，明白及感受馬術復康對傷健人士的幫助及重要性！

心悅

On Saturday 24th September RDA had the pleasure of providing a demonstration of a REHAB lesson as well as a demonstration by RDA Sports rider Timothy Tsang. The morning was organized with the co-operation of the Hong Kong Jockey Club Charities Trust as part of the International Philanthropy and Social Enterprise Week held in September. The morning ended with a guided tour of the facilities at Tuen Mun Public Riding School as well as an introduction to some of our hard working RDA ponies which are stabled at Tuen Mun. The morning was a good opportunity to showcase what we do at RDA. We would like to thank Rehab riders Athena Li and Pui Yee Leong who took part in the Rehab demo with their coach Andrew Shellum and thanks to Sports rider Timonhy Tsang and his coach Mr. Bee Chan Chief Riding Instructor of HKJC Public Riding Schools. We hope everyone who attended the demonstration felt inspired by what our riders are able to achieve.

Andrew Shellum

# Rehab training demo



# Sports demo





# SUE ADAMS-WHEELER

再度來港供義工及教練培訓  
2016年11月22日至12月1日

**SUE ADAMS-WHEELER**

Visit Hong Kong Again for Volunteer  
and Instructors Training by  
(22nd November - 1st December 2016)







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11月22至12月1日期間在本會的薄扶林及屯門中心，為我們的義工及教練提供訓練。期間，Sue向本會的義工們傳授了豐富的知識和經驗，更分享不少有趣的軼事，義工們透過Sue的培訓課程及分享，獲得了啟發及動力，強化了義工們的信心，希望他們在未來的日子能夠面對更多挑戰，並且願意做得更多及更好，讓本會獲得更多支持。本會希望Sue能夠在不久將來再度來港，令我們繼續有機會好好向她學習。

心悅

From Tuesday 22nd November until Thursday 1st December it was our good fortune to welcome Mrs. Sue Adams-Wheeler (FRDA) back to Hong Kong. During Sue's visit, she conducted popular training sessions for the volunteers and RDA instructors at both Pok Fu Lam and Tuen Mun RDA centres. Always willing to share, Sue also imparted some of her wealth of knowledge and experience, with some very interesting anecdotes and adventures, to our volunteers at both RDA centres. Everyone who attended the training sessions felt motivated and inspired and we hope, challenged, to do more, learn more and support more. As always, we will be looking forward to welcoming Sue back again in the near future as her example encourages us to 'never stop learning'.

Andrew Shellum







## 小型盛裝舞步賽



# MINI DRESSAGE COMPETITION

at Tuen Mun Public Riding School on 26th November 2016

(二零一六年十一月廿六日在屯門公眾騎術學校)

小型盛裝舞步賽給予有潛質及被選中的騎生在本會的常規比賽中發揮潛能，這群具有潛力及對策騎充滿熱誠的騎生都是由教練精心挑選出來的。

小型盛裝舞步比賽讓這群騎生獲得初步經驗，讓他們認識到正式盛裝舞步比賽的規則與形式是什麼，從而明白對比賽的承諾及努力地練習獲得更佳成績。

這群騎生沒有參予本地及國際賽事的經驗，在策騎過程中，他們仍需教練和義工從旁協助。希望藉著舉辦定期的小型盛裝舞步賽，本會能夠發掘多些有潛質的康復騎生成為運動健兒。

本會榮邀請到Sue Adams-Wheeler於11月26日替我們擔任小型花步比賽的評判，隊員和對運動員將會牢牢記著Sue的意見，並會在明年的比賽中好好運用。

The Mini Dressage Competition gave selected riders who have the potential to compete for RDA on a regular basis, the opportunity to try their hand in the competition ring. These riders were handpicked by the Instructors, as they had shown riding potential as well as enthusiasm for horse riding.

The Mini Dressage Competition allowed these riders to gain first-hand experience of the rules of competitive dressage; what it would be like to compete in a ring, as well as an understanding of the commitment and practice it takes to reach a higher level.

None of these riders had previously competed locally or internationally and are still in need of some guidance from their leaders and instructors during their ride in the arena. It is hoped that by holding these Mini Dressage Competitions on a regular basis, RDA HK will be able to find the next rider that can make the transition from Rehab-Rider to Sports-Rider.

It was an added honour to have Sue judge the annual Mini Dressage Competition on 26th November. Her advice to leaders and comments for the athletes will be remembered and put into action in the coming year.

Carol Chan





# MINI DRESSAGE COMPETITION



小型盛裝  
舞步賽







## Volunteering at the Riding for the Disabled Association (RDA), Tuen Mun

我第一次聽到香港傷健策騎協會(RDA)是從一位朋友身上得知。她告訴我一些關於RDA的工作，我很想了解更多，因為我正在香港尋找義工工作。雖然當時我對RDA的工作一無所知，更不了解馬匹，但我確實對殘疾人士有一點了解，因為我在英國的侄子患有自閉症。及後，我在RDA 的網站([www.rda.org.hk](http://www.rda.org.hk))找到更多資料並留下聯絡方法。我第一位接觸RDA的職員是辦公室行政助理蕭小姐。在填寫參加表格時，她幫了我很多，使登記過程變得非常容易和簡單。

由於我不懂廣東話及沒有騎馬的經驗，第一天到達騎術學校時，我感到非常緊張和焦慮。同時，擔心自己可能不被其他義工接納，更遑論孩子們。然而，當我遇到劉麗貞教練後，我的憂慮全都消散了，因她是一位和藹可親和樂於助人的RDA教練。另外，義工中有部分能說英語，使我感覺到大家都歡迎我的加入。

I first heard about the RDA from a friend who told me a little about the work of the RDA and I was intrigued to learn more as I was looking to volunteer in some capacity while I am living in Hong Kong, although at that time I knew nothing about the work of the RDA and even less about horses, but I do have a little knowledge of disabilities as my nephew in England is Autistic. After viewing the RDA website [www.rda.org.hk](http://www.rda.org.hk) and showing an interest in their work, I was contacted by the Tuen Mun Office Administrator Ms Clara Siu, who sent me the forms and information that were required. It was a very easy and uncomplicated process.

Arriving at the Riding School on my first day I was very nervous and anxious as I speak no Cantonese, I had no experience with horses and was worried that I might not be accepted by the other volunteers but more importantly by the children. However my worries were immediately put to rest when I met Marie, the RDA instructor who was so kind, welcoming, friendly and helpful towards me as were all the other volunteers, some of whom speak English and all seemed genuinely happy to have me be there as a volunteer.



幾個月來，我從RDA的義工工作學到了很多。我現在學習到一些馬的知識，使我不再害怕牠們，更加會尊重牠們及其的力量。我最欣賞馬的耐心及牠能帶給孩子無窮歡樂。同時，我學會不要走在馬的後方（雖然我有時會忘記，使義工同伴很驚恐，但他們會立即提醒我）。我還主動學習如何騎馬和清潔技巧（這不是義工必要做的事情）。

從每週到來訓練的孩子及其父母身上，我學到很多。例如，我學會更耐心，寬容和欣賞所有身邊的人與事，不必再太擔心和看重不如意的事情。能看到美妙的孩子們（每個殘疾級別都不同）學習騎馬的樂趣，及從中獲得治療效果，這些都能帶給我很多的喜悅。每個星期，我可以看到孩子們對在騎馬愈來愈有信心，愈來愈專注，更重要的是有一個充滿樂趣的休閒體驗。當我帶著孩子們在練習場上走動時，父母不時替他們的孩子拍照及流露著自豪與喜悅，對我而言，這真的是一個很好的體驗。在見面時，孩子們會面帶笑容向我打招呼及說出我的名字（對部分孩子來說，這是一個挑戰），然後在訓練結束時，父母總是要求他們的孩子說謝謝和再見，我也總是說謝謝，這個過程很特別，因為我很享受幫助他們。

最初我選擇參加義工服務是因為希望能回饋本地社區和居民，並幫助有需要人士。我很快意識到，從RDA的義務工作當中，我獲得比我想像的超出更多。高興只因看到父母對孩子們的自豪感、孩子們在喜悅中學習和取得的成就。同時，策騎馬匹不單為孩子們提供娛樂，更能使他們獲得更多益處。

在此，我衷心感謝所有樂於助人的義工們和教練們，與孩子們和父母們。

安妮格雷

Over the months I have learned so much from volunteering at the RDA. I now have some knowledge of horses; I no longer fear them but respect them and their power. Most of all I admire how patient the horses are with the children that are riding them and how much pleasure they give to them. In addition I now know I am never to walk around the back end of the horse (although I still sometimes forget, much to the consternation of my fellow volunteers and friendly reprimands for doing so). I have also requested to learn how to saddle horses and groom them (although this isn't a requisite of volunteering).

I feel I have gained a lot from this volunteering experience, working with wonderful children and their parents who come every week to the RDA, I believe I have learned to be more patient, tolerant and to appreciate all people and life in general, not to worry and stress about silly things. It really brings me great joy to see the children (all with different levels of disabilities) and the enjoyment they get from learning to ride the horses as well as the beneficial forms of therapy they receive from it. Each week I can see they are gaining confidence while riding, as well as improving their concentration and importantly having a fun recreational experience. When I see the pride and delight from the parents watching their children and taking their photos as we are walking around the paddock, it truly makes it a great experience for me too. It is also so special when the children greet me with a smile and say my name, as for some even that is a challenge, then at the end of the session the parents always ask their child to say thank you and goodbye and I always say thank you too as I have enjoyed so much helping them too.

Initially I volunteered because I wanted to give something back to the local community and the people here and to help in anyway that I can for those that needed a little help. What I realized very soon was that I have also gained a lot from volunteering at the RDA, more than I ever imagined. The joy of seeing the parents' pride for their children and what they have learned and achieved, then of course the enjoyment the children receive whilst gaining so many more benefits from this amazing recreational form.

From the other volunteers and trainers who have all been so helpful, kind and welcoming, to the children and their parents - I thank them all.

Anne Gray







## 香港傷健策騎協會      Riding for the Disabled Association 二零一六至一七年度週年大會      2016-2017 Annual General Meeting

二零一六至一七年度週年大會於二零一六年十二月二日假香港賽馬會跑馬地會所舉行。

本會會長葉錫安博士及主席存洲先生在會上簡述二零一六年香港傷健策騎協會的主要活動和成果，有：2016年殘奧會、香港傷健策騎協會盃暨午宴、週年慈善餐舞會等。

葉錫安博士致辭感謝並讚揚謝佩婷，成功代表香港參加2016年巴西里約熱內盧殘奧會的個人盛裝舞步項目，並為她努力完成兩輪比賽而感到驕傲。另外，葉錫安博士更感謝Mr. John Witt協助籌辦出戰里約熱內盧2016殘疾人奧運會歡送酒會。同時，葉錫安博士亦感激香港賽馬會、香港賽馬會慈善信託基金及其他捐助者一直支持本會。

The 2016-17 Annual General Meeting of the Riding for the Disabled Association was held on 2nd December 2016, at The Hong Kong Jockey Club Happy Valley Clubhouse.

Dr. Simon Ip, President of RDA, and Mr. Thomas Yeung, Chairman of RDA reviewed the major activities and achievements during 2016, which were the Rio 2016 Paralympic Games, the RDA Cup Luncheon, Flag Day and RDA Annual Charity Ball.

Dr. Simon Ip paid a speech to admire our athletes Ms. Natasha Tse represented Hong Kong for the Individual Para-Dressage and successfully finished two rounds of competition in the Rio 2016 Paralympic Games. Besides, Dr. Ip paid a tribute to Mr. John Witt who was helping us to organize the farewell cocktail reception for the Rio 2016 Paralympic Games. Meanwhile, Dr. Ip expressed his thankful to Hong Kong Jockey Club, HKJC Charity Trust and other donors.



大會上，史樂山先生接替楊國琦先生被選為遴選委員會新一任主席。另外，楊珮姿女士接替吳嵩先生被選為常務委員會新一任委員。同時，公關及籌募委員會主席吳嵩先生亦於同日卸任，而遴選委員會會員James Riley先生於四月卸任。葉錫安博士致送紀念品予吳嵩先生以感謝他們的付出。最後，John Slosar先生亦致送紀念品予卸任委員James Riley先生，並由郭藹欣女士代領，以示謝意。

二零一六至一七年度週年大會完滿結束。期望香港傷健策騎協會於來年繼續為香港的殘疾社群作出更多貢獻。

心悅

During the meeting, Mr. John Slosar was then nominated and appointed as the new Chairman of the Voting Members Committee. Other retiring committee members were Mr. Apollo Ng, who retired as Chairman of the PR & Fundraising Subcommittee and Mr. James Riley, who also retired as the Member of General Committee. Dr. Simon Ip presented plaque to Mr. Apollo Ng for praised his invaluable support. At the end of the meeting, Mr. John Slosar also presented plaque to Mr. James Riley and Ms. Ann Kwok been the representative for receiving the plaque.

The 2016-2017 Annual General Meeting concluded with wishes that RDA would continue making positive contributions to the Hong Kong disabled community in the year ahead.

**Carol Chan**







## 謝佩婷全力以赴完成2016 巴西里約熱內盧殘疾人奧運會 Natasha Tse proves herself in Rio 2016 Paralympic Games

運動不是只求爭勝，最重要的是參與其中，全力以赴，發揮自己，從而享受比賽過程中的一切，包括運動員在競賽中不失互相交流，透過比賽建立友誼。

剛於2016巴西里約熱內盧殘疾人奧運會，代表香港參加個人馬術項目的謝佩婷，夥拍她的八歲坐騎New Washingtons Edition(暱稱：Benjamin)順利完成了兩個回合的比賽，雖然未能為香港在馬術項目中取得獎牌，但能夠成為眾多實力選手的其中一份子，已經非常難得。

「能夠與不同國家的選手再次在大賽中相遇，自己已感到榮幸，畢竟能夠入圍奧運會並不容易，必須有一定實力才行，我繼2012年倫敦殘疾人奧運會後，再次代表香港參加個人馬術項目，已證明自己的競爭力，縱使最後未能更進一步，我並不太失望，因為每一次比賽都讓自己吸收更多經驗，希望日後能再在國際大賽或2020年殘疾人奧運會上，為自己及香港爭取更佳成績吧！」謝佩婷說。

Winning doesn't mean everything in sports but participations do. It's all about proving yourself, doing the best in every game and enjoying the whole process. Athletes can also build up friendship and learn from others in different competitions.

In the Rio 2016 Paralympic Games, Hong Kong's representative Natasha Tse successfully finished two rounds of competition in the Individual Para-Dressage with her eight years-old horse New Washingtons Edition(nick name: Benjamin). She was unable to get into the frame but she enjoyed every single moment competing against with top riders from the global. Again, a medal doesn't mean anything.

"I am really honored that I can compete against with athletes from different countries in this tournament. After London 2012 Paralympic Game, I did try hard to qualify for the Individual Para-Dressage at Rio Games. I can tell you it is not easy. I don't disappoint even I cannot get a medal. I enjoy every game and it did prove my competitiveness in the world's stage. I hope I can take part in some more international competitions or even the 2020 Paralympic Games. I would like to make Hong Kong proud." Natasha said.







總結謝佩婷在今屆巴西里約熱內盧殘疾人奧運會的個人馬術運動成績，她在首輪比賽中取得分數為66.261%，排名23，而第二輪比賽中，她則取得分數為63.261%，排名23。完成比賽後，期望謝佩婷在未來的日子裡，有更多機會晉身國際大賽，創造佳績。

心悅

Natasha was ranked 23rd after two rounds of competitions (First round: 66.261%; Second: 63.261%). We wish Natasha a bright future and thanks for her hard work throughout the Rio Paralympic Games. Also, we hope she would have more chances to show her best in some international campaigns.

Carol Chan







# Apple's New Born Baby

歡迎 **Apple** 的新生嬰兒



本會的行政及項目經理王碧涓Apple，早前順利誕下女兒，本會及所有同事在此恭喜Apple之餘，更祝願她的初生小公主帶給她的家庭更多歡樂，並祝福小女嬰健康活潑、精伶過人。

心悅

Congratulations on the birth of our Administration and Project Manager (Appointed Office-in-Charge) Ms Apple Wong's beautiful baby girl.

The arrival of a baby brings joy and happiness to a family. We wish the very best for Apple and her family.

Carol Chan



*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

HSBC 滙豐

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tricolor  
The Business Enablers

 BAKER TILLY  
HONG KONG | 天職香港

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





# Coming Events

## 活動預告

Event 活動	Date 日期	Location 地點
Flay Day 賣旗日	18 <sup>th</sup> February 2017 2017年2月18日	New Territories 新界區
Pokfulam Group Ride 薄扶林一日騎馬樂	7 <sup>th</sup> – 10 <sup>st</sup> March 2017 2017年3月7至10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	7 <sup>th</sup> – 10 <sup>st</sup> March 2017 2017年3月7至10日 16 <sup>th</sup> – 19 <sup>th</sup> May 2017 2017年5月16至19日	TM Public Riding School 屯門公眾騎術學校
Tuen Mun Public Riding School Open Day 屯門公眾騎術學校開放日	14 <sup>th</sup> May 2017 2017年5月14日	TM Public Riding School 屯門公眾騎術學校





# 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 2017 Calendar

二零一七年屯門秋季時間表

Month 月份	Wk 週	Su 日	Mo 一	Tu 二	We 三	Th 四	Fr 五	Sa 六	Remarks
FEB 2017 二月					1	2	3	4	2/2 Helpers Training 義工訓練
	1 <sup>st</sup>	5	6	7	8	9	10	11	1-3/2 Lunar New Year Holiday 農曆新年假期 - No Lessons 無堂
	2 <sup>nd</sup>	12	13	14	15	16	17	18	7-28/2 Regular Term Ride 常規季度課堂
	3 <sup>rd</sup>	19	20	21	22	23	24	25	
	4 <sup>th</sup>	26	27	28					
MAR 2017 三月					1	2	3	4	1-3/3 Regular Term Ride 常規季度課堂
		5	6	7	8	9	10	11	7-10/3 Group Ride 一日騎馬樂(下午課照常)
	5 <sup>th</sup>	12	13	14	15	16	17	18	14-31/3 Regular Term Ride 常規季度課堂
	6 <sup>th</sup>	19	20	21	22	23	24	25	24/3 Tuen Mun Annual Helpers Dinner 義工週年晚宴
	7 <sup>th</sup>	26	27	28	29	30	31		
APR 2017 四月								1	4/4 Ching Ming Festival 清明節- No Lessons 無堂
	8 <sup>th</sup>	2	3	4	5	6	7	8	5-7/4 Regular Term Ride 常規季度課堂
		9	10	11	12	13	14	15	14-17/4 Easter Holiday 復活節假期- No Lessons 無堂
		16	17	18	19	20	21	22	25-28/4 Regular Term Ride 常規季度課堂
	9 <sup>th</sup>	23	24	25	26	27	28	29	
		30							
MAY 2017 五月	10 <sup>th</sup>		1	2	3	4	5	6	1/5 Labour Day 勞動節
	11 <sup>th</sup>	7	8	9	10	11	12	13	2-12/5 Regular Term Ride 常規季度課堂
		14	15	16	17	18	19	20	3/5 Birth. of Buddha 佛誕- No Lessons 無堂
	12 <sup>th</sup>	21	22	23	24	25	26	27	14/5 Tuen Mun Open Day 屯門開放日
	13 <sup>th</sup>	28	29	30	31				16-19/5 Group Ride 一日騎馬樂(下午課照常)
									23-26/5 Regular Term Ride 常規季度課堂
JUN 2017 六月						1	2	3	30/5 Dragon Boat Festival 端午節- No Lessons 無堂
	14 <sup>th</sup>	4	5	6	7	8	9	10	31/5-6/6 Graduation Ceremonies 畢業禮
	15 <sup>th</sup>	11	12	13	14	15	16	17	7-16/6 End of the Term 本季度課堂完結
		18	19	20	21	22	23	24	
		25	26	27	28	29	30		

5<sup>th</sup> September 2017 春季課程開始 New Term Start

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

當天天文台發出以下警告，所有傷健策騎課堂會自動取消：

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



Pokfulam Autumn Term 2017 Calendar

二零一七年薄扶林秋季時間表

Month 月份	Wk 週	Su 日	Mo 一	Tu 二	We 三	Th 四	Fr 五	Sa 六	Remarks
FEB 2017 二月					1	2	3	4	3/2 New Helper Training Day 新義工訓練日 Term Ride 季度課堂
	1 <sup>st</sup>	5	6	7	8	9	10	11	
	2 <sup>nd</sup>	12	13	14	15	16	17	18	
	3 <sup>rd</sup>	19	20	21	22	23	24	25	
	4 <sup>th</sup>	26	27	28					
MAR 2017 三月					1	2	3	4	Term Ride 季度課堂 4/3 RDA PFL Volunteers Annual Gathering - no riding session 7-10/3 Group Ride (am only) 一日騎馬樂 (上午); Independent Ride will go on as usual in the afternoon
		5	6	7	8	9	10	11	
	5 <sup>th</sup>	12	13	14	15	16	17	18	
	6 <sup>th</sup>	19	20	21	22	23	24	25	
	7 <sup>th</sup>	26	27	28	29	30	31		
APR 2017 四月								1	Term Ride 季度課堂 4/4 Ching Ming Festival 11-22/4 Easter Holiday
	8 <sup>th</sup>	2	3	4	5	6	7	8	
		9	10	11	12	13	14	15	
		16	17	18	19	20	21	22	
	9 <sup>th</sup>	23	24	25	26	27	28	29	
MAY 2017 五月		30							Term Ride 季度課堂 1/5 Labour Day 3/5 Buddha's Birthday 30/5 Dragon Boat Festival 31/5 Graduation Ceremony 畢業禮
	10 <sup>th</sup>		1	2	3	4	5	6	
	11 <sup>th</sup>	7	8	9	10	11	12	13	
	12 <sup>th</sup>	14	15	16	17	18	19	20	
	13 <sup>th</sup>	21	22	23	24	25	26	27	
JUN 2017 六月	14 <sup>th</sup>	28	29	30	31				1-2, 6/6 Graduation Ceremony 畢業禮 Term Ride 季度課堂 13/6 End of Term 學期完結
						1	2	3	
	15 <sup>th</sup>	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	29	30		

Notes:

- All RDA riding lessons will be cancelled when: 當天文台發出以下警告, 所有傷健策騎課堂將會自動取消:
  - Typhoon Signal No. 3 or above is hoisted; 懸掛三號颱風訊號或以上;
  - Red or Black Rainstorm Warning Signal is in effect; 紅色或黑色暴雨警告生效時。
  - Thunderstorm and/or Amber Rainstorm Warning Signal is in effect: at the discretion of the Instructor. 雷暴警告及/或黃色暴雨警告信號生效時: 由教練決定。
- Please be reminded that due to some unforeseen circumstances we may need to cancel sessions and that we cannot guarantee that replacement session will be provided. 若在不能預知的情形下而需要取消課堂我們不能保證會提供補課。
- 2017 Autumn Term commencement date: 5 September 2017 二零一七年度秋季課程開始日期: 二零一七年九月五日



# 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(✓)

☐ 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

☐ 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

Day(s) & Time Available 可參與義務工作的日期和時間:

☐ Tue 星期二 (上午9:30am – 12:00pm)

☐ Wed 星期三 (上午9:30am – 12:00pm)

☐ Wed 星期三 (下午3:00pm – 4:30pm)

☐ Thu 星期四 (上午9:30am – 12:00pm)

☐ Fri 星期五 (上午9:30am – 12:00pm)

☐ Fri 星期五 (下午3:00pm – 5:30pm)

☐ Sat 星期六 (上午7:30am – 11:30am)

☐ Tue 星期二 (上午9:00am – 12:00pm)

☐ Tue 星期二 (下午2:00pm – 4:30pm)

☐ Wed 星期三 (上午9:00am – 12:00pm)

☐ Wed 星期三 (下午2:00pm – 4:30pm)

☐ Thu 星期四 (上午9:00am – 12:00pm)

☐ Fri 星期五 (上午9:00am – 12:00pm)

☐ 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](mailto: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。

# Riding For The Disabled Association Ltd

## 香港傷健策騎協會有限公司



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](mailto: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](mailto:info@rda.org.hk). For any enquiries, please feel free to contact our staffs at 2454 9961 or email to : [info@rda.org.hk](mailto: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.

Address: c/o Tuen Mun Public Riding School, Lot 45 Lung Mun Road, Tuen Mun, NT

Email: [info@rda.org.hk](mailto:info@rda.org.hk)

Tel : 2454 9961

Fax: 2465 5914

Website: [www.rda.org.hk](http://www.rda.org.hk)

Charity Reg. No.: 91/1615

