

Riding for the Disabled Association Ltd.

HONG KONG



馳 騁

香港傷健策騎協會有限公司

MAGAZINE

RDA 30TH ANNIVERSARY 三十週年



From left to right: Mr. Nelson Yip 葉少康先生, Mrs. Pamela Tan 陳甘美華女士 and Mr. K K Yeung 楊國琦先生

6<sup>th</sup> Issue - August 2006



Jo Eling  
Operations Manager



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# MARY LONGDEN'S VISIT IN APRIL 2006

## 瑪麗朗頓再來香港



Lam Tung

Mary Longden visited us again in earliest April. The purpose of the visit was to continue training and evaluating the Paralympics riders.

At the moment there are three riders under training - Nelson Yip, Lam Tung and Gordon Li.

These three riders are at the moment training three times a week in Tuen Mun under Nick Rodgers guidance.

During Mary's visit the riders trained twice a day for three days. The training revolved around perfect corners, right shaped circles and accurate 3-loop serpentines. These are all movements which in a dressage test gives high marks if they are done correctly. In addition Mary did some theory lessons to make sense of the different movements that are included in a dressage test. Two of the riders are preparing for a competition in Hartpury in early July. We wish Nelson and Lam Tung great success and hope that they will return with new experiences and even more enthusiasm to learn new skills.

瑪麗朗頓於四月初再次探訪我們，今次她前來的目的，主要是繼續為我們的傷殘奧運會運動員進行訓練及評估。

現時有三位運動員接受訓練，他們包括了葉少康、林棟及李光明，他們在羅傑仕的引導之下，目前正接受一個星期三天的訓練。

於瑪麗朗頓逗留期間，運動員更接受一日兩次而為期三天的密集式訓練，訓練環繞盛裝舞步的技巧，如他們在比賽中能完全做到正確無誤，將可獲得高分數；除此之外，瑪麗亦教授盛裝舞步比賽的理論。我們兩位學員葉少康與林棟正準備七月初在Hartpury舉行的比賽，我們希望他們能取得成功，並期待他們能透過是次比賽可以獲得新的經驗及有更大的動力學習新的技巧。

Ann-Sofi Poyhonen  
13.06.2006

Ann-Sofi Poyhonen  
13.06.2006



Lam Tung & Nelson Yip



Mary Longden



Lam Tung

## RDA 30TH ANNIVERSARY TUEN MUN GYMKHANA

### 傷健策騎協會三十週年屯門馬上遊戲比賽

The 6th May 2006 was RDA hold its annual gymkhana at Tuen Mun. There were 16 competitors of all ages taking part. Put in groups of four they all had three very exciting games to play which everyone thoroughly enjoyed. All the ponies used were very well behaved and remained calm when the children become loud and excited.

傷健策騎協會於二零零六年五月六日在屯門公眾騎術學校舉行一年一度的馬上遊戲比賽，共有十六位來自不同年齡組別的參賽者角逐，他們分為四組，每組三人作賽，每人都很享受比賽的過程，而所有參賽用的小馬均表現良好，即使到場的兒童因為太興奮而令現場頗為嘈吵，這些小馬仍顯得十分文靜，令比賽得以順利舉行。

The results of the competition were:

比賽的結果如下：

1st Red team	第一名：紅隊	Chow Chak Hei	周澤希
2nd Blue team	第二名：藍隊	Li Ka Kit	李家杰
3rd Clear team	第三名：透明隊	Chow Chak Pui	周澤培
4th Green team	第四名：綠隊	Cheung Ho Yin	張浩然

Rosettes were handed out to all competitors with the winning team also taking home gold medals which they wore around their necks.

所有參賽者均獲徽章，而勝出的隊伍更獲得可以掛在他們頸上的金獎章。

Thank you so much for all the helpers and instructors who came on the Saturday evening to help. Also thank you to the Tuen Mun Public Riding School for donating the BBQ which was enjoyed till quite late in the evening by all the families and helpers.

我們要多謝當日週末黃昏來到屯門協助比賽進行的所有義工及指導員，另外我們亦要多謝捐出當晚燒烤的屯門公眾騎術學校，這餐燒烤令當晚所有家庭及義工均回味不已。

Jo Eling

### WE NEED VOLUNTEERS

Pokfulam Public Riding School (Tue - Sat)..... 9.30 - 12.00 noon

Lo Wu Saddle Club (Thurs only)..... 9.30 - 12.00 noon

Tuen Mun Public Riding School (Tue - Fri)..... 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 !*

**No Experience required. Training provided at**

Pokfulam Public Riding School  
2.00 - 3.30 pm every Wednesday

Tel: 2875 7711

Email: pamelac@rda.org.hk

Lo Wu Saddle Club  
Thursday 9.30 - 12.00 noon

Fax: 2875 7933

Tuen Mun Public Riding School  
By Appointment

Tel: 2454 9961 Fax: 2465 5914

Email: canneych@rda.org.hk

**Please call for info or just come to:**

**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

**Visit our website [www.rda.org.hk](http://www.rda.org.hk)**

# A NIGHT IN THE SUMMER PALACE

## 頤和園之夜

RDA held its annual charity ball "A Night In The Summer Palace" at the Hong Kong Country Club on Friday, May 12. More than 300 guests were invited including Mrs Pamela Tan, Director of Home Affairs, and celebrities from all walks of life. It was a really glamorous evening.

The dinner commenced with speeches by Mrs Pamela Tan and Mr K. K. Yeung, Chairman of RDA. This was followed by a charity auction and the highlight of the auction was the second item, a 999 Gold Horse donated by Ideemaxe Creative Company. After competitive bidding, Mr Wong Wing Keung was the successful bidder with a bid of HK\$80,000. He also promised that if his horse, Bullish Luck, could finish in the first three in the Yasuda Kinen on June 4, he would donate an additional HK\$80,000 to RDA. After making this promise, he immediately presented a cheque of HK\$160,000 to RDA.

The fourth and the fifth auction items were also special. They were the riding tie and gloves worn during the 1999 World Championship, as well as a riding whip donated respectively by Mr Lam Tung and Mr Nelson Yip, both Hong Kong Paralympics riders. The tie and gloves went to Mrs Ronald Arculli who paid HK\$50,000 while the whip was sold to Mrs Betty da Silva for HK\$50,000. Shortly after their successful bids, both Mrs Ronald Arculli and Mrs Betty da Silva announced they would give back the items to Mr Lam and Mr Yip, and their decisions won a standing ovation from the guests.

The ball finished at 12:30am and the money raised that night totaled more than HK\$1.5 million. After deducting the costs of the evening, the balance of the money will be used for the RDA's rehabilitation programme and to assist RDA riders prepare for the 2008 Paralympics.



RDA Ball Sub Committee

香港傷健策騎協會於五月十二日（星期五）假座深水灣鄉村俱樂部所舉行「頤和園之夜」慈善餐舞會，逾三百嘉賓應邀出席，包括民政事務總署署長陳甘美華女士及各界城中名人。席間觥籌交錯，衣香鬢影，極一時之盛。

晚宴前由陳金甘美華女士及傷健策騎協會主席楊國琦先生致辭，之後隨即展開慈善餐舞會的焦點節目慈善拍賣；而最惹人注目的第二項拍賣品為博思創意工程公司慷慨捐出的九九九足金馬一座，經過一番激烈爭持之後由王永強先生以八萬元投得，另外王永強先生更承諾，如果其名下的愛駒「牛精福星」能在六月四日的日本安田紀念賽跑入前三名，他會再多捐八萬元，並即場移交十六萬元支票給傷健策騎協會，為善最樂。

第四、五項拍賣品則甚具意義，分別由兩位香港傷健策騎員林棟先生及葉少康先生捐出，結果夏佳理夫人以五萬投得林棟先生於一九九九年參加世界冠軍賽所穿著的領帶及手襪，而「精英大師」馬主施雅治夫人則以五萬元投得葉少康先生自習騎以來一直所用的馬鞭；難得的是兩位成功競投者都將拍賣品回贈給兩位傷健運動員，贏得全場一片歡呼喝采之聲。

晚會於凌晨十二時三十分結束，賓主盡歡。整個晚會共籌得超過一百五十萬元，扣除開支成本後全數作為傷健策騎協會未來復康療程以及訓練和協助策騎員挑戰一系列2008傷殘奧運馬術選拔賽之用。



## 2005/2006 FLAG DAY 2005 至 2006 年度港島區賣旗日

With the support of various organizations and institutions in arranging helpers for us, the RDA Flag Day was successfully held on June 17. The funds collected for the Flag Day will be used to upgrade our services, so that more disabled adults and children can have the equestrian training and riding therapy. Riding not only improves their physical conditioning, balance and co-ordination but also enhances their confidence and a sense of achievement.

We would like to express our greatest gratitude to the following institutions/organizations/individuals, and it is hoped that they will continue their support to RDA. Thank you.

本會首次賣旗活動得以順利舉行，實在有賴各團體/機構的支持，安排義工參與六月十七日之賣旗活動。籌得善款將讓我們提昇現有服務，讓更多殘疾人士參與馬術訓練及策騎治療服務，除增強他們的體魄、平衡力及身體各部份協調之外，亦因此而得到信心及成就感，提昇復康成效。

我們在此衷心感謝下列機構 / 團體 / 個人，並致以萬二分謝意，祈盼日後繼續支持本會殘疾人士復康工作，多謝！

Hong Kong Ferry (Holding) Co. Ltd.	Lo Wu Saddle Club Ltd	PricewaterhouseCoopers
中華錫安傳道會慈雲山錫安 青少年綜合服務中心	仁濟醫院方若愚長者鄰舍中心	少年警訊
心光學校	王國興議員辦事處	伊斯蘭徐錦享紀念幼稚園
扶康會清蘭之家	扶康會興華成人訓練中心	李汝大議員辦事處
李建賢議員辦事處	卓施社會服務團	明愛石塘咀明愛綜合青少年服務中心
明愛梨木樹長者中心	明愛樂行工場	明愛樂務職業綜合訓練中心
東華三院展賢日間活動中心暨宿舍	東華三院賽馬會展恆日間活動中心暨宿舍	東華三院賽馬會健逸之家
林翠蓮議員辦事處	松柏長者活動中心	恆益物業管理有限公司
施能妮	炮台山循道衛理中學	胡德京
香港正覺蓮社佛教寶靜安老院	香港正覺蓮社港島區日間護理中心	香港小童群益會美孚青少年綜合服務中心
香港小童群益會筲箕灣兒童中心	香港中華基督教青年會天平長者宿舍	香港中華基督教青年會必愛之家 庇護工場及宿舍
香港仔浸信會白光幼稚園	香港仔街坊福利會	香港戒毒會
香港青少年服務處	香港青年協會賽馬會筲箕灣青年空間	香港海事青年團
香港耆康老人福利會東區長者地區中心	香港復康力量	香港痲痺協會高福耀紀念學校
香港善導會筲箕灣宿舍/社區精神健康聯網	香港視網膜病變協會	香港傷殘青年協會
香港聖公會福利協會聖公會湖景宿舍	浸會愛群社會服務處	耆康會柴灣長者地區中心
基督教宣道會利福長者鄰舍中心	基督教家庭服務中心賽馬會跳躍青年坊	基督教家庭服務中心觀塘老人日間護理中心
基督教播道會福安堂長者中心	基督教懷智服務處社區復康支援服務	梅梅舍
陳靄群議員辦事處	勞蝶珍議員辦事處	博雷控制系統(香港)公司
智慧堡幼兒園	黃逸旭議員辦事處	傷聚義工組織
園玄老人中心(深井)	新生精神康復會黃竹坑工場	新創建愛心聯盟
萬國宣道浸信會寶林浸信會白普理長者中心	義務工作發展局	聖雅各福群會朗逸綜合服務隊
聖雅各福群會雅逸居及雅逸綜合服務隊	聖雅各福群會寶翠園幼兒園	聖雅各福群會灣仔綜合服務隊
維多利亞幼兒園	鄰舍輔導會黃大仙下邨展能中心暨宿舍	黎自立議員辦事處
黎志強議員辦事處	鍾錫熙長洲安老院有限公司	鄰舍輔導會黃大仙下邨展能中心暨宿舍
警察義工服務隊	靈實長者地區服務厚德中心	

Besides the above listed institutions/organizations that they help our Flag Day in arranging helpers for us, RDA would also like to thank for the generous donations by the following companies and individuals.

除上列機構/團體派出義工協助本會賣旗活動外，另下列公司及個人慷慨捐助，本會上下同寅感激不已！

Albert Dan	Allen & Overy	Amsua Trading Co Ltd.
Barbara Forrest	Barlow Lyde & Gilbert	Bryan Carter
Chan Ka Lun	Chan Yau Lok Gregory	Chow Chung Kong
Chow Yei Ching	Crown Worldwide Holdings Limited	Euro Lighting Limited
George Bloch	Great East Asia Surveyors & Consultants Co. Ltd.	Howald Davies
J.P.	Kam Pin Paint Works Ltd	Lai Ngan Tim
Lau Sak Hong	Lee Gar San	Lester C H Kwok
Leung Sze Man Anita	Leung, Lok Chuen	Lloyd George Management (HK) Ltd
Lucy Groves	Ma Siu Leung	Mayatronics Co
Michelle Tang	Mighty Mountain Limited	Miss Wong Sai Tin Candy
Mr Edward Pong Chong	Mr Ian Duncan Boyce	Mr Spencer Foo Tsun-Kong
Mr Tobias Doeringer	N Debnam	Ng Mau Chung(Alfred Ng)
Oriental Logistics Co. Ltd.	P & Y Investment Co. Ltd.	Pang & Associates
Paul Brough	Sin Cho Chiu Charles	So Kwok On Christopher
Sze Cheong Investment Co., Ltd.	Tang Yuk Chun Diana	The Kok Leong
Ting Yuk Chee Christina	Wing-Chung Yung	Winkler Limited
Wong Ho Yin	Wong Tak Leung	Wu King Cheong
金鷹控股有限公司	凱昌貿易公司	駿利(亞洲)有限公司

Region  
地區

Hong Kong Island  
港島區

## 我們需要義工

薄扶林公眾騎術學校(星期二至六).....	9:30 - 12:00 noon
羅湖騎術學校(星期四).....	9:30 - 12:00 noon
屯門公眾騎術學校(星期二至五).....	9:30 - 11:30 am

你可否每週騰出半天來幫助有殘障的兒童學習騎馬？

無需經驗，本會將在下列中心提供訓練，請來電查詢：

薄扶林公眾騎術學校

2.00 - 3.30 pm 星期三

電話：2875 7711 傳真：2875 7933

電郵：pamelac@rda.org.hk

羅湖騎術學校

9.30 - 12.00 noon 星期四

屯門公眾騎術學校

請預約

電話：2454 9961 傳真：2465 5914

電郵：canneych@rda.org.hk

我們誠意邀請你來接受訓練，交通工具如下：

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

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

# COMPETITION AT HARTPURY COLLEGE - UK

## 在英國 Hartpury College 之比賽



HK team & Australian Team

Riding for people with a disability has developed to such a degree that a world wide sport has been created this is called Para-Equestrian. In early July RDA sent a team of two riders a coach and a translator to compete in England.



Nelson Yip

This was arranged by RDA Sports Sub Committee and sponsored by Mr. Edwin McAuley of Edwin McAuley Electronics Ltd. to whom RDA is extremely grateful.

Horses for this competition were hired in the UK and transported to the competition which was held at Hartpury College in Gloucestershire.

The two riders Nelson Yip and Lam Tung competed in 3 individual competitions over a three day period. There were 14 countries competing and the level of competition was very high.

The Hong Kong riders performed extremely well on this occasion and learned a great deal from the event as well as making many new friends.



Cecilia Kwok

Later this year our two riders will travel to two more competitions with a hope of qualifying for the Para-Olympics being held in Hong Kong in 2008.

RDA hopes there will be more riders in Hong Kong who will eventually take part in this sport thereby raising the RDA profile and making the

community aware of the value of riding horses being of such benefit to people with a disability.

傷健運動員策騎馬匹比賽，於現時國際間已日漸發展成熟，並統稱為傷殘馬術；於七月初香港傷健策騎協會便派出一支為數兩名運動員的代表隊，加上一名教練及一位翻譯員，前往英國比賽。

是次的比賽由傷健策騎協會的體育委員會安排，並得到 Edwin McAuley Electronics 公司的 Edwin McAuley 之熱心贊助，傷健策騎協會對此深表感激。

比賽用的馬匹均在英國租借，而比賽在告士打郡的 Hartpury 書院舉行。

我們兩位運動員分別是葉少康與林棟，他們在三天的賽期中角逐三個個人比賽，是次的盛會有十四個國家參與，賽事的水平甚高。

今次我們的香港運動員亦有甚佳的表現，他們除了在比賽中學到不少東西之外，亦結識了多位朋友。

於今年稍後時間我們的兩位運動員會再參與多兩項比賽，希望可以入圍角逐在二零零八年於香港舉行的傷殘奧運會馬術比賽項目。

傷健策騎協會希望有更多的香港運動員能參與馬術比賽，從而提高傷健策騎協會的知名度，令社會更明白騎馬對傷健人士所帶來的益處。



From left to right: Carolyn Blaauw, Sue Gazzi & Nelson Yip



Support Team & Nelson Yip



Lam Tung & Nelson Yip



Nelson Yip

Lam Tung

# VICKY MELVILLE'S VISIT TO HONG KONG

## Vicky Melville 造訪香港

This Spring saw the return of Vicky Melville, who is a physiotherapist specialist, in RDA and disabled riders.

Vicky's visit was to work with Mary Longden for three days helping with the riders of the future, Nelson Yip, Lam Tung and Gordon Li. Vicky also carried out some classifications for other RDA riders who have shown an interest in progressing to competitions.

Following the work done with the competition riders and Mary, Vicky moved to Hong Kong Island to be closer to Pokfulam enabling her to work with the helpers and instructors.

Vicky was very impressed with the standard of the lessons and the instructors, commenting on how nice it was to return to Hong Kong and see that we are able to maintain such a high level for so many years.

Vicky's focus was on how much hands off the riders, could be done in a safe environment. Too often helpers in their keenness to help, do too much for the rider. This can quite often slow down some of the simple progressive steps that can be achieved.

It was so good to watch Vicky work with some of the physically challenged riders, encouraging good posture and sitting position on the horse.



Nelson Yip & Vicky

### Jo Eling

今個春季我們見到物理治療專家Vicky Melville重臨香港，並為傷健策騎協會幫助我們的傷健學員。

Vicky今次的造訪，主要是與瑪麗朗頓合作，為三位我們的明日之星葉少康、林棟及李光明進行訓練，另外Vicky亦為有興趣參與正式比賽的傷健策騎協會學員進行級別評估。

在與瑪麗一同進行比賽訓練之後，Vicky轉到香港島的薄扶林騎術學校，與我們的義工及指導員一同工作。

Vicky對於我們課堂及指導員的水準均留下深刻印象，表示對於能再次重返香港並看到我們能一直維持高水準而感到雀躍。

Vicky集中於如何在安全的環境之下盡量讓騎者自行發揮，很多時義工都會過於熱心，反而令騎者的學習進度受到阻礙。

看著 Vicky 如何教導傷健學員在鞍上保持有正確的姿勢，實在是一件賞心樂事。



Gordon Li & Vicky Melville

# OPEN DAY AT TUEN MUN PUBLIC RIDING SCHOOL

## 屯門公眾騎術學校開放日

Once again The Hong Kong Jockey Club hosted a very successful "Open Day" at Tuen Mun Public Riding School on 14th May 2006 (Sunday).

The whole day's events were organized by Ms. Gina Porter, the Chief Riding Instructor of Public Riding School and backed up by her very efficient staff.

During the day nearly 2,000 people visited the riding school and watched showjumping, a dog display and mounted games which involved local jockeys from Shatin race track.

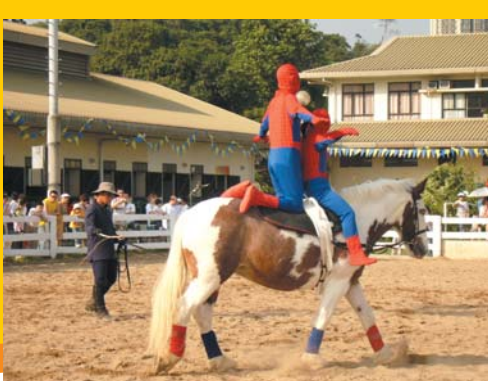
RDA was involved in three stalls. They were selling RDA goodies, charity ice cream and photo-taking with our mini-

香港賽馬會於二零零六年五月十四日(星期日)再一次成功舉辦屯門公眾騎術學校開放日。

當日的盛會由公眾騎術學校的首席教練Gina Porter女士負責統籌，並得到她一班能幹的同事支持，令開放日能順利舉行。

開放日吸引了差不多二千名人士來到屯門公眾騎術學校參觀，並盡情享受多個節目如欣賞馬匹跳欄、狗展及包括有多位本地騎師參與的馬匹鞍上遊戲。

傷健策騎協會於當天擺放了三個攤位，分別售賣傷健策騎協會的紀念品、慈善雪糕以及與小馬合照，三個攤位均吸引了繁忙的人流，



ponies. Those three stalls were run very busy throughout the day. The stall made a healthy profit that will go towards the on-going costs of running the charity.

The day was very hot but spectators were obviously enjoying themselves because the crowds stayed until the last competition.

The biggest thank you goes to Gina and her staff for organizing such a splendid day.

Thanks from all of us at RDA.

Canney Cheng

結果均有不俗的盈利，令我們可以有更多的資源提供我們的服務。

當日天氣炎熱，但現場觀眾均能盡歡，群眾亦逗留至最後一項比賽完畢後才紛紛離開。

對於Gina及她的一眾員工能將此項活動辦得有聲有色，我們致以最衷心的感激。

來自傷健策騎協會每一份子的致謝。

鄭嘉儀

RDA has been very fortunate this year with kind donations from RDA supporters who have worked hard to help ensure the continuation of the high standard and qualities of the equipment used in our sessions.

Sally Cinnamond and Mathew Watts took part in Action Asia, which is an endurance race consisting of mountain biking, sea swimming, and cross country running. This is a very hard race and not for the faint hearted. Both participants were sponsored to finish the race with all proceeds going to RDA. The money raised has been used to purchase a saddle for Tonto, the new horse RDA has purchased this Spring. RDA would like to thank Sally and Mathew for their support and congratulate them both for finishing the race and raising the money, which was \$7,700.

Strategic Sports were willing to help RDA again with a kind donation of six riding helmets. Strategic Sports is a company who specialize in safety helmets for sports. They are often willing to help support RDA with this kind of donation as and when possible.

The SunnySide Club, has been very generous to RDA this year, with a donation over \$30,000. This money has been used to replace some worn out saddles and also to replace equipment used through out the year that has now seen better days.

POSH has been kindly to donate the new furniture to RDA Tuen Mun Office early this year. As you know, every sponsor is of tremendous value to us. RDA being a charity that does not have a regular income except through sponsorship, donations and fund raising events therefore we are so grateful for support such as POSH.

Once again, "Thank You" & looking forward to your continue support.

RDA needs help and support from individuals, groups and companies to maintain the level of service we can provide to the disabled community of Hong Kong. If you would like to help with a donation or can provide equipment please contact Rose Sung at 2875 7711 or email [joeling@rda.org.hk](mailto:joeling@rda.org.hk)

RDA is at present looking for sponsors who are able to help RDA purchase new horses, which is a vital aspect of our program and without our own horses RDA would not be able to run sessions as often or with the required safety and progression required.

今年傷健策騎協會很幸運能夠得到不少支持者的慷慨捐贈，令我們能一直維持高水準的服務，以及確保課堂所用各項設施的品質可以保持有好質素。

Sally Cinnamond 及 Mathew Watts 均參加了 Action Asia 活動，這是一項包括了行山單車、游泳及野外長跑的耐力賽事，賽事並非容易應付，但兩人在得到贊助下均能完成賽事，贊助所得的善款盡歸傷健策騎協會，而這些善款亦已用來購買馬匹 Tonto 的馬鞍，Tonto 是今個春季傷健策騎協會購入的馬，我們實在要多謝 Sally 及 Mathew 的支持，並恭賀他們能完成賽事，並籌得七千七百元的善款。

Strategic Sports 再一次義助傷健策騎協會，慷慨捐出六頂策騎頭盔；Strategic Sports 是一間專門製作為體育用安全頭盔的公司，他們經常以這種贊助形式，支持傷健策騎協會。

今年 SunnySide Club 慷慨捐助傷健策騎協會三萬元，這筆善款將用於替換舊的馬鞍及其他設備。

今年較早時 POSH 熱心地捐助新的傢俱予傷健策騎協會於屯門的辦公室，你們都知道，每一位贊助者，都對我們很重要；作為一慈善機構，傷健策騎協會除了贊助、捐贈及舉行籌款活動之外，並沒有固定的收入，因此對於 POSH 的支持，我們衷心感激。

再一次我們要說句多謝，並期待你會繼續支持我們。

傷健策騎協會需要個人、團體及公司的支持，以維持我們對香港傷殘社群所提供的服務質素，如果你想作出捐助，或者能為我們提供任何設施，可致電 2875 7711 與宋小姐聯絡，又或者電郵至 [joeling@rda.org.hk](mailto:joeling@rda.org.hk)。

目前傷健策騎協會正尋找贊助者，令傷健策騎協會有能力購買新的馬匹，這對於我們的課程是十分重要，因為如果沒有自己的馬匹，傷健策騎協會將未能營運太多的課堂，因為每個課堂都要求有高水準的安全標準。

# FAREWELL / WELCOME / CONGRATULATION

## 告別 / 歡迎 / 祝恭賀

### FAREWELL 告別

#### Ponies / Horses 小馬 / 馬匹



Andy

RDA has had a sad start to the New Year of the Dog, with the loss of two great old favorites, Andy was a great RDA pony for several years and it was a huge and sudden loss to RDA when he developed Laminitis and had to be put to sleep.

RDA also lost Alfie, who was a real character and was very sadly missed by lots of riders and helpers.

踏入狗年傷健策騎協會便收到有令人傷感的消息，便是我們失去了兩匹極受歡迎的馬，當中 Andy 多年來都是一匹出色的馬兒，但馬兒因為足患嚴重，我們迫不得已要將牠人道毀滅。

另外我們亦失去了一匹有性格的馬 Alfie，牠將深受不少騎者及義工懷念。



Alfie

### WELCOME 歡迎

#### Ponies / Horses 小馬 / 馬匹



Bubbles

On a happier note, RDA has being lucky enough to purchase 3 new horses from the Hong Kong Jockey Club.

These are Tonto, Thomas and Bubbles.

RDA does need to purchase more horses and ponies in the next few months so is now actively seeking donations for this purpose.

另一方面，令人感到高興的是，傷健策騎協會可以從香港賽馬會中購入三駒以作替補。

牠們分別是 Tonto、Thomas 及 Bubbles。

傷健策騎協會在未來數個月都需要購入更多馬匹，因此目前我們正積極籌款以支付購馬的費用。



Tonto



Thomas

### CONGRATULATION 恭賀

#### Instructor 教練

Congratulations, to Georgina Slate on the birth of her child. We wish you all the very best of luck for the coming years.

我們的教練 Georgina Slate 誕下她的小孩，我們衷心恭賀，並希望她日後萬事如意。



Mollie and his brother



Mollie

## coming events 活動預告

Start Autumn Term 2006 二零零六年秋季學期展開	- 12th September 2006 二零零六年九月十二日
Qualifying Competition in Vancouver & Belgium 溫哥華及比利時進級賽	- September 2006 二零零六年九月
RDA Asia Pacific Conference 2006 二零零六年傷健策騎協會亞太會議	- 15th - 17th October 2006 二零零六年十月十五至十七日
Jane Baker's Visit Jane Baker 造訪	- End of Oct 2006 (tbc) 二零零六年十月底(有待確實)
RDA Annual Helper's Dinner 傷健策騎協會週年義工晚宴	- 6th November 2006 二零零六年十一月六日



## SPONSORSHIP 贊助

Whenever possible RDA likes to recognise sponsors and supporters of the charity. In this issue we wish to take the opportunity to thank one of our longest standing sponsors.

"Falcon Insurance Company (Hong Kong) Ltd." Falcon Insurance has supported RDA for many years supplying all RDA insurances. This has been arranged through Kenneth Kwok CEO and President of Falcon.

The insurance cover sponsored through Kenneth Kwok and Falcon covers all RDA public liability needs as well as insurance for staff and instructors.

Each year when RDA does its budget planning we have to look at the cost for insurance cover so when we call Kenneth and Falcon we are also very relieved when Kenneth agrees to meet our insurance needs.

It never is enough to just say "Thank You" to companies such as Falcon. But on behalf of all our riders both children and adults RDA wishes to say

Thank You

Falcon Insurance and Kenneth Kwok (CEO)

For All Your Support

Nick Rodgers

NB: Another longest standing sponsors "Winterthur Life (Hong Kong) Ltd." , the thank you article will be issued in the next Magazine"

傷健策騎協會都會盡量表揚支持慈善的贊助商，今期我們便要趁此機會，向其中一位長期支持我們的贊助商言謝。

「富勤保險(香港)有限公司」多年來一直支持傷健策騎協會，透過他們的行政總裁及主席 Kenneth Kwok，富勤保險一直為傷健策騎協會提供各項的保險服務。

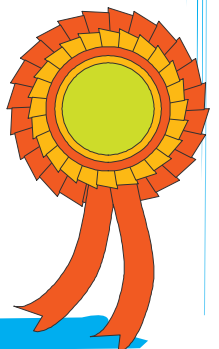
由 Kenneth Kwok 所贊助的保險服務，包括了傷健策騎協會所有的公眾責任，以及員工和指導員的保險。

每年當傷健策騎協會制定其財政預算時，我們都會仔細檢視各項所需保險的成本，而每當我們致電 Kenneth Kwok 時，他都能與我們達成共識，為傷健策騎協會提供服務，令我們放下心頭大石。

對於像富勤保險(香港)有限公司一類的支持者，只說句「多謝」實在並不足夠，但在此謹代表我們傷健策騎協會所有的騎術學員、包括兒童及成人，我要在此向富勤保險及 Kenneth Kwok，對於你們的支持要說句多謝。

羅傑仕

附註：本會會在下一期之中，感謝另一位長期贊助商“瑞士豐泰人壽（香港）有限公司”



# TWO-YEAR COUNTDOWN TO THE 2008 BEIJING OLYMPICS GAMES

## 迎接二零零八年北京奧運會



RDA had a stall in the equestrian sports section. At the sides of the stall there was the basic background and history about the RDA including some information about two very successful RDA riders - Mr. Nelson Yip and Mr. Lam Tung. The stall featured a game in which the player would use a water gun to shoot into the mouth of a picture of a horse. The mouth was a circular hole with an open-sided clear plastic cube on the other end. The aim of the game was to shoot water into the mouth/cube until a loud horse-whinny was heard from the overhead speakers. If the player shot enough water to trigger the horse-whinny, then they would win a prize and be given an RDA booklet.

I feel that this was a very good opportunity for the RDA to show the public about themselves. The Association really does help disabled people to try and learn to ride. Though this may be very hard at the beginning, if they are determined enough, the results are very gratifying. In this, I am convinced that the RDA plays a big part. They provide very calm, efficient and pleasant ponies/horses and experienced helpers who are all part of the rider's development. In fact, I tend to think that the riding improves and strengthens the rider's physical and psychological abilities.

During the playing of the game, there were many balloons of nine different colours being given out with the RDA logo on each. Nearly every child requested for one. Many senior citizens and children came to have a go at the stall's game.

Everybody working on the stall were volunteers. Although we all worked very hard and were all exhausted by the end, I don't regret working free of charge for the RDA. I think all the other volunteers don't either.

Volunteer - TAM Sum Sze

於「迎零八奧運」活動中，在馬術體育環節內，傷健策騎協會設置了一攤位，攤位內介紹了傷健策騎協會的背景及歷史，以及兩位香港傷殘奧運代表葉少康先生及林棟先生；另外亦有攤位遊戲，玩者用水槍瞄準一匹馬的相片，並向馬口發射，馬口為圓形開洞且接駁一透明塑膠方塊，遊戲的目的是要為馬口注滿水，當完成此過程之後馬兒便會發出「嘶嘶」之聲，玩者即可獲贈傷健策騎協會的禮物。

我認為這是一次很好的機會讓傷健策騎協會介紹給公眾，協會一直能為傷殘人士嘗試及學習騎馬，雖然萬事起頭難，但只要他們有決心，成績可以很圓滿，而傷健策騎協會在此扮演一個重要角色，他們提供脾氣甚馴的小馬/馬匹以及富經驗的義工，對騎者有很大幫助，事實上，我認為策騎馬匹，可以改善騎者的體能及心理素質。

於玩遊戲的過程中，亦送出有多達九種顏色及附有傷健策騎協會標記的氣球，差不多每一位小朋友都要求獲贈一氣球，不少家長及他們的朋友都因此而來到了傷健策騎協會的攤位踴躍運氣。

當日每一位在攤位內工作的都是義工，當日每人都努力工作，雖然到尾時大家都疲憊不堪，但我卻無悔為傷健策騎協會免費工作，我相信其他所有的義工亦會有如此想法。

義工 - Tam Sum Sze





## Riding for the Disabled Association Ltd Tuen Mun Autumn Term - 2006



5th - 7th Sept 2006  
8th Sept 2006

12th Sept to 13th Oct 2006

17th - 20th Oct 2006

24th Oct to 8th Dec 2006

12th - 15th Dec 2006

19th Dec 2006 to 5th Jan 2007

9th Jan to 9th Feb 2007

13th - 23rd Feb 2007

27th February 2007

New and existing helpers' training (新舊義工訓練)

New helper - Assessment by Grade 3 Instructor  
(新義工評估日)

Existing helper to clean tack & equipment  
(舊義工清潔馬具及用具日)

TM Normal RDA lessons (屯門定期課堂)

Autumn Group Rides (一日騎馬樂)

TM Normal RDA lessons (屯門定期課堂)

Autumn Group Rides (一日騎馬樂)

No RDA - Christmas Holiday (聖誕節假期)

TM Normal RDA lessons (屯門定期課堂)

No RDA - Lunar New Year Holiday (農曆新年假期)

New Spring Term Start (開始春季課程)



## Riding for the Disabled Association Ltd Pokfulam Autumn Term - 2006



5th - 8th Sept

12th Sept - 20th Oct

24th - 27th Oct

30th Oct - 3rd Nov

31st Oct - 8th Dec

12th - 15th Dec

19th Dec, 06 - 8th Jan, 07

22nd Dec

8 January, 07

9th - 9th Feb

13th - 23th Feb, 07

27 Feb, 07

30 March - 13 April, 07

Helpers training

New Autumn Term Ride - PFL

Group ride - PFL

No RDA - School Half Term

Autumn Term Ride - PFL

Group ride - PFL

No RDA Christmas/New Year Holidays

No RDA - End of Term

No RDA - Term Starts

End of Autumn Term Ride - PFL

No RDA - Lunar Chinese New Year Holiday

First Ride of Spring Term 2007

No RDA - Easter 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.

If you are in any doubt about the weather conditions 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.

## I would like to make a donation and/or volunteer to RDA 我樂意捐款資助傷健策騎協會提供免費馬術治療課程 / 有興趣當義工

I enclose donation of HK\$/ 我願意捐款港幣 \$: \_\_\_\_\_

☐ - Cheque      ☐ - Visa Card      ☐ - Master Card

Cheques payable to 支票抬頭請填寫 **Riding for the Disabled Association Ltd.**

Card No/ 信用咭號碼 \_\_\_\_\_

Card Holder's Name/咭持有人姓名: \_\_\_\_\_

Signature 簽名: \_\_\_\_\_

Expiry Date/ 有效日期: \_\_\_\_\_

Donor's Name/捐款者姓名: \_\_\_\_\_

Tel: \_\_\_\_\_ Email: \_\_\_\_\_

電話 電郵

Address for Receipt /收據郵寄地址: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

### Address - Mail cheque, this slip and any enquiries to:

75 Pokfulam Reservoir Rd. Hong Kong

### OR Tel/Fax for further information and/or Credit card details to :

Tel: 2875 7711 Fax: 2465 5914

Donation of HK\$100 or above are tax deductible

支票及回條請郵寄：

香港薄扶林水塘道七十五號

信用咭捐款可來電／傳真

電話：2875 7711 傳真：2465 5914

港幣壹佰元或以上之捐款可獲免稅

OFFICE USE	
CODE	
DATE	

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