

Riding for the Disabled Association Ltd.

HONG KONG



馳 騁

香港傷健策騎協會有限公司

MAGAZINE



"Mr. Lam Woon Kwong, CEO of Equestrian Events (Hong Kong) of The Games of The XXIX Olympiad Company Limited, leads his team to visit RDA HK Team at World Para Dressage Championship in UK July 2007"

8th Issue - September 2007



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WORLD PARA DRESSAGE CHAMPIONSHIP IN UK - 2007 AT HARTPURY COLLEGE 二零零七年英國世界傷健馬術錦標賽

20th to 22nd July 2007

In last week of June, RDA sent a team of three riders a coach and two support team members to compete in England. Mr. Michael Lee & Mr. Apollo Ng (Vice Chairman) of Sports Sub Committee were also arrived during competition to support our team from their very tight schedule.

Horses for this competition were hired in the UK from Tim Downes' stable and transported to the competition which was held at Hartpury College in Gloucestershire. The three riders Nelson Yip, Lam Tung and Gordon Li competed in 3 individual competitions over a three day period. There were 34 countries competing and the level of competition was very high. The Hong Kong riders performed well and most important is they have learned a great deal from the event as well as making many new friends.

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

Canney Cheng



於本年六月尾的時候，香港傷健策騎協會便派出一支為數三名運動員的代表隊，加上一名教練及兩名輔助員前往英國比賽。而且本會體育委員會的兩位副主席利子厚先生及吳嵩先生在百忙中抽空到英國支持這三位運動員。

比賽用的馬匹均在英國 Tim Downes 的馬房租借，而比賽在告士打郡的 Hartpury 書院舉行。

我們三位的運動員分別是葉少康，林棟及李光明，他們在三天的賽期中角逐三個個人比賽，是次的盛會有三十四個國家參與，賽事的水平甚高。

今次我們的香港運動員的表現尚可，最重要是他們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三位運動員會再參與多一項在澳洲的比賽，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。



EQUESTRIAN SPRING CARNIVAL

馬術匯聚嘉年華



Organized by Hong Kong Equestrian Federation, the "Equestrian Spring Carnival" was held on April 8 at Happy Valley Recreation Ground (Pitch No. 4 and No. 8) to promote the equestrian sport in Hong Kong. The carnival was funded by Leisure and Cultural Services Department, with the assistance of The Hong Kong Jockey Club and Riding For The Disabled Association.

The carnival was free admission to the public, and the time was from 2:00pm to 6:00pm. Pitch No. 4 had the equestrian exhibition, game booths and miniature ponies, while Pitch No. 8 had demonstration of equestrian sport, including Jumping and Dressage demonstration, Pony Club Fancy Dress Parade and Para Equestrian Demonstration.

Canney Cheng

為了進一步讓市民認識馬術運動及奧運馬術比賽相關知識，香港馬術總會於4月8日假香港跑馬地體育道跑馬地遊樂場（四號及八號場）舉行一個名為「馬術匯聚嘉年華」活動。是次嘉年華由康樂及文化事務署資助，並由香港賽馬會和香港傷健策騎協會協助舉行。

馬術匯聚嘉年華免費開放予公眾人士參加，開放時間為下午2時至6時。活動分為嘉年華會及馬術表演兩部分。（四號設有馬術展覽、攤位遊戲及迷你小馬拍照區等。而八號場則用作舉行馬術項目示範，包括香港少年騎術會奇趣巡禮、香港傷健策騎，以及場地障礙賽及盛裝舞步賽示範等。





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Riding For The Disabled Association Ltd

Volunteers wanted !!!



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Training sessions available
Sep 4th to 7th
at Pokfulam or Tuen Mun
9:30 to 12:00

Helping to lead ponies or work along side with disabled children



Tuesday to Friday Mornings 9:30 to 12:00 Pokfulam Riding School
Tuesday to Friday Mornings 9:00 to 12:00 Tuen Mun Riding School
Thursday Mornings 9:30 to 12:00 Lo Wu Saddle Club

Good way to help those in need of help and make new friends

Please call Pokfulam 2875 7711 or Tuen Mun 2454 9961
 website: www.rda.org.hk email: info@rda.org.hk



TAI PO CARNIVAL ON 30TH JUNE 2007

二零零七年六月三十日 - 大埔嘉年華

Tai Po District Office held the carnival at Tai Po Promenade on 30.6.07 to celebrate HKSAR 10th Anniversary. An exhibition booth, a water games and taking mini ponies photo have been set up by RDA. Approximately 300 visitors visited our booth under very bad weather condition (thunder storms and heavy rain).

This carnival was magically transformed into a fun-filled carnival, with game booths, activities and performance. The rich program of events, offering a lucky draw, activities and the chance to purchase special HKSAR 10th Anniversary souvenir, will be fun for children and adults alike.

Special charity mini ponies' photographs for kids can be photographed with their favorite pony with RDA happy backdrop. Over 20 helpers were busy to take the photo, helping the water games and keep order to the queue but they all really enjoy on that day.

Riding for the Disabled Association Hong Kong acknowledges with grateful thank you to Tai Po District Office for their generous and support to us for this time and the future.

在大埔海濱長廊所舉行的香港回歸十週年 - 大埔嘉年華會已經圓滿結束。其中包羅多項多姿多彩的活動和遊戲，精彩活動包括幸運抽獎、表演、遊戲攤位及紀念品銷售等，相信無論馬迷及非馬迷、大人或小孩都可盡興而回。

其中由本會所主持的『與迷你小馬拍照』，則讓小朋友與小馬於本會的開開心心佈景板下留情影。本會超過二十位義工們非常忙碌地影相、幫小朋友入水鎗及維持秩序，但他們都寓工作於娛樂，非常享受當日之氣氛。

我們在此謹向「大埔區議會」在今次的活動及未來的支持表示衷心的謝意。

Canney Cheng



Riding for the Disabled Association Ltd
香港傷健策騎協會



PARA-EQUESTRIAN 傷健馬術



General Statement
The purpose of the Para-Equestrian Association is to provide a safe and enjoyable riding experience for people with physical disabilities. The Association is committed to promoting the sport of equestrianism to people with disabilities and to providing them with the opportunity to participate in equestrian activities. The Association is also committed to providing a safe and enjoyable riding experience for people with physical disabilities.

The Sport
The sport of equestrianism is a team sport that involves a rider and a horse. The rider is responsible for controlling the horse and for performing the required movements. The horse is responsible for carrying the rider and for performing the required movements. The sport is a team sport that involves a rider and a horse.

Disciplines
The sport of equestrianism is divided into three main disciplines: dressage, eventing, and show jumping. Each discipline has its own set of rules and regulations. The sport is a team sport that involves a rider and a horse.

Equipment
The sport of equestrianism requires a variety of equipment, including a horse, a rider, and a saddle. The equipment is essential for the sport and for the safety of the rider and the horse. The sport is a team sport that involves a rider and a horse.

Paraphrasing
The sport of equestrianism is a team sport that involves a rider and a horse. The rider is responsible for controlling the horse and for performing the required movements. The horse is responsible for carrying the rider and for performing the required movements. The sport is a team sport that involves a rider and a horse.



A PIONEER IN REHABILITATION

傷健復康先鋒



Hong Kong Riding For the Disabled Association (RDA) has, for a long time, provided horse riding opportunities to aid the rehabilitation of the disabled. In this issue the Racing World examines one of the RDA horse riding courses to give readers a

better idea of the services provided by the association.

On a Friday morning, RDA instructor Yiu Kam Yuk and Winkie Leung, a physiotherapist of the Shui Pin Wai Centre of the Heep Hong Society, were very busy preparing a riding course for eight children from the Shui Pin Wai Centre. The children visit the Tuen Mun Public Riding School only once a week and they all looked delighted when they saw their old friends - the ponies - again.

Each lesson compromises only eight children. Under the guidance of Yiu Kam Yuk, the children first walk their horses slowly and do some simple exercises. They then move to a bigger training arena where they have exercises conducted as a game. The lesson lasts for about 45 minutes and once finished, the children will have to wait for another week to ride again.

Six-year-old Chui To Long was frightened of horses when he first learned riding through RDA. However, he now loves riding very much. His mother, Mrs Chui, believes riding has helped her son a lot. "To Long suffered from hydrocephalus since he was born and has so far undergone 19 operations. This has seriously affected his balance. When I first took him to ride a horse, he cried and he needed helpers to hold down his feet as he didn't have a good balance in the saddle. This is now his second year in his learning to ride and he doesn't need helpers anymore. I am relieved as I see he has improved a lot through riding horses," Mrs Chui said.

Chui To Long said now he loves riding a lot, and he hopes he can have more riding lessons each week.

Physiotherapist Winkie Leung pointed out riding can be a big help to the disabled.

Once a helper at the Pok Fu Lam Riding School, Leung talked about the benefits one can derive from riding: "Of course every case is different but from my observations during these RDA lessons, children have shown obvious progress after a period of horse riding training."

Leung usually communicates with the RDA instructors before every lesson. "I work closely with the RDA instructors and make sure we share the same opinion on every little detail. For example, to select the right pony for an individual is very important. Those suffering from cerebral palsy need to ride stronger ponies. In the lesson I will pay attention to their posture. Another important element is how to get them in and out of the saddle. Generally speaking, their physical co-ordination can be improved through horse riding," Leung said.

Yiu Kam Yuk, once a RDA helper and now the RDA instructor, stressed that discipline was also necessary when training disabled children.

香港傷健策騎協會一向致力為傷殘人士提供騎馬的機會，從而達至復康的目的，這一期本刊便親自走訪香港傷健策騎會的騎馬課程，讓讀者對於協會就傷健人士的復康治療方面有更深入的瞭解。

於上月一個週五早上，傷健策騎協會的教練姚金玉、以及協康會水邊圍中心的物理治療師梁慧嫻，均忙於打點一切，準備為水邊圍中心的八位傷健兒童上課，他們每星期只來到屯門公眾騎術學校一次，能再次見到多匹小馬，他們都感到很興奮。

由於地方關係，每次上堂最多只能教八名小童，在姚金玉的指揮下，一眾小孩首先騎馬行圈，以及做一些簡單動作；之後大隊便去到較大的訓練場，進行一些簡單的遊戲如「紅綠燈」及「樹上尋寶」等，課堂為四十五分鐘，課堂完畢後一眾小孩們均懷著依依不捨的心情離開，因為他們要再等一個星期才可騎馬。

其中一位小朋友、現年六歲的徐道浪便由最初的怕馬、驚馬到現在十分喜歡馬匹，他的母親徐太認為騎馬對於孩子的復康有很大的幫助，她說：

「道浪因為腦積水，由出生到現在已進行了十九次手術，亦影響了他的平衡，還記得他最初學騎馬時，一上馬他就大哭，而且由於平衡力較差，要義工從旁按住他的雙腳，今年是他第二年習騎，現在他的平衡力已有大幅改善，平時站立時亦已站得很穩，眼見他透過騎馬而令他在復康方面有很大的進步，我感到很欣慰。」

徐道浪小朋友亦表示現時十分喜歡騎馬，並希望一個星期內可以上更多的堂數。

物理治療師梁慧嫻亦指出，以她所見騎馬對於傷殘人士的確有正面的作用。

以往曾在薄扶林騎術學校擔任傷健策騎協會義工的梁慧嫻表示：「當然由於每個個案的傷殘程度不一樣，復康的進度也有不同，但我長期觀察所得，這些小朋友在經過一段時間的騎馬訓練之後，的確有明顯的進展。」目前身為物理治療師的她，於每次上課之前都會與教練溝通。「每次上堂我都要與教練緊密合作，於每個環節大家都達成共識，例如為小朋友揀選馬匹便是很重要的，如一些有痙攣問題的，便適宜騎一些較粗壯的馬；上堂時我們會留意他們騎馬的姿勢，另外訓練他們上馬落馬亦是課堂重要的元素，總括來說，透過騎馬，可以改善他們身體之間的協調。」

而由義工做起，一直到現在成為了傷健策騎協會教練的姚金玉亦補充，騎馬除了能改善小朋友們的平衡力之外，最重要的一點是紀律的訓練。



"Many of them are spoiled by their parents and thus sometimes you may find they have rebellious behaviour," Yiu said. "In such cases I will have to use stronger words so that they have to follow my orders. I will use some kind of 'punishment' whenever necessary. But in general they are all easy to teach."

"Basically riding is beneficial to the physical functioning of the disabled. The case of Chui To Long is a good example, and in these two years we have seen him improve a lot with regard to his balance," Yiu added.

「他們有些或許受到父母的寵愛，所以個性較強一些，但一到上堂我會講求紀律，有時我亦會用較嚴厲的語氣，要他們服從我的指令，有必要時我亦會作出懲罰，不過整體上來說，他們大多十分乖巧，亦很易教。」她說：「基本上騎馬對於這些傷殘小朋友們，在身體上的機能方面有較大的幫助，例如徐道浪小朋友的例子，在這兩年間便見到他有很大的進步。」

EX RDA HORSE-LOUIE 老朋友 Louie

Many of you may remember our faithful horse Louie. RDA and its friends raised money to retire him to his birth home in New Zealand when he was no longer able to carry on his duties as an RDA mount.

Three of our RDA ladies were able to visit him at his home.

相信各位仍記得我們這匹忠實的馬兒 Louie，牠因為年事老邁，體力不能應付

傷健策騎協會的工作，所以牠的朋友及協會為牠籌集了款項，好讓牠能夠重返牠的出生地-紐西蘭安享晚年。而我們協會的三位女士們亦曾到了牠的老家探望牠呢！

WE WENT TO VISIT LOUIE! 探望老朋友 Louie

Irene, Jo and I were very fortunate to be able to go and visit Louie in his new/old home in New Zealand. Louie lives on a farm owned by Mr. and Mrs. Ferguson which is situated about 50 min. north-east of Whangarei on the North Island.

Samara Sutherland (the daughter of the Ferguson family) picked us up in Whangarei when the conference we went to, was finished. We were so excited to go and see Louie and when we saw him in his little paddock, he looked just the same as when he left Hong Kong in late summer of 2004.

We brought him gifts, a bag of carrots, and he loved them as much as he loved his food back in the 'old' days! Mrs. Ferguson, Karen, said they can turn him out in the big paddock just once a week, otherwise he'll get too fat!

The afternoon was spent going on a hack with Louie and 2 other horses that the Ferguson's own (Udaph and Pedro) and one who was owned by their neighbour (Radar). The weather was sunny, late autumn +20 degrees C and the trail up the mountain was beautiful, it couldn't get more idyllic than that.

We were so glad to see that Louie looked so good and was so well taken care of. He still does RDA from time to time in Whangarei and a girl comes to ride him every week so he is still used and kept fit. Louie is still not keen to make friends with other horses but tolerates them, almost; people are his best friend though. Louie lives out all year around and he still has his purple blanket with a hood that he was given when he arrived in New Zealand.

We liked to thank everyone once again, who made it possible to send Louie home!

Ann-Sofi Poyhonen

Irene, Jo 以及我都很幸運，可以有機會在紐西蘭探望我們的老朋友 Louie，牠目前在其主人費格遜先生及夫人名下的牧場優哉悠哉地生活，而此牧場距離紐西蘭北島 Whangarei 約五十分鐘車程。

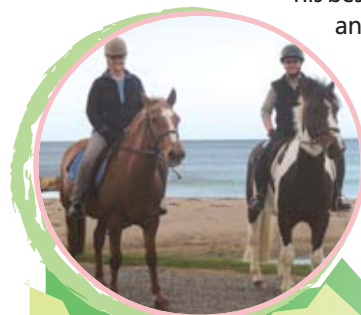
費格遜夫婦的女兒 Samara 於會議的舉行地點 Whangarei 迎接我們，對於可以探望 Louie，我們都感到雀躍萬分，而牠與2004年夏天離開香港時並沒兩樣。

我們為 Louie 帶來了牠心愛的紅蘿蔔作為禮物，這是牠在香港最喜歡的食物，牠當然飽餐了一頓，費格遜夫人亦笑說，他們是時候要有每個星期放牠一日出大草場運動以作減肥。

當日我們與 Louie 及另外三匹馬消磨了一個下午，包括費格遜名下的另外兩匹馬 Udaph 及 Pedro、以及一匹由他們鄰居擁有的 Radar，當日陽光普照，時值秋季尾聲，氣溫約攝氏20多度，實在最適宜遊山玩水，享受田園風光！

我們都很高興看到 Louie 情況良好，而且得到最好的照顧，其實現在牠亦有為傷健策騎出一份力，每星期有一日，都有一位女孩來到牧場騎牠，這亦令牠保持一定的運動量；雖然一如以往 Louie 都不太熱衷於交結新朋友，但牠亦很包容其他馬匹，而人類更是牠的最好朋友，現時牠亦不時穿戴著當初牠抵達紐西蘭時所獲贈的紫色披氈及頭罩。

我們再一次多謝曾令 Louie 可以重回老家而出一份力的每一位人士。



VOLUNTEERING AT LO WU

在羅湖任義工

When I first came to Hong Kong end of July 2006 I was supposed to work for the same company as my husband, but unfortunately this was not going to be the case. So what was I going to do with all my free-time - I had been working full-time in Germany and was just not used to the situation of doing just nothing! Then I read an advertisement from Jane Stuart about RDA in Lo Wu in the Sai Kung Explore magazine that they needed helpers for horse riding with disabled children! Yes, that was something useful that I would enjoy!

I remember that my first day at RDA was on the 19th October 2006 and after that we car pooled from Sai Kung up to Lo Wu every Thursday morning. During this wonderful time in Lo Wu I brought along quite a few new helpers: Kathe, Carol, Randi and Kaye - all happy helpers from Sai Kung and they all love volunteering for the RDA just like me. We quickly came to adore the dependable ancient ponies at Lo Wu; Abo, Rex, Tosca, Pewter, Tankard, Vamar and enjoyed seeing how much the children advanced over the course of the term.

My husband and I also attended the RDA Helpers Dinner on the 6th November 2006 at the USRC in Jordan. It was a wonderful evening and we really had good fun, great food and company at the dinner and met many other helpers from Pokfulam and also from Tuen Mun.

As I knew my time was limited in Hong Kong and I wanted to continue to be a helper in Germany I decided to work towards the Grade 1 Competent Helper standard. My first lecture on disabilities was in Pokfulam on the 22nd November 2006 and the second one on the 2nd May 2007 - both given by Ann-Sofi Poyhonen. I attended turnout at Pokfulam too to brush up on my stable management knowledge. I was assessed over the course of a couple of months on my abilities at leading, side-helping, mounting/dismounting, and knowledge of disabilities and stable management by the Lo Wu instructors; Jane, Tania and Angelina. I then actually completed Grade 1 on the 3rd May 2007 and Jane handed over the Certificate at our farewell party on the 12th May 2007. Hopefully more helpers will sign up for training next year in Lo Wu!

Now I'm back in Germany, I miss my Thursday morning at RDA - starting with the our drive up to Lo Wu, sometimes tacking up the ponies, the two lessons with the kids - especially when we went out for walks, the kids really loved that - then the drive back to Sai Kung and of course being absolutely exhausted, but happy for having done something very positive and helpful for these lovely kids!

Best wishes to all my two and four legged friends at Lo Wu for next year!

Iris Seehusen

當我於 2006 年七月尾來到香港之時，我本來打算是在我丈夫同一間公司工作，但事以願違，所以在我的空餘時間之內，我可以做些甚麼呢？在德國的時候，我是全職工作，因此對於整日無所事事，我十分不習慣，之後我從一份雜誌中，看到 Jane Stuart 提到香港傷健策騎協會需要義工協助傷健兒童，我便想到這便是我會享受的事情，而且又可以幫助別人，何樂而不為！

我仍記得我在傷健策騎協會的首天是 2006 年的 10 月 19 日，自此之後每個星期四的早上，我都會駕車由西貢去到羅湖，而我更特別由西貢帶來四位新義工：分別是Kathe, Carol, Randi and Kaye，他們與我一樣，都十分享受在香港傷健策騎協會擔任義工，我們亦很快愛上了一眾忠心可靠的小馬如 Abo, Rex, Tosca, Pewter, Tankard 及 Vamar等，而看到兒童們在學期內進展良多，亦為我們帶來無限的滿足感。

我與我丈夫都有參加於去年 11 月 6 日在佐敦舉行的香港傷健策騎協會義工晚宴，這是一次難忘的晚上，我與我丈夫都享受到無窮的樂趣，另外美味的食物以及與來自薄扶林及屯門的義工聚首一堂，亦為我們帶來美好的回憶。

因為我知道我在香港將不會逗留太長的時間，而且我想在返回德國之後可以繼續擔任傷健策騎義工的工作，所以我決定向達到一級義工標準的目標而努力，2006年11月22日，我在薄扶林的首次上課，之後再於 2007 年 5 月 2 日再到薄扶林上堂，兩次都由Ann-Sofi Poyhonen教授，另外我亦在薄扶林吸收更多實際馬房管理經驗，在兩個多月內，我在牽馬、在旁協助騎者、協助上馬/落馬、傷健知識以至是馬房管理多個範疇均受羅湖的指導員如 Jane, Tania and Angelina 的評估，結果在今年 5 月 3 日，我正式完成一級課程，並在5月12日的告別派對上，獲Janes頒發證書，希望明年會有更多義工接受訓練。

現在我已返回德國，對於以往逢星期四到傷健策騎協會的一切，由駕車去到羅湖、追逐小馬、與兒童們一同享受課堂、之後拖著疲乏的身軀駕車返回西貢等，都令我懷念不已，而我亦很開心可以為這些可愛兒童出一分力。

衷心祝福在羅湖的小朋友及小馬們！



VISIT TO RDA BY THE USS RONALD REAGAN

列根號海軍人員造訪香港傷健策騎協會

On 8th May 2007 Hong Kong RDA was visited by some of the officers and crew of the USS Ronald Reagan, which is the newest aircraft carrier of the United States of America Navy fleet.

Twenty sailors and three officers came to the morning RDA session held at Pokfulam Riding School, to assist with the riding program.

Some of the sailors were from farming backgrounds in their own country so were comfortable around the horses, while others had previous knowledge of caring for disabled people within their own families.

The sailors were very enthusiastic and made friends with the disabled children very easily, helping to make their riding session extra special.

It was the first time sailors from a U.S. Navy ship had visited the Pokfulam RDA site. It was an interesting exercise which we hope we can repeat next time this ship visits Hong Kong.

Jo Eling

於2007年5月份，見列根號航空母艦的軍官及海軍人員造訪香港傷健策騎協會，列根號航空母艦是目前美國海軍的最新兵力。

於5月8日，約20名海兵及三名軍官來到薄扶林騎術學校，協助我們所提供的傷健策騎課程。

其中一些海兵在他們的家鄉已有務農背景，所以他們對於如何處理馬匹已是駕輕就熟，另外亦有海兵在之前已有照顧傷健家人的經驗。

海兵們都十分友善，並與傷健兒童們成為好朋友，有他們的協助，令我們的策騎課程生色不少。

這是首次有來港海軍的海兵造訪位於薄扶林的香港傷健策騎協會基地，我們都期待下一次仍會有海軍來造訪。



香港傷健策騎協會



無需經驗

義工招募!!!

星期二至五 早上 9:30 - 12:00 (薄扶林公眾騎術學校)

星期二至五 早上 9:00 - 12:00 (屯門公眾騎術學校)

星期四 早上 9:30 - 12:00 (羅湖騎術學校 - 上水區)

本會將於薄扶林及
屯門公眾騎術學校
以下時段提供訓練：
九月四日至七日
早上 9:30-12:00

帶領馬匹或協助 殘障人士學習騎馬

一個幫助別人及
結識朋友的良機

有意請來電預約: 2875 7711 (薄扶林) 2454 9961 (屯門)

或電郵至: info@rda.org.hk

網址: www.rda.org.hk

NEW ZEALAND CONFERENCE REPORT MAY 23RD TO 27TH 2007

紐西蘭會議報告 2007年5月23日至27日

Auckland, Grand Chancellor Hotel (airport), May 23rd

The conference began with a welcome to International delegates. The Countries which were represented were, Hong Kong, Japan, Taiwan, Malaysia, Australia and USA.

The afternoon venue was; Ambury Park Centre for Therapeutic Riding.

A display of therapeutic riding was conducted by a full time paid Occupational therapist. She works one on one with up to 12 students per day with each student spending 30 minutes on the horse. Generally, she works with quite severe physical disabilities.

Ambury Park is funded by the New Zealand government as it is also a training centre for people with behavior problems. The centre helps to educate these students with a curriculum similar to a mainstream school. It also teaches the students life skills for their future in the work place.

會議地點

5月23日

奧克蘭 Grand Chancellor 酒店，歡迎來自各個國家的代表。

出席國家 / 地區包括香港、日本、台灣、馬來西亞、澳洲及美國。

下午的會議地點為 Ambury Park 的策騎治療中心。

由一位全職的專業治療師即場作治療策騎示範，他每次是一對一作教導，一日教

12 位學生，每位學生每日花 30 分鐘在馬背上，對象都是情況嚴重的傷健人士。

Ambury Park 由紐西蘭政府資助，亦是行為有問題人士的訓練中心，它提供與普通學校相若的課程，並為學員提供日後出外謀生技能。



May 24th

Auckland Grand Chancellor Hotel.

The morning session was conducted by disabled people taking about their lives with disabilities and how they have learnt to adjust and function.

Mike Muir gave a presentation about his experience as a carriage driver. He has multiple sclerosis and he is therefore not able to ride horses.

The afternoon was spent traveling to Whangarei in the North part of the north island.

5月24日

奧克蘭 Grand Chancellor 酒店

晨早會議由傷健人士擔綱，他們主要談及其生活，以及他們如何學習適應。

Mike Muir 講述他擔任司機的經驗，由於患上了多項硬化症，令他未能騎馬。

下午則去到北島的 Whangare 遊覽。

May 25th to 27th

Flames Hotel Whangarei

The Opening Address of the seminar was given by the Chairman NZRDA, Cilla Bell, followed by a welcome speech by Mayor of Whangarei Pamela Peters.

First session, "The importance of Research by Dr Olive Webb", (PhD, Clinical Psychology)

Dr Olive Webb talked about the importance of keeping data on riders, especially those who have high complex needs and have challenging behavior problems, such as autistic spectrum disorders. She also talked about the use and misuse of medication on people with intellectual behavior problems.

Second session, "Best practices for the International Education of RDA coaches and the Therapy Horse", by Barbara Heine (PT, HPSC)

Barbara talked about the importance of coaches having correct and clear training, understanding the importance of balance of the rider on the horse and correct handling of disabled riders whilst riding.

New Zealand RDA is in the process of developing a paper on hippotherapy and the benefits to disabled riders. This paper will also form the basis of for physiotherapist to train and understand hippotherapy.

All International delegates showed interest in learning more about this paper, which New Zealand RDA have promised to share with us on completion.

Third session, Psycho-education Vaulting/Riding; by Marietta Schulz (Dip Special Ed)

Marietta who is from Germany, has worked to develop psychomotor movement therapy and therapeutic riding.

5月25日至27日

Whangarei 的 Flames 酒店

座談會的開幕禮由紐西蘭傷健策騎協會主席 Cilla Bell 主持。

並由 Whangarei 的市長 Pamela Peters 致歡迎辭。

第一節的題目是「調查之重要性」，由臨床心理學博士 Olive Webb 主講

她提及保存騎者資料的重要性，特別是那些較嚴重而且有行為問題的騎者，例如是患有自閉症的人士，她亦談到對於智力行為有問題的人士的用藥方法。

第二節的題目是由 Barbara Heine 主講「傷健策騎教練及治療用馬匹的最佳教導方法」

她提到正確及清楚訓練、明白騎者在鞍上平衡以及在騎馬時正確處理騎者的重要性。

紐西蘭傷健策騎協會現正草擬一份有關於馬匹治療學及如何對傷健策騎員帶來最大益處的報告，此份報告對於訓練物理治療師及明白馬匹治療學將會起到很大的作用。

所有出席是次會議的國家代表都對於這份報告感到有很大興趣，紐西蘭傷健策騎協會亦承諾，日後此份報告完成之後將會公開與大家分享。

第三節的題目是由擁有特殊教育文憑的 Marietta Schulz 主講「馬上花式 / 騎馬的心理教育」

來自德國的 Marietta 一向對研究心理性肌肉運動及騎馬治療都甚有心得。

Marietta showed a video on the benefits of vaulting or people with mental disabilities, showing how they develop confidence and learn to work as a team with other people.

Redeveloping a vaulting program in Hong Kong is a possibility if we can find paddock space and time.

May 26th

Whangarei Riding therapy Centre.

This centre was connected to a large park which is used for sporting events and country pursuits. The land is government owned but the Therapy centre is independently funded.

Morning session; The Bio-mechanics of Correct Posture by Barbara Heine

This practical session started with the selection of the therapeutic horse and how to choose which horse would suit a particular disability. She also demonstrated work to help train the horse better for therapeutic riding.

This session was then followed by several riders who were helped by Barbara to improve their posture and balance on a horse. She also discussed the appropriateness of horses chosen for the riders were they helping with their physical problems or in fact making some areas worse. The movement of the horse and the variations of speed within the paces were very important to the balance and improvement of a disabled rider.

This session also featured the use of props to improve the alignment of the rider.

Afternoon sessions; There were three different sessions going on at the same time.

Workshop one; Best practices for leading the RDA horse by Colleen Trappitt (NZRDA Head Coach)

Colleen showed different styles of leading the therapeutic horse, which would best influence the rider and maintain the goodwill of the horse.

Workshop two; Equine Reinforcement Training by Kate Southcombe (B Ed hors UK)

Kate outlined a style of training horses to reinforce good behavior, by use of a clicker and treat method, used previously by dog and dolphin handlers.

Workshop three: Yvonne Hooper (NZRDA level 3 Advanced Therapist)

Yvonne talked about hippo therapy and the benefits for young children

透過視像，Marietta 解釋馬上做花式動作如何能治療智力殘障，以及令他們建立信心，並與其他人融合。

如果我們能夠找到合適的地方，其實在香港也可以發展鞍上花式動作的課程。

5月26日

Whangarei 策騎治療中心

此中心與一個大型體育公園連結，土地由政府擁有，不過治療中心卻是自負盈虧。

早會

由 Barbara Heine 主講「從生物 - 動力角度去看正確姿勢」

這是實習課題，由揀選治療用馬匹開始，為某種傷健情況而揀選合適的馬匹，另外亦協助訓練馬匹，令馬匹在策騎治療上可以起到更好的作用。

之後在 Barbara 協助之下，令幾位騎者在鞍上保持正確的姿勢，從而可以保持更佳之平衡，她亦討論到揀馬的重要性，到底是可以改善騎者的問題，又或者只是令到問題更加嚴重，而馬匹的動作及速度上的變異，亦對於騎者保持平衡及是否得以改善他們的騎姿亦十分重要。

午會

於同一時間內舉行了三節工作室：

第一節工作室：由紐西蘭傷健策騎協會總教練 Collen Trappitt 主講「牽引傷健策騎馬匹的最佳方法」

Collen 指出牽引不同治療用馬匹的不同方式，這會影響到騎者以及他與馬匹的良好關係。

第二節工作室：由英國教育榮譽學士 Kate Southcombe 主講「加強馬匹訓練」

一種訓練馬匹的方法可以產生出良好行為，主要是利用之前訓練狗隻及海豚的方法及工具。

第三節工作室：由紐西蘭傷健策騎協會三級治療師 Yvonne Hopper 主持

她談到馬匹治療及對年稚小童的益處。

May 27th

Whangarie Riding Therapy Centre

In the morning there was a display by EAGALA. They demonstrated a style of therapy and training used for troubled young people. So that they can people to think as a team and work as a group. There were some very interesting exercises that we all took part in.

Lunch time; Closing ceremony and final words from the Chairman NZRDA Cilla Bell.

It was felt by most of us attending the conference that it had been very beneficial. There were some interesting topics of discussion which are relevant to our program here in Hong Kong. It was good to know we are doing the right thing and other countries face similar problems to our own, such as fund raising, and appropriate use of physio and occupational therapists.

We also now have some fresh ideas to put in place regarding training of helpers, horses and instructors. The New Zealand hippo therapy paper we expect will be very interesting and we look forward to receiving a copy when it is finalized.

Talking to the other International delegates was very helpful and they all showed an interest in attending the next conference to be held in Hong Kong.

Jo Eling

5月27日

Whangarie 策騎治療中心

當日早上由Eagala示範一種治療及訓練年青傷健人士的方式，主要是訓練團體合作的思維，當中包括一些有趣的練習。

午餐時間：

閉幕禮及由紐西蘭傷健策騎協會主席 Cilla Bell 致閉幕辭

參予是次會議獲益良多，會議上有多個有趣的題目，與我們目前在香港所提供的課程亦頗有關係，亦令我們知道目前我們是否做得正確，以及明白其他國家所面對的問題其實與我們相若，譬如籌款及如何充份利用心理及物理治療師等。

另外我們亦在多個範疇如訓練義工、馬匹及指導員方面有一些新鮮的意念，而紐西蘭方面就馬匹治療學的報告將會對我們十分有用，我們熱切期待當這份報告完成之後可以獲得這份學術結晶。

與其他不同國家的代表互作交流亦對我們的工作很有幫助，他們都期待下次在香港舉行的會議。



PARALYMPICS - DID YOU KNOW.....

殘疾人奧運知多少...



- ◆ "Paralympic" comes from the Latin word "para" meaning with and Olympic. This parallel event is of equal status.
殘疾人奧運會的字眼原意「平等」，亦即與奧運會地位相等。
- ◆ Athletes compete in 20 different sports of which 15 are shared with the Olympics: Archery, Athletics, Wheelchair Basketball, Boccia, Cycling, Equestrian, Fencing, Football 5 and 7 a side, Goalball, Judo, Powerlifting, Rowing, Shooting, Sailing, Swimming, Table Tennis, Tennis, Volleyball, Wheelchair Rugby. Some sports are open to all or most disability groups and in others only one group can participate - for example, only visually impaired athletes compete in judo.
共有二十項不同的體育項目給運動員角逐，當中十五項亦是奧運會的敘規項目，包括射箭、田徑、輪椅籃球、地板滾球、單車、馬術、劍擊、五人及七人足球、門球、柔道、舉重、划艇、射擊、風帆、游泳、乒乓球、網球、排球及輪椅橄欖球，當中有些項目是開放予所有或大部份的傷殘人士，有些則只限特定的類別參與，例如柔道比賽便只限視力有問題的人士參加。
- ◆ 1894 - Revival of the Olympic Games with the formation of the International Olympic Committee by a French educator Baron de Coubertin.
1894年 - 由法國教育工作者 Baron de Coubertin 牽頭成立國際奧委會，為現代奧運會建立基礎。
- ◆ 1896-2004 - Olympics held every 4 years except for during the two World Wars - 25 Games to date.
1896-2004年 - 奧運會每隔4年舉行一次，除了在兩次世界大戰期間內停止舉行，至今已舉辦了25次奧運會。
- ◆ 1948 - First international wheelchair games held in London to coincide with the London Olympics.
1948年 - 於英國倫敦舉行的奧運會，首次有國際性輪椅比賽上演。
- ◆ 1960 - First Olympic style games for athletes with a disability were held in Rome immediately after the Olympic Games (wheelchair sports only).
1960年 - 該屆於羅馬舉行的奧運會在完結之後，便首次舉行為傷健人士而設的田徑比賽。
- ◆ 1970s - Dressage competitions for riders with disabilities started in Scandinavia and Great Britain.
1970年 - 於北歐及英國開始有傷健盛裝舞步的比賽舉行。
- ◆ 1987 - First para-equestrian dressage World Championship held in Sweden.
1987年 - 首屆傷健盛裝舞步世界冠軍賽於瑞典舉行。
- ◆ 1996 - First time riders with disabilities competed in Paralympics.
1996年 - 首次有傷健人士參加殘疾人奧運會的馬術比賽。
- ◆ Riders are graded on their impairment by accredited classifiers and judged on how the horse performs under the influence of the rider. Dressage tests are specified according to the grade of the rider and may include walk only, walk and trot, walk, trot and canter with or without lateral movements.
比賽運動員按不同傷健程度區分，並以馬匹的服從性及表現而評分，盛裝舞步的項目，將視乎不同程度而進行不同項目的測試，例如是只作步行、步行及走花蹄、走花蹄及快步或是否增加橫向動作。
- ◆ September 8th-12th 2008 78 riders will compete in the discipline of dressage in the Paralympics in Hong Kong. They will ride specified tests in a 20m x 40 m arena and a freestyle test to music which also has some compulsory movements.
於2008年9月8日至12日，78位運動員將於香港角逐殘疾人奧運會的馬術比賽，他們將於面積20米X40米的競賽場上以音樂盛裝舞步比賽，而比賽是包括了一些指定動作。



Jane Stuart

2007 RDA EVENTS

8th - 13th Oct 2007

RDA HK Para Equestrian Team will compete in Australia
"RDAA 2007 National Dressage Championships"
二零零七年澳洲錦標賽

29 October 2007

Monday
Venue

Annual Helpers Dinner 義工週年晚餐
United Services Recreation Club
Jordan, Kowloon

16 November 2007

Friday
Venue

RDA Annual Ball (Fund-Raising) 週年慈善餐舞會
Conrad Hotel - Grand Ballroom
Hong Kong (Invitation Letter & Table Reserved Form are Attached)

November 2007

Sue Adams-Wheeler RDASI visit Hong Kong 高級教練到訪香港

18 January 2008

RDA Flag Day - Hong Kong Island 港島區賣旗日

RDA CANTONESE OPERA CHARITY SHOW

慈善粵劇籌款晚會

Organized by Riding for the Disabled Association, the Cantonese Opera Charity Show was successfully held on February 27 at Sunbeam Theater, North Point. There was a full house at that night and we had representatives from various governmental departments and celebrities from all walks of life to support the event.

Mr. Lam Woon Kwong, Chief Executive Officer of Equestrian Events (Hong Kong) of the Games of the XXIX Olympiad Company Limited was invited to be the VIP Guest of the charity show. Other participating guests included Mrs Agnes Allcock, Deputy Secretary for Home Affairs; Miss Qi Xiaoxia, Director-General, Department of International Organizations & Conferences Office of the Commissioner of the Ministry of Foreign Affairs of the People's Republic of China in the Hong Kong Special Administrative Region; Mr. Cheng Kong-yu, Chief Leisure Manager (Sports Funding) of Leisure and Cultural Services Department; Mr. K K Yeung, Chairman of RDA; Mr. Michael Lee, Chairman of The Hong Kong Jockey Club; senior racehorses owners Mr. Wong Kwan and Mr. Stanley Ho Sau Nan. Mr. Heung Shu Fai was the Master of Ceremony.

To open the curtain for the charity show was the performance by the Ming Chee Sing Cantonese Opera troupe, and the show "Six Nations Appointing Prime Minister" (Chinese New Year version) was really impressive. It was followed by an excerpt "Dreaming At Peony Pavilion", performed by Small Red Boat Cantonese Operatic Song Association.

Next it came the highlight of the charity show: the Honorary Guests Performance. First we had "A Search Over College - The Kite", performed by racing journalist Mr. Patrick Yu and his daughter Miss Helli Yu. It was followed by "Drunk Alone At Yumen Pass", performed by senior racehorse owner Mr. Anthony Sham Hon Sum and lastly "Romance of Phoenix Chamber", jointly performed by Mrs Ho To Shui Hing and our para-equestrian rider Mr. Nelson Yip. Mr. Lam Woon Kwong, Mrs. Agnes Allcock and Mr. K K Yeung then present souvenirs to all performing guests and sponsors.

The Small Red Boat Cantonese Operatic Song Association then performed another excerpt "Dream of the Red Chamber", and it followed the climax of the show - "The Story of Meng Yi", performed by Ming Chee Sing Chinese Opera.

The fund raised will go to the RDA for the preparation of Equestrian event of the 2008 Paralympics.

Canney Cheng

由香港傷健策騎協會主辦的慈善粵劇籌款晚會，於二月二十七日（正月初十）在北角新光戲院圓滿結束，晚會出現爆棚之盛，並有多位政府代表及社會賢達出席，場面熱鬧。

晚會邀請到第二十九屆奧林匹克運動會馬術比賽（香港）有限公司行政總裁林煥光先生擔任主禮嘉賓，而其他出席的嘉賓亦包括民政事務局副秘書長鍾小玲女士、中華人民共和國外交部駐香港特別行政區特派員公署國際部主任祈小夏女士、康樂及文化事務署總康樂事務經理（體育資助）鄭光宇先生、傷健策騎協會主席楊國琦先生、香港賽馬會董事利子厚先生、資深馬主黃坤先生及何壽南先生等，晚會更邀得著名傳媒人香樹輝先生擔任司儀。

為是次盛會揭開序幕的，是由蓋鳴暉及吳美英擔綱的鳴芝聲劇團演出「龍馬精神賀新春 - 六國大封相濃縮版」，之後由小紅船劇團表演「牡丹亭 - 遊園驚夢」，以及全晚焦點之一的「名人粵曲演唱環節」，分別由著名評馬人余伯樂先生及其千金余仲欣小姐演唱「搜書院 - 拾鴛」、資深馬主沈漢深先生演唱「獨醉玉門關」以及一向熱心公益的何杜瑞卿女士及殘疾人奧運馬術香港代表葉少康先生合唱「鳳閣恩仇未了情」，各人之高水準演出，令在場觀眾留下深刻印象；之後由林煥光先生、鍾小玲女士及楊國琦先生先後致送紀念品予各演出嘉賓。

於小紅船劇團演出一齣折子戲「幻覺離恨天」後，由鳴芝聲劇團演出的「春花笑六郎」為全晚掀起高潮，雖然晚會至接近十二時才完結，台下仍安哥聲不絕，大家都渡過了一個歡愉的新春晚上。

是次晚會所籌得的款項，將撥捐香港傷健策騎協會，以準備二零零八年在香港舉行的殘疾人奧運會馬術比賽。

DONATION



FALCON INSURANCE COMPANY (HONG KONG) LTD. 富勤保險(香港)有限公司

We are delighted to confirm Falcon Insurance Company (Hong Kong) Ltd 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 Falcon's principles in fulfilling its corporate social responsibility for other charitable and worthy causes.

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

Once again thank you for Falcon Insurance Company (Hong Kong) Ltd to his long support to RDA.

Canney Cheng

我們很高興富勤保險(香港)有限公司能一直以贊助保費的方式支持傷健策騎協會，現時本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，而騎生他們亦可因此而得到一份信心及成就感，這與富勤保險(香港)有限公司的為慈善而負上公司企業社會責任的原則相符。

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

再次多謝富勤保險(香港)有限公司的長期支持與本會。

PARA EQUESTRIAN TEAM PRESENTED WITH TALKING DICTIONARY 傷健策騎隊獲贈電腦辭典



By courtesy of Group Sense Ltd., the Hong Kong Para Equestrian Team was presented with five talking dictionaries which will be a great help for them through the effective communications when participating in various worldwide equestrian competitions in the future.

Members of the Hong Kong Para Equestrian Team who were presented with the talking dictionaries included Nelson Yip, Lam Tung, Gordon Li, Eric Ma and Canney Cheng.

承蒙權智有限公司的熱心贊助，香港傷健策騎獲贈五套的快譯通多媒體電腦辭典，這些設備對於策騎隊日後征戰世界各地與其他選手及工作人員溝通將有很大的幫助。

獲贈多媒體學習電腦辭典的策騎隊成員包括了葉少康、林棟、李光明、馬雲忠及鄭嘉儀。

THE AMERICAN WOMENS' ASSOCIATION BUY A HORSE FOR RDA 香港美國婦女會捐款購置馬匹

Each year the American Womens' Association in Hong Kong work long and hard to raise money for charities and good causes. They then have the daunting task of deciding to which organizations these funds should be donated.

This year we have been extremely fortunate as the AWA donated \$92,000 to RDA for the purchase of a horse. This is extremely exciting for us as a number of our horses and ponies will have to be retired in the not too distant future due to old age.

Since the donation was made RDA has been searching for a suitable horse. To date we have not found one to buy, but as soon as we do we will be inviting the ladies of the AWA to meet our new friend. They will then be entitled to name the horse and come and see him and the work that he is doing. It should be very interesting, not only to meet the horse himself but for them to monitor the ongoing benefit that this donation will be making to our disabled riders well into the future. A donation such as this is of long standing benefit to us as an organization and ensures our continued work with the disabled people of Hong Kong.

Many thanks go to the AWA for your generosity from all of us at RDA and from all our riders.

Sue Gazzi

香港美國婦女會一直以來都努力不懈致力籌款及行善，並將籌得之款項撥捐予經過她們篩選過的慈善團體或福利機構。

今年香港傷健策騎協會有幸得到這筆為數\$92,000的款項，作為購置馬匹的經費。因為現時我們的馬匹中已有數匹年事已高，距離退役的日子亦不遠了，所以能夠得到這筆善款，真是令人振奮。

自從得到香港美國婦女會捐出的這筆捐款起，傷健策騎協會便已開始物色適合的馬匹，雖然至截稿日我們仍未能找到，但我們相信很快便可以邀請香港美國婦女會的女士們會見這位“新朋友”，參觀牠的工作，並且為牠命名。

這次的捐款不單能夠結識一位“新朋友”，並且可以一直看著牠如何幫助殘障的習騎者，相信香港美國婦女會的女士們一定會認為相當有趣。

其實類似的捐款不單能給於我們機構得到長期性的支持更能令香港的殘障人士得到持續性的服務，令他們長期得益。

在此，我謹代表我們協會及所有習騎者多謝香港婦女會是次的慷慨捐助。

Riding for the Disabled Association Ltd Tuen Mun Autumn Term - 2007

27th Feb - 23rd Mar , inclusive
4th - 6th Sept 2007
7th Sept 2007

11th Sept to 25th Sept 2007
26th Sept 2007
27th Sept to 12th Oct 2007
16th - 18th Oct 2007

19th Oct 2007

23rd Oct to 14th Dec 2007

18th - 21st Dec 2007

25th Dec 2007 to 4th Jan 2008

8th Jan to 1st Feb 2008

5th - 15th Feb 2008

19th February 2008

Normal RDA lessons for Tuen Mun (屯門正常課堂)
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)
No RDA - The day following Chinese Mid-Autumn Festival (中秋節翌日)
TM Normal RDA lessons (屯門定期課堂)
Autumn Group Rides (一日騎馬樂)
No RDA - Chung Yeung Festival (重陽節)
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 - 2007

New Term

11 September - 6 October
9 October - 12 October
inclusive (4 days)

16 October - 29 October

30 October - 1 December

4 December - 7 December

11 December - 22 December

24 December - 4 Jan, 2008 (inclusive)

8 January - 2 February, 2008

Normal RDA lessons
Group Rides

No RDA - Half Term Break
Normal RDA lessons
Group Rides
Normal RDA lessons
No RDA - Christmas Holidays
Normal RDA lessons

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. 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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