

Riding for the Disabled Association Ltd.



香港傷健策騎協會有限公司

MAGAZINE



RDA Chairman - Mr. K K Yeung



RDA President - Mr. Ronald Arculli



RDA Public Relations Co-ordinator -
Mr. Apollo Ng

RDA Symposium



RDA Symposium Chairman -
Mr. Alvin Chan



Speaker - Dr. Li Pang Kwong



RDA Project Manager -
Mr. Nick Rodgers

5th Issue - January 2006



Jo Eling



Nick Rodgers



Canney Cheng
Administrator - Tuen Mun

Rose Sung
Administrator - Pokfulam

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WE NEED VOLUNTEERS 我們需要義工

Pokfulam Public Riding School (Tue - Sat) 薄扶林公眾騎術學校 (星期二至六)	9.30 - 12.00 noon
Lo Wu Saddle Club (Thurs only) 羅湖騎術學校 (星期四)	9.30 - 12.00 noon
Tuen Mun Public Riding School (Tue - Fri) 屯門公眾騎術學校 (星期二至五)	9.30 - 11.30 a.m.

If you have a morning free a week why not come and help disabled children learn to ride ponies !
你可否每週騰出半天來幫助有殘障的兒童學習騎馬?

No Experience required. Training provided at 無需經驗, 本會將在下列中心提供訓練, 請來電查詢:

Pokfulam Public Riding School 薄扶林公眾騎術學校 2.00 - 3.30 pm every Wednesday 星期三 Tel 電話: 2875 7711 Fax 傳真: 2875 7933 Email 電郵: pamelac@rda.org.hk	Lo Wu Saddle Club 羅湖騎術學校 Thursday 9.30 - 12.00 noon 星期四 Tel 電話: 2454 9961 Fax 傳真: 2465 5914 Email 電郵: canneych@rda.org.hk	Tuen Mun Public Riding School 屯門公眾騎術學校 By Appointment 請預約 Tel 電話: 2454 9961 Fax 傳真: 2465 5914 Email 電郵: canneych@rda.org.hk
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Please call for info or just come to 我們誠意邀請你來接受訓練, 交通工具如下:

Pokfulam Public Riding School, 75 Pokfulam Reservoir Road
Bus 4, 7, 37A, 40, 40M, 46X, 71, 90B, 91, 94, 970, 973
Minibus 22 Star Ferry 31 Admiralty

Lo Wu Saddle Club, Ho Sheung Heung, Sheung Shui, N. T.
Taxi or Minibus from KCR Sheung Shui Station

Tuen Mun Public Riding School Lot 45 Lung Mun Road
Bus 59A, 59M, 59X, 962 LRT 506, 507, 610, 614, 615
Minibus 44 Sheung Shui Station

薄扶林公眾騎術學校, 薄扶林水塘道七十五號
巴士 4, 7, 37A, 40, 40M, 46X, 71, 90B, 91, 94, 970, 973
小巴 22 - 天星碼頭 31 - 金鐘海富中心

羅湖騎術學校, 上水河上鄉
由上水火車站 - 的士 / 小巴

屯門公眾騎術學校, 龍門路四十五號地段
巴士 50A, 50M, 59X, 962 輕鐵 506, 507, 610, 614, 615
由上水火車站小巴 44號

Visit our website www.rda.org.hk 網址: www.rda.org.hk

THE ANNUAL HELPERS' DINNER

義工週年晚宴

It has become a tradition to hold the Annual Helpers' Dinner in early November. This year the 5th of November was the date chosen for the party and we had a new venue 'The United Services Recreation Club' in Kowloon.

The evening began with drinks so everyone could gather and have a chat. Following on was a barbeque dinner that was enjoyed by everyone. Both pre-dinner drinks and the barbeque were served outside by the poolside in a beautiful settings. The evening was exceptionally warm for early November. Of course there was the ever popular raffle followed on by disco dancing.

A big THANK YOU goes to everyone who came: Jockey Club Staff, Correctional Services representatives, instructors, helpers, riders and friends of RDA.

A special THANK YOU goes to Jane Stuart who organized the venue and to everyone who contributed to the raffle.

Everybody enjoyed themselves and we hope that next years Helpers Dinner will be as successful as this year.

傳統上的義工週年晚宴均會編排在十一月初，今年這項活動的日期為十一月五日，並在新地點三軍會舉行。

當晚大家先享受飲品，並聚首一堂閒話家敘，之後的晚宴以燒烤的形式進行，大家都十分享受，而晚宴前的酒會及燒烤晚宴都是在戶外游水池旁舉行，景色優美，雖然是十一月初，但當晚天氣和暖，當然少不了有大受歡迎的抽獎，之後為的士高跳舞時間。



Tuen Mun Helper - Li Ngan Fung and Husband

我們要向當晚到會者說句多謝，他們包括了：香港賽馬會的職員、懲教署的代表、傷健策騎協會的指導員、義工、策騎學員及各友好等。

Ann-Sofi Poyhonen

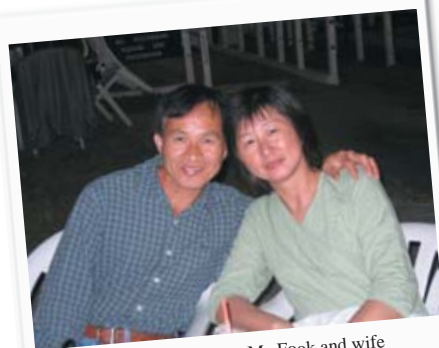


Dancing King & Queen - Nick Rodgers and Peta Duncalf

特別要多謝的當然是統籌這項活動在新地點舉行的 Jane Stuart，以及每一位有為抽獎作出捐贈的人士。

當晚每位來賓均盡興而返，我們亦希望明年的義工週年晚宴可以更為成功。

Ann-Sofi Poyhonen



Tuen Mun PRS - Cheung Ma Fook and wife



RDA 30TH ANNIVERSARY CHRISTMAS DRESSAGE

傷健策騎協會三十週年聖誕花步比賽

The 3rd December was the date for everyone's diary this year, with RDA holding its 30th Anniversary Dressage Competition at Pokfulam Riding School.

A total of 17 riders took part in the competition which this year was split in to three sections, young rider, novice rider and open rider.

Young Riders competed in the small paddock with a helper who guided them on their way around the test. Most of the children were able to do their own steering and transitions.

Novice riders, were older riders who needed a little help while performing the test, although all rode very well showing a high level of confidence. The open riders were of a high standard very much on their own, learning the test and riding without a caller or leader/ helpers in the paddock.

Ann-Sofi Poyhonen accepted the challenge of being judge for the Young Rider class while Nick Rodgers took the role of judge for the Novice and open rider class. Paul Stuart was kind enough to write for all three classes, which may have caused writers cramp however he was kept well watered with some of Ann Sofi's husband's mulled wine.

The winners of the classes were:

Young Rider: Shawn Kwan riding Kimberley
Novice Rider: Sophie Wong riding Turnip
Open Rider: Nelson Yip riding Chubby

The event was well supported by parents who brought finger food, while the Hong Kong Jockey Club donated the BBQ and arranged for the arrival of Father Christmas who looked a little lean but had a bountiful supply of sweets for the children of all ages!

Congratulations to all the other competitors who took part, everyone did a wonderful job receiving good marks and comments from the judges, which we hope will encourage everyone to take part again in the future.



▲ Nelson Yip receiving trophy from Robert Gazzi



▲ Lam Tung receiving trophy from Robert Gazzi

十二月三日是一個值得紀念的日子，因為當天傷健策騎協會於薄扶林騎術學校舉行其三十週年的盛裝舞步比賽。

共有十七位騎者參加是次的比賽，今年的比賽分為三組，分別是年輕騎者、初學騎者及公開賽騎者組別。

當中年輕騎者組別的參賽者於小沙圈比賽，全程並由義工帶領，大部份的兒童均能適當地控制馬匹；至於初學騎者組別則是屬於較年長的參賽者，雖然他們於比賽過程中仍需要一點幫助，不過他們騎來均信心十足；而公開賽騎者組別是較高水準的比賽，參賽者均能控制馬匹自如，且在比賽過程中毋需其他人的協助。

Ann-Sofi Poyhonen接受了擔任今次年輕騎者組別比賽評判的挑戰，羅傑仕則出任初學騎者組別及公開賽騎者組別の評判，Paul Stuart負責記下三個組別的分數。

三個組別的冠軍分別是：

年輕騎者：Shawn Kwan，策騎馬匹 Kimberley

初學騎者：Sophie Wong，策騎馬匹 Turnip

公開賽騎者：葉少康，策騎馬匹 Chubby

是次比賽獲得參賽者父母的熱心支持，他們為這次活動購買了不少小食，而香港賽馬會則慷慨地捐出燒烤食物，並安排聖誕老人到場，為各位兒童帶來甜美的糖果。

要恭賀所有參加比賽的健兒，他們每一位均獲得高分數以及評判的高度評價，我們因此而希望能鼓勵日後有更多的參賽者參與其中。

Jo Eling

Jo Eling



◀ Happy riders with Santa Claus

AUSTRALIA RDA CHAMPIONSHIP 2005 (24TH TO 30TH OCT 2005)

澳洲傷殘騎術錦標賽 (二零零五年十月二十四至三十日)

Nelson Yip and Hansen Lee were sent by RDA to train and compete in Australia RDA Championship 2005 on 28th - 30th October 2005 at Werribee in Australia.



Nelson Yip

傷健策騎協會安排葉少康及李香江南下澳洲，除了在當地接受訓練之外，亦出席於二零零五年十月二十八至三十日於華利比舉行的澳洲傷殘騎術錦標賽。

(A)

This competition was a good experience for both the riders. The first 4 days were spent at Mary Longden's stables training. We spent time trying horses and visited two other stables from which we eventually selected the horses for Nelson and Hansen to ride. We then moved to Wirrebee with the horses for the competitions. Mary then took over her position as Technical

Delegate for the competition. That left myself to work with our riders on the training. Apollo Ng also joined us at the competition which was a great help.

這項錦標賽對兩位騎者來說都是一次良好的經驗，首先在頭四天他們於瑪莉朗頓的馬房接受訓練，我們花上一些時間考驗馬匹，亦造訪其餘兩個為葉少康及李香江提供參賽馬匹的馬房，之後我們便移師到華利比準備比賽，而瑪莉亦擔任比賽的技術委員，剩下我為兩位騎者作最後準備，不過，吳嵩亦與我們在一起，他為是次的比賽亦幫了我們不少。

Nick Rodgers

(B)

The two riders performed extremely well in the Australia RDA Championship 2005 for the Disabled. Nelson and Hansen finished first and second in the Grade II session B Freestyle and Musical Dressage. In the competition both scored above the pass mark of 50. On top of this, Nelson was awarded Overall Champion in the Grade II Session B. In the final ranking of Grade II (combined session A & B) Nelson finished sixth and Hansen finished 10th in the freestyle.

他們在今次的澳洲傷殘騎術錦標賽表現出色，葉少康及李香江分別奪得自選及音樂盛裝舞步項目第二級B組的冠軍及亞軍，兩人的積分均超過了合格分數的五十分，除此之外，葉少康更獲第二級B組的總冠軍，而在第二級自選項目的總排名（A組與B組合計），葉少康排第六名及李香江亦排第十名。



港傷殘騎術隊表現優異

【本報訊】在澳洲墨爾本華利比舉行的澳洲傷殘騎術錦標賽於十月三十日圓滿閉幕。香港傷殘騎術隊代表李香江及葉少康在強敵林立之下表現優異。在只能租用當地馬（無法攜帶騎術佳驄）以及只與座騎合拍三天的情況下，葉少康及李香江分別奪取自選及音樂盛裝舞步項目第二級B組的冠軍及亞軍。葉少康更獲第二級B組的總冠軍。而總冠軍榮譽是需要平均分超過大會指定標準才頒發（有部分組別及組別冠軍是未及標準故大會不頒總冠軍榮譽）。而與不少正當奧運殘障手受傷後才為參加的第二級自選項目總成績比較，葉少康排第六名及李香江亦排第十名。二者都超過合格水準。

澳洲傷殘騎術錦標賽閉幕 香港隊表現出色

在澳洲墨爾本華利比舉行的澳洲傷殘騎術錦標賽於十月三十日圓滿閉幕。香港傷殘騎術隊代表李香江及葉少康在強敵林立之下表現優異。在只能租用當地馬（無法攜帶騎術佳驄）以及只與座騎合拍三天的情況下，葉少康及李香江分別奪取自選及音樂盛裝舞步項目第二級B組的冠軍及亞軍。葉少康更獲第二級B組的總冠軍。而總冠軍榮譽是需要平均分超過大會指定標準才頒發（有部分組別及組別冠軍是未及標準故大會不頒總冠軍榮譽）。而與不少正當奧運殘障手受傷後才為參加的第二級自選項目總成績比較，葉少康排第六名及李香江亦排第十名。二者都超過合格水準。

Apollo Ng

▼ Hansen Lee

▼ Nelson Yip





▲ Nick Rodgers and Pun Sun Ming Principal of School for Special Needs

▲ Speaker's table from left to right: Dr. Li Pang Kwong, Apollo Ng, Ronald Arculli, K K Yeung, Nick Rodgers and Alvin Chan

▲ From left to right: Alvin Chan, Tommy Tam, Alfons Tjok and Wilfred Ng

▲ From left to right: Alvin Chan, Wong Kwan and K K Yeung Chairman of RDA

“RDA Symposium” 香港傷健策騎協會研討會



▲ Georgina Riley

The Happy Valley stand was the venue for a symposium in the middle of October. Commissioned by RDA on the “Rehabilitation riding market and marketing study”. The purpose of the study is:-

- To confirm the benefits that riding for the disabled brings;
- To find out how and to what extent RDA can bring more benefits to disabled people through horse riding;
- To determine whether Hong Kong is suitable to prepare candidates by RDA to compete in the 2008 Paralympic Games.



▲ K K Yeung presents souvenir to Professor Li



▲ John Chan



▲ Professor Li explains the finding of the study



▲ Dr. Trisha Leahy

The final aspect of the study was to determine RDA's ability to prepare Paralympic riders for 2008. At this time this task will be very demanding. But two potential Paralympians attended the symposium. Mr. Nelson Yip and Mr. Hansen Lee who are traveling down under to Australia to compete in the Australian National Championships.



▲ Bernard de Petrucci, long time supporter RDA with Carolyn Blaauw



▲ Anthony Chow

This 30th Anniversary year RDA has had 3 very noticeable achievements.

- The Asia Pacific Conference
- The 30th Anniversary Pearl Ball
- The Marketing Study Symposium

These 3 events have marked our 30th Anniversary. Under the guidance of Mr. K K Yeung (Chairman RDA) and with must assistance from Mr. Ronald Arculli (President RDA) has grown and developed.

As the marketing study show we still have a lot more to do. But with the current team I feel sure we can grow and develop to further serve the community even more.

Congratulations must go to Mr. Alvin Chan, the Chairman of this successful Symposium.

RDA is looking forward to a very bright future.



◀ From left: K K Yeung, John Chan and Professor Li

十月中於跑馬地馬場舉行了一個研討會，由香港傷健策騎協會主辦，研討會內容是有關於香港傷健策騎協會較早時所做的一份「康復策騎市場研究」，而這份研究的目的有以下三方面：

- 1) 確認策騎馬匹對傷健人士的益處
- 2) 找出傷健策騎協會如何及在那一個程度上透過策騎馬匹可以為傷健人士帶來益處
- 3) 決定香港是否適合由傷健策騎協會培訓運動員參加二零零八年傷殘奧運會

負責這項研究是嶺南大學的李彭廣教授，他亦在研討會上解釋研究的結果，他指出在目前可以利用的資源下，傷健策騎協會已提供了甚佳的服務，與此同時，這份研究報告亦指出，將會有數以千計的傷健人士可以從策騎課堂中獲益。

超過三百名人士獲邀請出席是次的研討會，於李彭廣博士解釋完研究報告之後，便輪到與會人士的發問時間，大家的反應亦很熱烈。

研究報告的最後一個環節是決定傷健策騎協會是否有能力為二零零八年的傷殘奧運會作準備，在現時來說這的確是一件艱鉅的工作，但兩位有潛質參加傷殘奧運會的運動員亦有出席是次的研討會，他們分別是葉少康及李香江，他們將會遠赴澳洲，角逐澳洲國家錦標賽。

今年為傷健策騎協會的三十週年，協會亦在今年達到了三項成就，分別是：

- 1) 主辦亞太會議
- 2) 舉辦三十週年慈善餐舞會
- 3) 市場研究研討會

這三項盛事標誌著我們的三十週年，在傷健策騎協會主席楊國琦先生、以及會長夏佳理先生的幫助下，傷健策騎協會得以不斷發展及成長。

正如這份市場研究指出，我們仍有很多東西要做，筆者相信我們現時的一支團隊，仍可進一步發展，為社會作出更多的貢獻。

今次之研討會十分成功，筆者要賀喜陳大枝先生，他是今次研討會的主席。

傷健策騎協會正期待著有美好的前景。



▲ Ronald Arculli, President of RDA

RDA SPORTS SUB COMMITTEE (SSC)

傷健策騎協會體育委員會

Mr. K K Yeung (RDA Chairman) has created this new committee for two purposes.

傷健策騎協會主席楊國琦先生成立了這個新的委員會，主要有兩個目的：

1. To identify and produce a group of riders to represent Hong Kong in the 2008 Paralympics. Remember the Equestrian Olympics including the Paralympics will be held in Hong Kong.
 2. The second objective of the SSC is to identify young riders for the future that could use riding as a real sport. Whilst the main focus of RDA will always be rehabilitation, we now will have another road for our ambitious riders to follow and that will be sports.
1. 揀選及培訓一支香港代表隊，參加二零零八年的傷殘奧運會，不要忘記傷殘奧運會中的馬術項目將安排在香港舉行。
 2. 體育委員會的第二個目的是揀選日後有潛質全職投入運動行業的年青騎手，雖然傷健策騎協會一向集中在復康方面，但現時我們亦為有志向的騎者提供一條新的出路。

SSC Committee Members:

體育委員會

Chairman - Mr. Spencer Foo

Spencer is presently the Security Adviser of Sino Land Group and the General Manager of Sino Security Services Company Limited. Prior to, he had served 37 years with the Hong Kong Police Force, from which he retired at the rank of Senior Assistant Commissioner in the early of 2005. He was awarded the Bronze Bauhinia Star by the Hong Kong SAR Government and the Queen's Police Medal for Distinguished Service by the previous Colonial Government.

Vice Chairman - Mr. Michael Lee

Michael is Managing Director of Hysan Development Company Limited. Michael is a member of Main Board Listing Committee of The Stock Exchange of Hong Kong Limited, a Non-Executive Director of Tai Ping Carpets International Limited, a member of the Executive Committee of Hong Kong Housing Society, the President of Hong Kong Society for the Protection of Children and Vice Chairman of Helping Hand, a member of the Equestrian Committee of The 2008 Olympic and Paralympics Equestrian Events and the Honorable Treasurer of Hong Kong Equestrian Federation. Michael started to pursue his interest in the equestrian sport when he was 8 years old and had represented Hong Kong in various international show jumping competitions.

Vice-Chairman & Public Affairs Co-ordinator. - Mr. Apollo Ng

Member of General Committee.

Apollo is the Chairman and Publisher of "Racing World" magazine, the only thoroughbred monthly magazine in Hong Kong. He is a renowned TV commentator in the area of racing and sports, hosting programmes in most TV and radio channels in HK over the past 17 years. He is a Fellow Member of the HK Institute of CPAs and also a Member of the Australian Institute of CPAs. He has been awarded Justice of the Peace by the Government of New South Wales, Australia in 1992.

Project Manager - Ms. Canney Cheng

Canney is working for RDA as an Office Administrator at Tuen Mun Office since November 2002 and promote to Project Manager in Sports Sub Committee recently for helping to develop the sports for 2008 Paralympics in Hong Kong and onward. She started the horse riding since her 13 years old.

Committee Member - Mr. Roger Ho

After an international career with Royal Dutch/Shell for over two decades, Roger is now Managing Director of Transitions Asia Limited, member of EIM Group, which provides senior executives on an "interim" basis to help

organizations through critical transitions around the world. Roger has previously served RDA as Helper, member of the General Committee and member of the Fund Raising Committee. Roger holds graduate and postgraduate degrees from Imperial College, London University and is Past President of the Chartered Institute of Management Accountants Hong Kong Division.

Committee Member - Mrs. Ann-Sofi Poyhonen

I'm originally from Finland but have lived in Hong Kong for about 12 years all together. I started helping with RDA in Pokfulam in February 1998. I'm a Grade III Instructor and I did my exam in March 2002. I'm also a member of the General, the Operations and the Liaison committees. I've studied to be a nurse (my specialties are internal and surgical nursing). This education has helped me when working with RDA. At the moment I try to help out with RDA as much as I can for the simple reason that you learn something new everyday.

Committee Member

Hon Treasurer - Mr. Robert Gazzi

Committee Member - Mr. Julian Chang

Committee Member - Mr. Patrick Ko



▲ RD25 Jubilee

RDA HORSE 傷健策騎協會馬匹

RDA has been working hard with the training of the horses, not only for the therapeutic lessons but also for future competitions for the disabled riders.

Last year RDA Jubilee won the Preliminary Championship in Hong Kong. This year the mare has gone one better by winning the FEI World Dressage Challenge Quailifer and coming a very respectable fourth overall in the Championship.

Also taking part in the junior section of the FEI World Dressage challenge was RDA's young pony Flynn. Ridden by an able bodied child Carmen Yeung,

Flynn also came forth in this section.

All these achievements are good news to RDA as it is helping to train and progress RDA horses who are suitable for our own competition riders to ride and be trained on.

傷健策騎協會一直努力訓練馬匹，不單止作為傷健學員康復之用途，更為日後傷健騎者參加各項比賽作好準備。

去年傷健策騎協會的一匹馬Jubilee勝出了香港的初級冠軍賽，今年這匹雌馬更進一步，勝出世界馬術聯盟的國際馬匹盛裝舞步挑戰賽的預賽，並在所有的冠軍比賽項目中取得一席不俗的第四名。

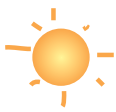
另外，有參加是次世界馬術聯盟國際馬匹花步挑戰賽的傷健策騎協會馬匹，尚有一匹年輕的小馬Flynn，牠參加的是初級組的賽事，於健全騎者Carmen Yeung的策騎之下，Flynn亦能在其所屬組別中取得第四名。

傷健策騎協會一直致力訓練馬匹可以適合作比賽用途，所以上述的成就對於傷健策騎協會都是最好不過的消息。



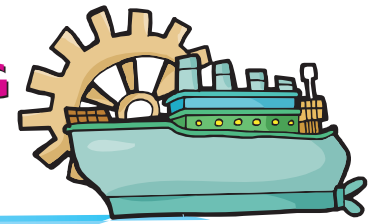
Jo Eling

RD28 Flynn ►



HMS YORK VISIT TO HONG KONG

英國皇家海軍 HMS York 到訪香港



In September the HMS York, a Royal Navy battle ship from England visited Hong Kong as part of a International public relations exercise. RDA was invited to visit the ship with some of the disable children who benefit from the services provided by RDA.

The Heep Hong Society was asked if they would like to take part in the visit, and sent a dozen children with parents and helpers.

Once on board the ship, the children were met by the captain and fellow officers. The ships crew then took the children on a tour of the ship, which included a photo session inside the helicopter. Once the tour was completed the ships crew arranged a pirate's party for the children, which included face painting, pass the parcel games, followed by jelly and ice cream.

All the children had a wonderful time aboard the ship, and the ships crews were very friendly and patient with the children who were quite excitable at times.

It is hoped that RDA will be lucky enough to repeat this type of visit in the future.



Jo Eling



Children with Ship's Crews



於九月份英國皇家海軍 HMS York 到訪香港，這亦是他們國際公共關係的其中一個節目，傷健策騎協會獲得邀請，令一些傷健兒童可以上船遊覽。

協康會亦獲邀參與是項活動，在他們的安排之下，有十二位兒童及他們的家長和義工出席。

於上船後所有兒童均受到船長及各海軍人員的熱情招待，之後船員便帶領兒童參觀船隻，包括了在直昇機內影相留念；於參觀完畢之後，船員更特別為兒童安排了一個海盜派對，於派對上包括了多個有

趣的環節，包括了面孔繪畫、傳送包裹遊戲、以及美味啫喱及雪糕的享用。

所有兒童在船上均渡過了一個美好時光，船員均十分友善，亦頗有耐心招待兒童。

希望傷健策騎協會能再有如此好的運氣，日後可以再次參與類似的活動。

Jo Eling



Children with Ship's Crews



Tuen Mun RDA - Independent Rider “Yim Long Ting”

傷健策騎協會屯門騎術學校 - 個人學員嚴朗婷

Many months ago, I read a report from Japan on a local newspaper. It was about how disabled or autistic children could benefit from the sport of horse riding. Horse riding is not just a sport that requires the motor, balancing and coordination skills from the player, it also calls for communication skills with the animal.

It was April this year when my daughter Ting-Ting joined the training from RDA after being on the waiting list for sometime. At the beginning, Ting-Ting could not even sit and balance properly on horseback. There were not many lessons before the horses took their summer break in June because of typhoons and the many rainy days this summer. She was very excited every Wednesday afternoon when she had to leave school earlier for Tuen Mun. She got very disappointed when I told her the training lesson was cancelled because of the rain or typhoon. When the horses came back in September from their vacation, Ting-Ting progressed in the sport very well. She can now balance well and follows closely the instructions from the trainer. Best of all, she can understand how to get the horse going and how to stop by communicating with the animal under her. Thanks to the trainer and the helpers in RDA, they have done a great job in making it a better world for the children!

於數個月之前，我曾在日本一份當地報章中，看到一篇有關於傷健或自閉的兒童如何從策騎馬匹中得益的報導；騎馬其實不單止要講求騎者的動力、平衡及身體各部份的協調，更需要的是與馬匹有良好的溝通。

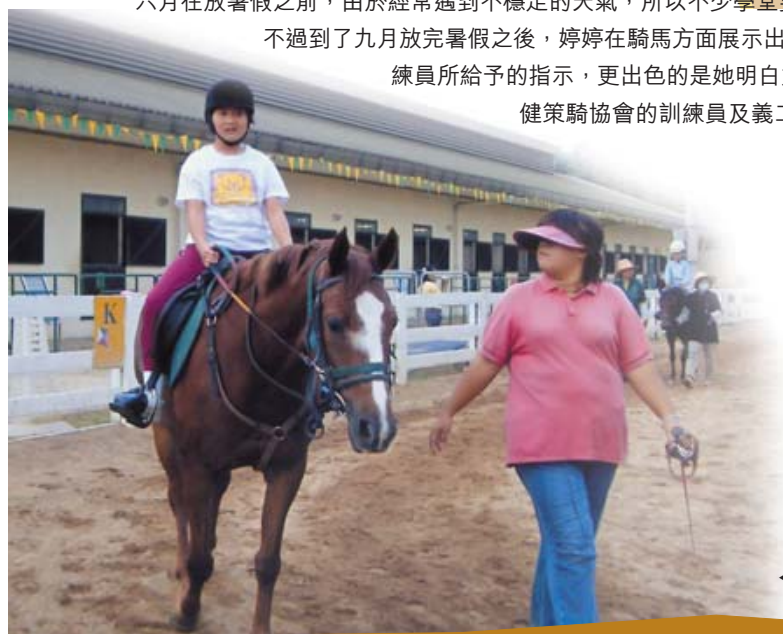
在後補名單上等待了一段日子之後，於今年四月我的女兒婷婷正式加入傷健策騎協會的訓練行列，起初婷婷並未能在馬背上保持平衡，甚至未能維持坐姿，不過每當到星期三下午上堂之時，她都感到很雀躍，但今年

六月在放暑假之前，由於經常遇到不穩定的天氣，所以不少學堂要取消，當她知道這些課堂要取消之後，她都感到十分失望；

不過到了九月放完暑假之後，婷婷在騎馬方面展示出良好的進度，她現在已掌握到很好的平衡功夫，亦可以緊貼訓練員所給予的指示，更出色的是她明白如何透過與馬匹的溝通而令馬匹前進及停步，我特別要感謝傷健策騎協會的訓練員及義工，在兒童眼中，他們令這個世界變得更好。



▲ Ting Ting riding in the class



◀ Ting Ting riding in the class

FAREWELL 道別



▲ Farewell Dinner with RDA helpers & Sierra

Sadly we have to bid farewell a regular supporter and helper of RDA, Sierra MCloed who has been helping with RDA for the past two years. She was a regular helper during the weekly sessions, helped with turnout every Monday morning, and also managed the RDA website for us. While helping with RDA



Sierra took a real interest in one of our older RDA horses Chubby, taking great care of him and making him feel very special. We are all going to miss Sierra very much.

Sierra and husband Tony are due to start a new job in the UK after the New Year. RDA would like to wish them well in their new ventures and hope they will keep in touch with us and come to visit us should they find themselves back in Hong Kong.

Jo Eling



▲ Sierra

令人傷感地我們要與一向支持我們的義工 Sierra MCloed 道別，她在過去兩年一直為傷健策騎協會出力不少，於每週星期一早晨及正規課堂，她都會前來幫忙，她同時為我們管理傷健策騎協會的網站；而在傷健策騎協會擔任義工期間，她對一匹我們的年長馬 Chubby 產生感情，每次來到都照料得此駒甚為妥當，令馬兒感覺良好，我們將會十分懷念 Sierra。

Sierra將與她的丈夫Tony於新年過後在英國開始新的工作，傷健策騎協會祝福他們有美好的將來，並且希望可以一直保持聯絡，每當他們有空來港時都會探望我們。

Jo Eling

RDA GRADE 3 EXAM 傷健策騎協會三級考試

In October, RDA was able to hold a Grade 3 exam for instructors. Jane Barker was invited from the UK to come and examine the instructors, who were Georgina Slates, Jane Stuart, Tania Boddy and YIU Kam Yuk. We also had a visiting instructor from Taiwan, David Wang, who came to Hong Kong to broaden his knowledge and gain some qualifications which he could take back to Taiwan.

The exam started with the stable management and lungeing. This is a very important section of the exam as the instructor needs to know about feeding, grooming, and correct care of the horse as this will help them identify a problem with a horse and help them to deal with it.

Then next day the exam began with the group lessons followed by private lessons and able bodied assessments. On the final day of the exam Cecilia Kwok came to the stables to conduct the medical section of the exam.

Once the exam was completed Jane Barker informed us that all the candidates had passed and the standard of their knowledge and teaching was very high.

Congratulations to all our new Grade 3 instructors.

Jo Eling

於十月份傷健策騎協會為其指導員舉行了三級考試，並邀請了來自英國的 Jane Barker 為我們的指導員包括 Georgina Slates、Jane Stuart、Tania Boddy 及姚金玉主考；另外我們亦有一位來自台灣的到訪指導員 David Wang，他今次來到香港主要是增進他的知識，以及取得一些專業資格讓他可以返回台灣後發揮所長。

考試首先由馬房管理及 Lungeing 開始，這是考試中重要的一環，因為指導員要明白如馬匹餵飼、清潔馬匹及如何正確照料馬兒等職責，從而知道馬匹是否出了問題並作出針對性的處理。

翌日的考試則由小組課堂開始，之後為個人課堂及教授健全騎生評估；至於考試的最後一天，則由 Cecilia Kwok 來到馬房主持有關醫療方面的考試。

於考試完畢之後，Jane Barker 通知我們，所有的應考者均合格，而且他們的知識及教導水平均十分之高。

在此我要恭賀我們所有的新晉三級指導員。

Jo Eling

TORTURE BY GRADE 3 EXAM

三級考試 (折磨篇)

Well the Grade 3 exams in October were the culmination of a 2 3/4 year journey for me which started with my joining up as an RDA volunteer in January 2003. However, I realise now that this is just the start of another even longer journey - as with anything to do with horses, the more you know, the more you find there is to know - add to that the dimension of human disabilities for a non medically trained person and the learning abyss seems huge. So you volunteers who have much more experience than us new Instructors - spare a little tolerance for our shortcomings! All I can say is that the interaction with horses, students and volunteers never fails to be challenging.

A big thanks to Jo, the supportive examiners, instructors and volunteers who helped us through exam week and gave us such a lot of their time. Yes it was tense for everyone and feelings may have been ridden over roughshod at times! As for our four legged friends - some of them got an evil glint in the eye once they'd weighed up the situation. My nemesis was Chubby.....Yes Chubby. He refused to remain restrained for the stable management part of the exam, continually snapping the string tying him to the wall and performing many bodily functions during tail and leg bandaging necessitating repeated fetching of the brush and skip - as a clean stable at all times is an absolute requirement. He capped it all by being the mount for my one to one private lesson - he turned left when he should've turned right, stopped when he should have gone forward - usually with my student's leg within 1mm of the fence - when he should've stopped. I could almost hear him sniggering all the way back to his box. You know what they say about working with children and animals.....

Well that's the test of the exams - you can learn about the 200 plus bones in the horses body, the various sections of the digestive tract, the type of food to give various builds of horses in various levels of work, the characteristics of autism or downs syndrome - but you can't control what happens on exam day - whether you get tangled up in the lunge rein as your equine pupil refuses to stay out on the circle at the lunge, whether your helpers compute your clear as crystal (!) instructions, whether your students actually benefit from your lesson - which is after all what it's all about.

So at the end of the week, relief and humility were probably the over-riding emotions and the dawning that there is now so much more to be learnt.....

Congratulations to my fellow students Ah Yuk, Georgina and Tania - thanks for your good humoured companionship during our shared torture.

十月的第三級考試是我為期兩年多旅程的一個終站 - 是次旅程的起步點，由我於二零零三年一月加入傷健策騎協會擔任義工開始；不過，現時我才明白，今時今日其實是我另一次

更長旅程的開始 - 當你知道更多，你卻發覺尚有更多的有待你去發掘，加上對於一個從未接受正統醫學的人來說，傷健學問絕對是一個學習深淵，因此出任義工的你比像我這類新指導員有更多經驗的，且容忍我們的缺點！我所能說的是與馬匹、學生及義工的交流永遠都具有新的挑戰。

我要向Jo、對我們支持的考官、指導員及義工說句多謝，他們在考試的一個星期內幫了我不少，亦花了他們很多的時間，回想當時的情緒，確令人脾氣變得暴躁起來，試想像我們有四隻腳的朋友，向你流露調皮的眼色而不與你合作.....來懲罰我的是一匹名為Chubby的馬，於考馬房管理的一部份時，牠卻難以在馬房內靜下來，不斷扯斷將牠定在牆的繩子，而為牠包紮尾部及足部時，牠的身體卻一直移動，總之是不肯合作，到一對一的私人課堂時，要牠轉右時牠卻轉左，要牠停止時牠卻向前行 - 當我的學生的腳部距離欄邊不足一毫米時 - 牠便要停止，當牠返回馬房時我聽到牠的嘲笑之聲，你可知道牠對於我們會說些什麼嗎.....

但這便是考試的最大考驗 - 你會學到一匹馬體內有超過二百塊骨頭、馬匹消化系統內的不同部位、不同的食物如何促進馬匹的成長、自閉及唐氏綜合症的特徵 - 但你永遠無法控制考試日所發生的一切 - 不論你在Lungeing的環節上出了岔子、不論你的義工能否聽到你清晰的指令、又或者不論你的學生能否在你的課堂上得益 - 這些都是考試過程中的變數。

因此到了考試完結之後，心中不禁釋然，而且亦會變得更為謙厚，因為自己發覺到原來仍有更多的東西學習.....

要恭賀我的同學亞玉、Georgina及Tania，多謝你們能在該段期間與我一同分享考試的折磨。



▲ Jane Stuart

Jane Stuart

Jane Stuart

GRADE 3 EXAM - YIU KAM YUK

三級考試 - 姚金玉

Time is running so fast; remembering that I joined the RDA as a helper since April 1995. Until now, eleven years has passed, and RDA has already been part of my life. There, what I gain is my tired body. In my 10th anniversary of RDA last year, I present a gift to myself, and it was the Certificate of the Grade 3 Instructor.

For this certificate, although it is just a paper with a few words, it means a lot to me. It is memorable and unforgettable! Because of the lack of sufficient preparation, and to a person like me who is not proficiency in English, it is not easy to earn this qualification. It needs plenty of works and efforts to fulfill this achievement.

During the preparation period of the examination, time was not enough for me in practicing how to lungeing and various horsemanship skills. Luckily, I got a lot of helps from other instructor and friends of mine. They helped me in understanding, practicing and managing the skills and knowledge in horsemanship. My best friends - Francisca and Mrs. Rita Ho, they helped me in solving the language problems. Francisca assisted me in translating the questions and topics in examination, while Rita taught me how to read and remember the names in different parts and positions of a horse. Because of them, my performance had improved.

The examination was held over three days, and the venue of examination was located at Pokfulam Public Riding School. During these three days, I went to the venue every early morning from Tuen Mun, and I was really under a great pressure with the feeling being like a stranger who didn't familiar with everything. I was very nervous too.

In the first day of examination, an incident happened and it made me a little bit embarrassing. The story began with the absence of my translator. In that moment, I was so nervous! I am not proficiency with English, and all the instructors and students at the venue were expatriates. I was helpless at of the sudden. Fortunately, I was so delighted that Mrs. lone Smith gave me a greatly help. lone assisted me in translating the procedure and instruction, so that my examination can be run in a smoothly manner. Meanwhile, I was very lucky that I was to be supervised by Mr. Nick Rodgers for most parts of the examination, and Miss Jo Eling arranged a horse that had a good temper as my "partner" during examination, and hence my stress was substantially reduced.

In the whole examination, the most difficult task for me was physiotherapy. In this section, requirements were tough and hard. It required me to supervise and monitor a group of students' performance and any weakness during riding, and design an appropriate training program — including riding equipments - for them.

Through this examination, I am glad that my knowledge in horsing has improved and my understanding in the riding skills has enhanced. It was a fruitful experience for me, and I really learnt a lots. On 12th October, 2005, I was so excited to receive my certificate of coach from the examiner. Not only it is recognition of the effort that I have made but also it is a highlight of my life.

All in all, I would like to express my greatest gratitude to those who have helped me to cope with the examination. Thank you very much for all of your timely and generous helps, and they are: Francisca, Rita, all instructors in riding school, Nick, Jo, Canney, lone, Rose, Marie, Winnie, Paul, Lam Tung and Thomas (My horse partner).

YIU Kam Yuk



▲ Yiu Kam Yuk

回想起自一九九五年四月至今，加入了香港傷健策騎協會做義務工作已接近十一年，而它亦成為了我生活的一部份。在這裡，我得到的回報就是全身酸痛。去年，適逢是難得的十週年，我送給了自己一份禮物，這就是一紙「三級教練證書」。

雖然這證書只是一張普通的紙，但是對於我來說，它卻得來不易！在沒有充足資料溫習的情況下，對於一個英語不熟練的人來說，考取這張證書的心情是非常的沉重！

眼看距離考試還有不足一個月的時間，我只是練習過幾次的 lungeing，唯有請教馬會教練的協助，請他們指導訓練馬匹的技巧和管理馬房的知識。同時，幸好得到兩位好友的幫助 - Francisca幫忙了翻譯考試的問題，使我容易理解；以及何太教曉我閱讀馬匹身體各部位的名稱等。

考試是分三天進行，而試場是設在薄扶林馬場。在應考當日，壓力十分之大，而且有人地生疏的感覺，而我更是每天一大清早便在屯門出發往試場。記得在第一天考試的時候，發生了一段小插曲，就是當我到達試場才知道已安排的翻譯員缺席了！在場內的監考員和其他的考生全是外國人，那一刻，真感到有點無助！最後，慶幸得到Mrs. lone Smith幫忙翻譯，考試才能順利進行。在考試的時候，大部份的範圍是由羅傑仕先生監考我的表現，而Miss Jo Eling 亦安排了一匹性情溫純的馬作為我的「拍擋」，那總算為我減輕了一點的壓力。

在整個考試中，最困難的是應付物理治療這一關。考試要求一方面看著學生上課的情形，另一方面亦要觀察他們個別的病例和策騎時的表現，從而設計合適培訓他們的課程，當中更包括了策騎設備等。

參加了這次的考試，最高興是能學習策騎技術！在二零零五年十月十二日的下午，我很高興地從考官的手上接過了這一張非常沉重而意義重大的證書。隨著考試的完結，一切亦告一段落了。

最後，謹借此機會感謝下列各位的幫忙，讓我獲得了這份珍貴的禮物，

他們是：Francisca、何太、馬會各教練、羅傑仕、Jo、lone、嘉儀、宋小姐、劉麗貞、童玲芝、Paul、林棟和馬兒 Thomas 我的「拍擋」。

姚金玉

MINI PONIES VISIT HONG CHI PINEHILL SCHOOL

小馬到訪匡智松嶺學校

Four mini ponies (were invited to Hong Chi Pinehill School) accompanied by 3 RDA helpers, Yiu Kam Yuk, Leung Kam Fong and Kally Wong, 3 Pony Club children, Clinton Whyte, Sum Sze TAM and Harmony Ho plus mothers and myself.

The occasion was an open day and fair on 3rd December 2005 to celebrate Hong Chi Pinehill School's 40th Anniversary. The weather was good (almost hot) for the opening ceremony and the guest of Honor Dr. York Chow. Many organizations who help Hong Chi Pinehill School received a plaque from Dr. Chow to say "Thanks" for supporting the school. RDA was one of the recipients.

The mini ponies were taken to a Chinese style garden where they stood to be patted and have photoes taken.



▲ Mini Pony with disabled child

We stayed for almost 4 hours during which time many very disabled children came to visit the ponies and to have photo's taken. Two ponies were taken to another site on the

grounds for a short time where they were equally popular.

I think Julianne Lo one of the event organizers and RDA's contact must have been very pleased with numbers of visitors to the celebrations.

This was a very worthwhile exercise for RDA especially being able to support Hong Chi Pinehill School and in the amount of P.R. we received.

Thanks go to Julianne Lo for giving RDA this opportunity. Also thanks to our six helpers who although they worked I think found the experience rewarding I know I did.

Nick Rodgers

Project Manager



▲ Mini Pony with disabled child and Pony Club helper Clinton Whyte



▲ Presentation by Dr. York Chow to RDA Mr. Nick Rodgers

四匹小馬獲邀請到訪匡智松嶺學校，陪同牠們的還有三位傷健策騎協會的義工姚金玉、梁錦芳及黃嘉惠；三位小馬會的兒童 Clinton Whyte、譚心時、Harmony Ho 及他們的母親以及筆者。

當日為二零零五年十二月三日，是慶祝匡智松嶺學校四十週年的開放日，於開幕禮上天氣良好，甚至有點兒熱；當天周一嶽醫生擔任開放日開幕典禮的榮譽嘉賓，於過往曾幫助過匡智松嶺學校的機構，均收到由周醫生題字「多謝」的飾板，傷健策騎協會是獲致送飾板的機構之一。

於開幕禮之後，這些小馬便帶到中國式的花園內，給嘉賓作近距離接觸及拍照留念。

我們在當天的開放日逗留差不多四個小時，期間多位傷健兒童去看小馬及與牠們影相；而有兩匹小馬曾被帶到另一處角落，但同樣大受歡迎。

我相信是項盛會的搞手之一 Julianne Lo 對於來訪遊人的數目會感到相當滿意。

對於支持匡智松嶺學校的努力，傷健策騎協會認為是值得的，因為可獲得公眾的認同。

我們特別要多謝 Julianne Lo 可以給予傷健策騎協會這個機會，同時更要感激我們參與當中的六位義工，他們所獲得的經驗將會十分寶貴。

羅傑仕

計劃經理

MATILDA CHARITY SEDAN CHAIR RACE

明德醫院慈善抬轎比賽

This year Matilda Charity generously donated 45,000 to RDA following another successful sedan chair race day. This race has had a long Hong Kong tradition every November at the Matilda Hospital grounds. To show our appreciation of their gift, on Sunday 13 November, RDA ran one of the stalls at the Fun Fair that immediately followed the race.

We arrived at the Matilda Hospital grounds quite early to set up our stall and to miss the traffic snarl that occurs each year as people stream up to the Peak to watch this fun race. The atmosphere was lively with the sedan chair runners dressed in costumes and band music playing.

As this was our first time to participate in the Fun Fair, we did not know exactly what to expect. RDA's game stall was geared toward children 10 and under and we also wanted to make sure everybody went away with a prize. Ione and Jennifer Smith came up with the idea for game using a large poster of a horse looking around for its tail. Jennifer drew and painted all the posters. Maggie Wardzala (our newest trainee instructor) arrived early and stayed late to help run the stall. Maggie also gave tips to the kids on how to hold the darts and we all made lots of noise cheering. Friday volunteer Dorothy Loh arrived with her sister Goretti and helped for several hours in the hot afternoon sunshine. Nick Rodgers also came and we were all grateful for his help in taking the stall down and carrying off the equipment.

At the end of a very tiring but satisfying day, we raised \$2,200. Each participant paid \$10 for three tries for the bull's-eye. It doesn't take much imagination to figure out that we helped a lot of kids take aim at the back end of our friend on the poster. Of course, RDA nearly always counsels our regular volunteers to stay away from that end! Kudos' to all who helped to make this event run smoothly, RDA has been invited to participate next year as well.

Ione Smith



▲ Jennifer Smith setting up the stall



▲ Matilda Sedan Chairity Sedan Race awards presentation



▲ Left: Goretti Loh and Right: Dorothy Loh

今年明德醫院於經過了一次成功的慈善抬轎比賽之後，慷慨地向傷健策騎協會捐贈四萬五千元；這次的抬轎比賽在香港有長遠的歷史，每年於十一月明德醫院會在山頂舉行；而為表達我們對明德醫院的謝意，於十一月十三日的星期日於慈善抬轎比賽之後，傷健策騎協會特別於的籌款同樂日中設有攤位為明德醫院籌款。

當天我們一早抵達明德醫院佈置給我們的攤位，亦因此避過了群眾要看抬轎比賽而引致的交通擠塞；抬轎比賽的氣氛十分熱烈，不少參賽者均穿上特別的服飾，配以樂隊的演奏，頗有嘉年華的氣氛。

這是我們首次參加明德醫院的籌款同樂日，所以我們未能預期最終的反應是如何；在傷健策騎協會的攤位遊戲上，吸引了不少十歲及以下的小童參加，我們都希望他們每一位均不會空手而回；遊戲設計方面，Ione及Jennifer Smith想到以一張大海報而主題為一匹馬找尋其尾巴的意念，並由Jennifer負責繪製海報；我們的新任指導員Maggie Wardzala

一早已抵達，並一直看守攤位至很遲才離去，Maggie則不斷給小朋友「貼士」如何贏得遊戲，在我們的攤位上因而產生不少歡樂聲；於週五課堂擔任義工的Dorothy Loh及她的姊妹Goretti亦前來幫手，於太陽猛烈的下午幫了我們數個小時；另外羅傑仕亦來到幫手協助拆卸攤位，以及協助我們帶走攤位的設備，我們對他們的熱心幫助致以衷心的謝意。

於整個同樂日結束之後大家都感到十分疲累，不過成績卻令人滿意，我們共籌得二千二百元，參加我們攤位遊戲的只需付出十元，便會有三次考眼光的機會，其實不少兒童在我們的題示下均能滿載而歸，對於每位曾為是次同樂日出一分力的幫手們，我們都以你為榮，而傷健策騎協會亦已獲邀參加明年此項盛會。

Ione Smith

◀ Ready to go!

CANADIAN INTERNATIONAL SCHOOL FUN FAIR

加拿大國際學校開放日

The Canadian International School held an open day on 27th November 2005 at their school in Aberdeen. There were lots of different activities for the visitors to enjoy, including pony rides.

The pony rides were a fund raising event with the money going to Riding for the Disabled. Lo Wu Saddle club kindly supplied three ponies with mafoo and RDA supplied help in the form of Carolyn Blaauw, Jane Stuart, Yiu Kam Yuk, Leung Kam Fong and Jo Eling. All the helpers were busy fitting hats, side helping with the riders or collecting money.

The pony rides raised over \$4,000 in the afternoon, which is a fantastic amount of money to be raised in such a short space of time. The money will be used to buy some new equipment which RDA is in great need of.

RDA would like to thank the Canadian International School for the opportunity to raise money for our cause. Thank you also to Lo Wu Saddle Club, who has been a generous supporter of RDA for over ten years. Thanks also to the never ending support from the volunteers, who with out their help RDA would not be able to help the disabled community of Hong Kong.

Jo Eling

加拿大國際學校於二零零五年十一月二十七日在其位於香港仔的校舍舉行開放日，當日校方編排了不同的活動給來賓享受，而活動之一便是策騎小馬。

策騎小馬是當日的籌款活動，所得的善款均撥與傷健策騎協會；羅湖騎術學校慷慨地為是次的活動提供三匹小馬及牠們的馬夫，至於傷健策騎協會亦派出多名人員當值，他們包括了 Carolyn Blaauw、Jane Stuart、姚金玉、梁錦芳及 Jo Eling，他們全日均忙於為騎者戴上頭盔、在騎者身旁協助以及收集善款。

結果整個下午的策騎小馬活動共籌得四千元，以短短時間之內能籌得此數目已十分難得，而所籌得的款項將用於為傷健策騎協會添置急需的器材。

傷健策騎協會特別要多謝加拿大國際學校可以給予我們這次機會籌款，要感謝的尚有羅湖騎術學校，在過去十多年他們都一直支持傷健策騎協會，另外我們亦要向所有義工說聲多謝，沒有他們的幫助，傷健策騎協會根本難以為香港的傷健社群服務。

Jo Eling



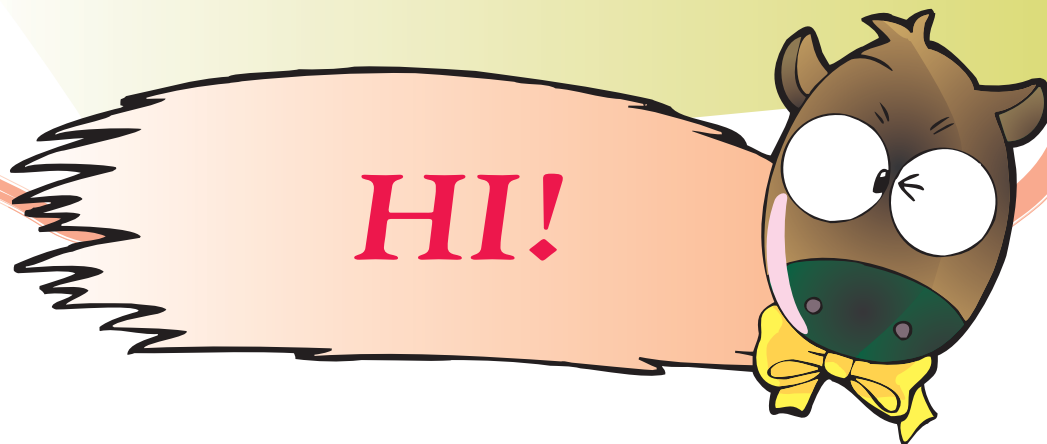
▲ A child try on horse back



▲ A child try on horse back



▲ A child try on horse back



Since its inception in Hong Kong in 1995, Winterthur has been a long-term patron of community services. The diversity of charitable activities we support reflects Winterthur's commitment to add value to the society and address the needs of the less privileged groups, including elderly, youths and people with disability.

We are delighted to be a continuous supporter of Riding for the Disabled Association in sponsoring their insurance premium. RDA is the only organization that provides the services of horse riding for people with disabilities in Hong Kong. Other than improving the physical strength of the disabled, riding also provides them with confidence, a sense of independence and a sense of achievement, which is in line with Winterthur's principles in fulfilling its corporate social responsibility for other charitable and worthy causes.

At Winterthur, we believe life is capital and understand the importance of investing it well. In addition to providing financial planning services and satisfying the needs of our stakeholders, Winterthur will also take a proactive role in helping those people in need to invest their most invaluable capital - their lives - well through sponsorships, donations and participation in meaningful charitable programs.

We hope to see more and more organizations in Hong Kong to join our hands to being an integral part of the local society contributing to its people as well as its prosperity.

自從於一九九五年在香港植根以來，瑞士豐泰人壽保險便一直是社區服務的長期支持者；我們支持多樣化的慈善活動，反映出瑞士豐泰人壽保險對社會增值的承諾，以及明白社會上需要幫助的一群如長者、年幼人士及傷健人士的需要。

我們很高興能一直以贊助保費的方式支持傷健策騎協會，現時傷健策騎協會是香港唯一為傷健人士提供策騎馬匹服務的機構，透過騎馬除了可以加強傷健人士的體魄之外，他們亦可因此而得到一份信心及成就感，這與瑞士豐泰人壽保險的為慈善而負上公司企業社會責任的原則相符。

瑞士豐泰人壽保險相信「生命便是資本」，並且明白「要良好投資它」的重要性，除了為客戶提供金融理財服務之外，我們亦積極地透過贊助、捐贈及參與各項有意義的慈善活動，去幫助人們投資他們最重要的資本 - 生命。

我們希望見到香港有更多的機構加入我們的行列，一同為社會出一分力，令整個社會更為蓬勃。

Winterthur Life (Hong Kong) Limited
瑞士豐泰人壽保險(香港)有限公司

COMING EVENT

- | | | |
|---|--|--------------------|
| 1 | Spring Term 2006 (PFL + TM) | 7th February 2006 |
| 2 | Overseas Physio visit HK - Vicky Mellville | 4th March 2006 |
| 3 | Overseas Trainer visit HK - Mary Longden | 4th March 2006 |
| 4 | RDA Tuen Mun - Gymkhana | March / April 2006 |
| 5 | RDA Annual Ball 2006 | 12th May 2006 |
| 6 | Flag Day | 17th June 2006 |
| 7 | RDA Asia Pacific Conference 2006 | October 2006 |

FPD SAVILLS' PROFESSIONAL RUGBY SEVEN's

FPD Savills 專業欖球七人賽

This is an annual event held at the Stanley Fort in Stanley,

It is a corporate event with employees, managers, directors and a few ringers!! all taking part in a 7's side rugby matches. The event is to help raise money for charities and this year Riding For The Disabled was lucky enough to be nominated for a donation.

A cheque presentation was held at the Pokfulam Riding School with Christopher J Marriott of FPD Savills' coming to present RDA with a cheque. The money will be used to purchase new equipment replacing any old and worn out items in use at the moment.

Jo Eling

這是一項每年於赤柱 Stanley Fort 舉行的盛事。

這亦是一次公司內的活動，包括公司的僱員、經理、董事以至一些朋友參與，他們以七人欖球賽的形式角逐；整個活動主要是為慈善機會籌款，今年傷健策騎協會有幸成為受提名的慈善機構之一。

支票頒贈儀式於薄扶林騎術學校舉行，FPD Savills 的 Christopher J Marriott 親自來到將支票贈與傷健策騎協會，所得的款項將用作購買新的設施，以替補舊有及已損耗的設備。



▲ Cheque presentation from FPD Savills to RDA at Pokfulam PRS

RDA CHRISTMAS CARDS

傷健策騎協會聖誕咭

This year we decided that we would once again sell RDA Christmas cards to raise funds. We were very fortunate in being given two designs by Clare Ashford, a popular local artist. They were titled "Feast Days & Holidays" and "Horse in the Snow" (see below). Clare has also very kindly donated the original painting of Horse in the Snow to RDA.



▲ Christmas Card

We then approached a local gallery for the other designs and they were able to obtain permission from the artists for us to use their work.

The printing was organized by Jane Stuart who had contact through Hallmark with the New Island Printing Company. They very kindly donated all their printing services, which was extremely generous. In addition, in conjunction with Hallmark they gave us three different types of selection boxes, which proved to be a very good addition to our range.

Diane Brough organized tables at various fairs in the run up to Christmas and we sold cards at two American Club fairs, the Conrad Hotel, the AWA fair and the Cathedral fair. Diane and Beverley Mullins put in great deal of time setting up and manning the tables and a special thank you goes to them. Thanks also to all those who helped selling at the fairs, lone, Rose, Kelly, Hillary and Maggie.

Thank you, as well, to all those who helped by selling to friends and colleagues, at the riding schools and RDA events. Every little bit was important. In total we have managed to raise about HK\$30,000 for RDA. This has proved to be an extremely worthwhile venture, so well done to all those involved.

Sue Gazzi

今年我們再一次出售傷健策騎協會聖誕咭作為籌款項目，很幸地我們獲得著名本地藝術家 Clare Ashford 提供了兩款聖誕咭的設計，這兩款設計的主題分別是 Feast Days & Holidays 及 Horse in the Snow (見下圖)。另外，Clare 亦捐出 Horse in the Snow 的原作畫稿給傷健策騎協會。

之後我們亦問到其他本地畫廊，希望可以得到他們的批准而用其設計。

至於印刷過程則由 Jane Stuart 統籌，透過 Hallmark 我們聯絡到新洲印刷公司，他們亦樂意慷慨地為我們免費提供印刷服務；除此之外，透過與 Hallmark 的良好關係，Hallmark 更為我們提供三款不同的聖誕咭信封，令我們所出售的聖誕咭更具吸引力。

與此同時，Diane Brough 則統籌各個於聖誕節前夕舉行晚會的餐桌籌款，結果我們在美國運通銀行的晚會、港麗酒店晚會、AWA 晚會及 Cathedral 晚會上售出我們的聖誕咭，Diane 及 Beverley Mullins 花了不少時間統籌上述晚會的餐桌，我們要向他們致以親切的謝意，另外我們亦要多謝在這些晚會上為我們售賣聖誕咭的如 lone、Rose、Kelly、Hillary 及 Maggie。

我們更要多謝在策騎學校及傷健策騎協會的活動中積極向他們朋友及同事推銷聖誕咭的人士，每一分的努力都是十分重要的，結果是次的售賣聖誕咭，令我們籌得三萬元的款項，這證明了是次的出售聖誕咭籌款十分成功，背後各方所作的努力亦頗為值得。

RIDING FOR THE DISABLED ASSOCIATION LTD SPRING TERM – 2006 FOR TUEN MUN OFFICE

Timetable

New Term

7th Feb - 3rd Apr, inclusive	Normal RDA lessons for Tuen Mun (屯門正常課堂)
4th Apr inclusive (1 days)	Spring Group Rides (一日騎馬樂)
5th Apr 2005	No RDA - Ching Ming Festival (清明節假期)
6th - 7th Apr, inclusive (2 days)	Spring Group Rides (一日騎馬樂)
8th - 17th Apr, inclusive	No RDA - Easter Holidays (復活節假期)
18th - 30th Apr, inclusive	Normal RDA lessons for Tuen Mun (屯門正常課堂)
1st May, inclusive	No RDA - Labour Holidays (勞動節假期)
2nd - 4th May, inclusive	Normal RDA lessons for Tuen Mun (屯門正常課堂)
5th May, inclusive	No RDA - Buddhist Holidays (佛誕假期)
6th - 30th May, inclusive	Normal RDA lessons for Tuen Mun (屯門正常課堂)
31st May, inclusive	No RDA - Dragon Boat Holidays (端午節假期)
1st - 5th Jun, inclusive	Normal RDA lessons for Tuen Mun (屯門正常課堂)
END TERM	完季
6th - 9th June, inclusive (4 days)	Spring Group Rides (一日騎馬樂)

START SUMMER HOLIDAY

RIDING FOR THE DISABLED ASSOCIATION LTD SPRING TERM – 2006 FOR POKFULAM OFFICE

Timetable

New Term

7th Feb - 31 Mar, inclusive	Normal RDA lessons for Pokfulam
4th Apr - 17th Apr, inclusive	No RDA - Easter Holidays
18th Apr - 21st Apr, inclusive	Spring Group Rides (一日騎馬樂)
25th Apr - 30th Apr, inclusive	Normal RDA lessons for Pokfulam
1st May, inclusive	No RDA - Labour Holidays (勞動節假期)
2nd - 4th May, inclusive	Normal RDA lessons for Pokfulam
5th May, inclusive	No RDA - Buddhist Holidays (佛誕假期)
6th - 30th May, inclusive	Normal RDA lessons for Pokfulam
31st May, inclusive	No RDA - Dragon Boat Holidays (端午節假期)
1st - 17th Jun, inclusive	Normal RDA lessons for Pokfulam

END TERM

START SUMMER HOLIDAY

NOTES:

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

- Typhoon Signal No.3 or above is hoisted, or
- Thunderstorm Warning is in effect, or
- Black Rainstorm Warning is in effect or
- Red 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) after 8:30 a.m., the RDA Pokfulam Office (Tel No: 2875-7711) or Tuen Mun Office (Tel No: 2454 9961) after 8:45 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.

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