

Riding for the Disabled Association Ltd.



香港傷健策騎協會有限公司

MAGAZINE

Flag Presentation Ceremony for the Hong Kong, China Delegation
The Beijing 2008 Paralympic Games
北京2008年殘奧會中國香港代表團授旗典禮



Hong Kong Para Equestrian Team (from left to right) together with RDA Chairman (middle): Cecilia Kwok, Canney Cheng, Bee Chan, KK Yeung (middle), Nelson Yip, Michael Lee, Apollo Ng
香港殘奧馬術代表隊(由左至右)與香港傷健策騎協會有限公司主席(中): 郭二鳳、鄭嘉儀、陳世健、楊國琦(中)、葉少康、利子厚、吳嵩

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RDA Staff



Jo Eling
Operations Manager



Canney Cheng
Administrative Manager



Apple Wong
Administrative Officer -
Tuen Mun



Florence Wong
Administrator - Tuen Mun



Rose Sung
Administrator - Pokfulam



May Cheung
Administrator - Tuen Mun

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KOREAN VISIT RDA HK 韓國傷健策騎協會到訪香港

Occasionally, RDA HK gets an opportunity to live up to the name of Asian crossroads, and in our case, on Wednesday the 23rd April; we did just that as RDA HK had the privilege of hosting a group of three ladies from Korea. RDA Korea is in the beginning stages of their own start up and their goal is to gather as much information and as many ideas as possible from other groups to see what they might be able to adapt and adopt for their own. This trio of ladies arrived with their cameras, and sharpened pencils to jot down any new ideas they could take back home and use in their own programme. They were very keen and interested in all the aspects of a "regular day" in Pokfulam. They carefully inspected and photographed our specially adapted equipment and saddles that we use for the physically disabled. They also asked many questions about how we train our volunteers and mentor our trainee instructors.

One aspect they seemed to be very interested in whilst watching the lessons was how we implement games and activities in our lessons to build the skill set of the riders with cognitive challenges. They were able to interview the Heep Hong Physiotherapist who weekly accompanies the group of students and ask her questions about the many benefits the students received from riding at Pokfulam.

It is always a pleasure to encourage others to strengthen therapeutic riding in Asia, and RDA HK would like to offer congratulations and warm wishes for a good launch of RDA in Korea.

偶爾，香港傷健策騎協會與亞洲各

地交流聯繫。二零零八年四月二十三日(星期三)協會有幸接待三位來自韓國的女士。韓國傷健策騎協會在起步階段，她有自己的定位和方向，她們參考很多其他組織的資訊和意見，集結成自己更適用的意念。三位女士帶備相機到來，用削尖的鉛筆記下任何可行的新構思帶回去實踐。他們很熱衷了解薄扶林“常規課堂”的運作，細心觀察我們用於殘障人士的特殊器材和馬鞍，並拍照記錄。他們諮詢了很多有關於義工培訓和指導員實習的問題。

看來最令他們感興趣的是，我們在課堂方面如何利用遊戲和活動，透過認知結合實戰令騎生學習得有關技巧。協康會的物理治療師每星期都陪同學生到來。她們有機會會晤這位治療師並向她發問有關學生在薄扶林策騎的益處。

一直以來我們都樂於鼓勵亞洲各地人士加強傷健策騎服務，香港傷健策騎協會衷心祝賀和溫馨地期望韓國傷健策騎協會有個好的開始！

Lone Smith

Lone Smith



THE VISIT OF PRINCESS ANNE THE PRINCESS ROYAL TO RDA HONG KONG 安妮公主訪問傷健策騎協會

Princess Anne of the British Royal Family has been involved with many charitable organizations associated with horses, one of which is the well known Riding for the Disabled Association. The Princess Royal, who is patron of the association, visited the

headquarters of Riding for the Disabled Association Hong Kong which is located at the Tuen Mun Public Riding School. The visit took place on 11th August 2008 immediately

英國皇室成員安妮公主，多年來一直支持多個與馬匹有關的慈善機構，其中最為人所熟悉的，是由她親自擔任會長的傷健策騎協會。在八月十一日出席奧運馬術三項賽的越野障礙賽後，撥冗蒞臨參觀位於屯門騎術學校的香港傷健策騎協會總部作親善訪問。

當日大約十二時左右，安妮公主與夫婿乘坐專車到達騎術學校，香港傷健策騎協會會長陳祖澤先生及主席楊國琦先生，聯同新任英國駐港領事Andrew Seaton一同迎接。至於在表演場旁邊臨時搭建的帳篷當中，已聚集了不少的賓客，包括榮譽司庫何志強、國際統籌委員會主席王振宇教授、體育委員會主席傅俊康及副主席利子厚、復康委員會副主席楊添榮、公關及籌募委員會委員香樹輝，以及一眾復康委員會委員、體育委員會委員及總幹事，還有參與表演的騎手們的家長，正等待安妮公主的來臨，以及準備欣賞精彩的表演。

當日的焦點首先是由一眾具備潛質的小騎手，在助手的陪伴下作出一些舞步表演，小將們的表現猶如富有經驗的林棟，換來嘉賓們陣陣的掌聲。緊隨著是資深騎手林棟示範盛裝舞步，他的出色表現也令場內觀眾連聲讚好。最後由騎手Jamie Greeves的單

after the cross country phase of the Eventing competition of the Beijing Olympic Games at Beas River Country Club.

At noon, Princess Anne, accompanied by her husband, Mr. Timothy Laurence, arrived at Tuen Mun and met the hosts who included Mr. John C C Chan GBS JP, President of the Riding for the Disabled Association Hong Kong, Mr. Anthony K K Yeung JP, Chairman of the Riding for the Disabled Association Hong Kong and Mr. Andrew Seaton the British Consul-General. Other guests included Mr. Alan Ho Hon Treasurer, Professor Benjamin C Y Wong, Liaison Subcommittee Chairman International, Mr. Spencer C H Foo, Chairman of Sports Sub Committee, Mr. Michael T H Lee, Vice-Chairman of Sports Sub Committee, Mr. Albert Yeung, Vice-Chairman of Rehab Sub Committee, Mr. S F Heung, Member of PR & Fund Raising Sub Committee and other officials.

The highlight of the day comprised a performance by a group of young riders as well as the experienced rider Lam Tung who demonstrated his dressage skills. There was also a solo performance by Mr. Jamie Greeves. The Princess Royal presented rosettes to all participating riders after the show.

Before leaving Tuen Mun, the Princess Royal accompanied by Mr. John CC Chan and Mr. Anthony K K Yeung unveiled a plaque near





the stable area to commemorate her visit. Princess Anne accepted a souvenir of the day which was pictures of the Olympic Equestrian Events and Paralympics Equestrian Events drawn especially by one of RDA's gifted riders Sophie Wong. She also had a short talk with the Mr. Yeung Tung Loy, the farrier, before leaving the Riding School.

人表演，完成後安妮公主親到表演場內，頒發玫瑰花形獎章予各位騎手。

隨後安妮公主在陳祖澤先生、楊國琦先生陪同下，逐一介紹傷健策騎協會內各位成員、訓練員、幹事們以及一眾騎手，並與他們作短暫的交流。跟著安妮公主稍移玉步到馬房間之空地，為紀念她到訪的牌匾揭幕，以及接受資優騎手Sophie Wong所畫有關奧運馬術及殘奧馬術的圖畫。最後當與釘甲匠楊東來傾談後，便乘專車離開騎術學校。

Benny Cheung

張允峰



VICKY MELVILLE'S VISIT – 25TH APRIL

Vicky Melville到訪

RDA Hong Kong's longstanding friend Vicky Melville visited us on Friday 25th April.

Vicky is an International Physiotherapist and Paraequestrian sports classifier and she has worked in the field of therapeutic riding for over ten years. She lived in Hong Kong for several years and worked with RDA as a volunteer physiotherapist at Lo Wu and Pokfulam and was very involved with the training and examining of instructors.



We worked Vicky hard for the whole day on 26th! Grade 2 trainees and Grade 3 trainee instructors had the benefit of a comprehensive briefing by Vicky at 10 am and subsequently Vicky assessed all the

trainees on their knowledge of disabilities. The trainees were Amanda Donnelly, Sonja Kronhart, Ada and Kally. Vicky was impressed by their enthusiasm and knowledge. For their part, the trainees found Vicky's session extremely informative and her approach to the assessment very encouraging.

After a sandwich and sushi lunch, Vicky then delivered a workshop on therapeutic riding open to all volunteers. Tonto our perfect "sheepskin ride" obliged with his co-operation as always. Some of us enjoyed riding facing forward, sideways and backwards on Tonto to appreciate the different movements involved and the effect on our own joints and muscles as well as our confidence! This was the first time I had ridden facing backwards with my hands on Tonto's rump and appreciated the rotational effects on my arm and shoulder joints. It is easy to see how horses can be such a very good physiotherapists!

Thank you Vicky for your much appreciated time and input!

Jane Stuart



二零零八年四月二十五日（星期五）香港傷健策騎協會的老朋友Vicki Melville來訪。

Vicky是國際認可的物理治療師及殘奧運動的評審員，她在馬術治療界別服務超過十年，並曾在香港居住數年，期間在香港傷健策騎協會服務，在羅湖及薄扶林義務擔任物理治療師，她的專業令所有培訓課堂的練習生獲益良多。

在二十六日，Vicky為我們忙碌了一整天，上午十時起，她向二級和三級練習生綜合講解，其後她評估了所有練習生對傷健的識知。練習生包括有：Amanda Donnelly, Sonja Kronhart, 雷桂珍和黃嘉惠，Vicky對他們的熱心和知識印象深刻；另一方面，練習生們覺得Vicky的課堂內容豐富，她的評估對他們有鼓勵作用。

三文治及壽司午餐之後，Vicky給予所有義工一個有關馬術治療的工作坊。感激Tonto一直以來的合作，我們當中有一些人享受騎在Tonto馬背上面向著前、兩邊及後方來感受不同的動作對我們的關節和肌肉的效果，在過程中，自信增強！這是我首次面向後方策騎，雙手放在Tonto臀部上，體會在我手臂和肩膀產生的循環作用。簡單地引證到馬匹的確是很好的物理治療師！

謝謝Vicky，感激您為我們付出的時間和貢獻！

Jane Stuart

EX RDA PONY - CHUBBY 傷健策騎協會已退役小馬——Chubby

Dear Friends in Hong Kong,

Some of you at Pokfulam and Tuen Mun riding schools might remember me as HR59, and some as Chubby. I came to the UK nearly 2 years ago now to live with my mummy Sierra and life couldn't be better. I thought it was time to give you an update on how things are going.

I was a bit nervous when I first arrived, there were not a lot of horses around and I didn't like it if the few there were, went out for a ride and I couldn't go along, because I missed all my friends from HK. Slowly I got more confident and started to enjoy hacking out on the local bridleways, galloping through the woods and fields and my favourite thing of all – going into the water! I really wanted to have a lovely roll in the stream, but mummy wouldn't let me so I just splashed around with my hooves to get everyone wet.

About a year ago I moved to a new yard in the Ashdown Forest (where Winnie the Pooh is from) and we started to go hacking out in the forest. Sometimes we would see herds of deer, which made me very excited! I've also done some dressage at local shows (I came first out of 25 at my last one) and my daddy Tony has taken me to do some jumping at the indoor hunter trials in the winter. We also had a lovely time when we went down to the beach a while back, where I got to go galloping through the water and along the sand and pretend I am a racehorse. It was the most fun I've ever had.

These days I'm slowing down a bit, as my tendons aren't what they used to be. I am living at home now with my mum and dad and my 2 best friends, the donkeys Biscuit and Charlie. I love living out in the field, just eating grass all day and scaring the local riders when the donkeys and I gallop up to the fence as they ride by.

I just want to thank all my friends (especially Jo, Peta, Ann-Sofi and Ah-Dat) who looked after me when I was in Hong Kong and everyone who helped me to come and live in the UK. I couldn't be more loved and I feel like the most special horse in the world.



Hope everyone is well there and enjoys the Olympics!

Love from Chubby



也許，在薄扶林和屯門裡仍有一些人記得我就是HR59，另有一些人稱呼我為Chubby。兩年前，我來到英國，現在與母親Sierra同住，生活美滿。我想藉此告知大家我的近況。

初到此地，我有點緊張，這裡沒太多馬匹，我不喜歡這裡，當他們外出馳騁時，我也不能同行，因為我仍記掛住香港的朋友。慢慢地，我回復自信，開始享受外出策騎，暢遊本地的馬道，在樹林與田野間飛馳；我最喜歡走到水中，我真想在水流中來個漂亮的翻身，但媽媽並不允許，所以我只會用馬蹄激起水花，潑濕每一個人。

大約一年前，我移居到Ashdown Forest（那是小熊維尼的家鄉）的新牧場，我們在樹林中策騎，間中會看到鹿群，為我帶來驚喜！我曾經參與本地的盛裝舞步賽事（最近一次我在二十五名參賽者中排名第一），冬天時父親Tony會帶我到室內參加場地障礙賽。我們一起度過快樂時光，去海灘踏浪，沿沙灘飛馳，仿如一匹賽馬，這是我最喜歡的玩意！

近日，由於腳腱大不如前，我稍為放慢腳步，並留在家中，與父母及兩名好友——驃仔Biscuit和Charlie一起。我愛在牧場居住，整天只顧吃草，並聯同驃仔在圍欄邊突然起哄，驚嚇策騎路經的本地騎手。

多謝我所有的朋友（特別是Jo, Peta, Ann-Sofi和Ah-Sat），在香港期間我得到他們的照料，感激每一位協助我到英國居住的朋友，受到你們如此重大的欣慰，我覺得自己是世上最特別的馬兒。

順祝各位安好，奧運愉快！

Chubby謹上

2008年殘疾人奧林匹克運動會馬術比賽 2008 Paralympic Games Equestrian Event 香港歡迎晚會 Hong Kong Welcome Reception

PARALYMPICS EQUESTRIAN 2008 IN HONG KONG 二零零八殘奧馬術



In September 2008, Hong Kong acted as co-host city for the 2008 Paralympics (Beijing) equestrian event and it was a great success both from the point of view of the competitors and the spectators. Hong Kong was proud to have Mr. Nelson Yip as its very first Para Equestrian athlete in this event. He competed with many top Para Equestrian athletes from all over the world. The competition was of a very high standard as each athlete was absolutely determined to show his or her best performance in the hope of being able to go home with a medal. A most admirable spirit and determination to succeed was shown by every competing athlete.

The Hong Kong Para Equestrian team member included: Chef d'Equipe – Mr. Michael Lee, Coach – Mr. Bee Chan, Technical Advisor – Mr. Apollo Ng, Secretary – Ms. Canney Cheng, Physio – Ms. Cecilia Kwok, Groom – Ms. Stephanie Eardley and athlete – Mr. Nelson Yip. Mr. Yip and his horse "Icy Bet" competed in two events: The Grade 2 Individual Championship on 8th September 2008 (morning session) and Grade 2 Freestyle to Music on 10th September 2008 (morning session).

The representative from China in the competition was Mr. Peng Yulian with his horse "Furstendonner AF". He is also a Grade 2 rider and therefore competed in the same classes as Mr. Yip. Many of the spectators were waving the Hong Kong & China flags to express their warm encouragement to both the athletes. There were a number dignitaries in the VIP seating area watching the competitions and they included: Mr. Donald Tsang – Chief Executive, Mr. Henry Tang – Chief Secretary, Mr. York Chow – Secretary for Food and Health, Mr. John Chan – President of RDA, Mr. K K Yeung – Chairman of RDA and Mr. Winfried Engelbrecht-Bresges – CEO of The HKJC. In addition, staff, volunteers, riders and parents of RDA riders also came to support the Hong Kong and Chinese athletes.

After the first competition, Mr. Yip was complemented on his riding and his spirit of determination by Mr. Henry Tang – Chief Secretary. He also encouraged Mr. Yip to continue to make great efforts in the next part of the competition.

二零零八年九月香港成功協辦北京殘疾人奧運會馬術比賽，獲得參賽者和觀眾的一致讚賞。香港傷健策騎協會有限公司的騎手葉少康是首位運動員代表香港參加殘奧馬術比賽，他與全球各地精英同場競技，各人均奮力作賽以戰勝自身的障礙，其體育精神令眾人敬佩不已。

其中香港殘奧馬術代表隊成員包括：領隊利子厚、教練陳世健、技術顧問吳高、秘書鄭嘉儀、物理治療師郭二鳳、馬僮Stephanie Eardley及運動員葉少康。葉少康與其愛駒「履冰之注」出戰兩場賽事：分別於九月八日上午以指定動作比賽的「個人錦標賽一級別II」和九月十日上午有音樂伴奏的「個人自選動作一級別II」。

中國代表彭裕年和葉少康同樣是級別II的騎手，他與愛駒「黑亮亮」亦同樣出戰上述賽事。到場觀賽的觀眾揮動中國及香港區旗，熱情地為兩位騎手送上鼓勵；貴賓席上更是星光熠熠：包括行政長官曾蔭權、政務司司長唐英年、食物及衛生局局長周一嶽、香港傷健策騎協會有限公司會長陳祖澤及主席楊國琦、馬會行政總裁應家柏等等；本協會的職員、義工與騎生更帶同家屬組團到場為中國香港打氣。

首場賽事結束後，葉少康的體育精神獲得政務司司長唐英年讚賞，司長更鼓勵他在下一場比賽中繼續努力，為香港爭光。

葉少康果然不負眾望，在「個人自選動作一級別II」賽事中有更好的發揮。他在賽事中選用本地音樂家也是馬術愛好者的鄧曦茵小姐為他編選充滿中樂元素的音樂。葉少康一度在總成績排名第一，由於在同日稍後出賽的騎手表現卓越，葉少康最終排名第十五，然而，葉少康首度登場的英姿，加上「履冰之注」以二十歲高齡出賽的堅毅，足以令人印象難忘！





In the Freestyle to Music, Mr. Yip had selected various traditional Chinese songs. Ms Melody Tang a rider at the Tuen Mun public riding school recorded the music to complement the dressage test. Mr. Yip put in a very good performance in this section of the competition and was in first position for quite some time. Finally he was ranked 15th in the class a very good result considering he was competing with the best in the world and it was his first competition at such a high level. It must also be remembered that Icy Bet is a twenty year old ex-racehorse so this was quite an unforgettable performance.

In the Freestyle competition, the Chinese athlete, Mr. Peng, was placed sixth. This was an extremely good performance as it was also his debut at this level and he has only been riding for about two years. Ms. Lauren Barwick of Canada won the gold medal, the silver medal went to Felicity Coulthard of Great Britain and the bronze was won by Britta Naepel of Germany.

In acting as the co-host city for the Paralympics Games, Hong Kong received a great deal of attention from the international and national media and hopefully this has increased peoples awareness of how riding for the disabled can contribute to rehabilitation programs and the development in sporting prowess. In particular it is hoped that this event will increase the recognition of services provided by Riding For The Disabled Association Ltd. Hong Kong.

A WARM WELCOME HOME FOR MR YIP

After the completion of Para Equestrian events, our Chef d' Equipe – Mr. Michael Lee, coach – Mr. Bee Chan and athlete – Mr. Nelson Yip were invited to join the Hong Kong Paralympics Team to attend the Beijing Paralympics Closing Ceremony. On their return all the HK Para Team received a very warm welcome at the airport and this was followed by an official welcome ceremony at the Regal Airport Hotel. The Chief Executive Mr Donald Tsang was invited to present commendations to each athlete who participated in the Paralympics. During his speech, Mr. Tsang expressed sentiments similar to those expressed by Mr. Yip where he encouraged people to learn from Paralympic athletes who face many challenges with such spirit. This spirit and determination is something everyone can be inspired by in their everyday life.

Florence Wong

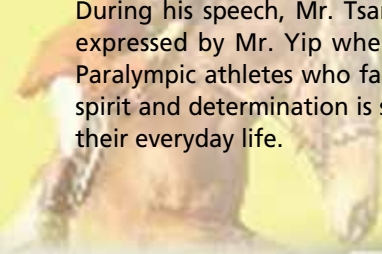
上述賽事中，中國騎手彭裕年的成績排名第六，習騎僅兩年的他首度登場便發揮出色的表現，相信日後定必會有更好的表現。而加拿大的BARWICK Lauren勇奪這項比賽的金牌；銀牌和銅牌分別由英國的COULTHARD Felicity和德國的NAEPEL Britta奪得。

香港協辦殘奧馬術比賽，得到特區政府和各媒體的高度重視，吸引香港市民關心傷健策騎在復康工作的貢獻和體育運動的發展，令社會各界加深了解香港傷健策騎協會有限公司所提供的服務！

熱烈歡迎葉少康返港

殘奧馬術比賽在香港結束後，領隊利子厚、教練陳世健和運動員葉少康應邀與其他殘奧隊成員出席北京舉行的閉幕典禮，並於九月十八日下午隨香港殘奧代表隊一同返港，在機場接受市民的熱烈歡迎，並在機場富豪酒店舉行官方歡迎儀式。行政長官曾蔭權在歡迎儀式上向每位運動員頒發表揚狀，他在致辭時引用葉少康的說話，勉勵大家向傷健運動員學習，積極面對挑戰！

王小鳳



TAI PO CARNIVAL ON 6TH APRIL 2008

傷健策騎協會參與大埔嘉年華

Tai Po District Office together with Home Affairs Department held a Carnival at Tai Po Waterfront on 6th April 2008 to celebrate the Olympics & Paralympics 2008 to be held in Hong Kong.

RDA was invited by Tai Po District Office to arrange an Exhibition Booth, Equestrian Information Centre, Games Booth, Horse riding trials on a Mechanical Horse, Walking with Mini Ponies and Photo Taking with Ponies. Approximately 10,126 person-times were counted at our booths during very hot weather condition.

25 RDA helpers were busy taking photos, helping at different booths and keeping order in the queue but they all really enjoyed the carnival on that day.

Riding for the Disabled Association Ltd. would like to send our thanks to Tai Po District Office, Home Affairs Department and all their staff for organizing such a splendid day.



大埔區議會及大埔民政事務處為慶祝二零零八年奧運及傷殘奧運在香港舉行，在大埔海濱公園合辦了「大埔迎奧運嘉年華」向區內居民宣揚奧運精神，一同分享香港協辦奧運馬術項目的喜悅，並藉此加深市民對馬術運動的認識。

香港傷健策騎協會獲得大埔民政事務處的邀請，設置了展覽攤位、馬術資訊中心、遊戲攤位、策騎電馬、與小馬同行及與小馬拍照。估計大約有一萬多名市民在炎熱的天氣下參與這項盛事。

我們的二十五名義工分佈在不同的攤位中，為各位市民拍照以及維持秩序，雖然他們相當勞累，但他們很享受嘉年華的樂趣。

香港傷健策騎協會在此向大埔民政事務處、大埔區議會以及一眾工作人員，為能夠順利完成作出最大的致謝！

鄭嘉儀

Canney Cheng



HONG KONG
馳 騁

Riding For The Disabled Association Ltd

香港傷健策騎協會有限公司



HONG KONG
馳 騁

Volunteers wanted !!!
義工招募 !!!

No experience necessary
無需經驗

Tuesday to Friday Mornings (9:30am to 12:00pm) at Pokfulam Public Riding School
星期二至五在薄扶林公眾騎術學校早上九時半至正午十二時

Tuesday to Friday Mornings (9:00am to 12:00pm) at Tuen Mun Public School
星期二至五在屯門公眾騎術學校早上九時至正午十二時

Thursday Morning (9:30am to 12:00pm) at Lo Wu Saddle Club
星期四在羅湖騎術學校早上九時半至正午十二時

Helping to Lead Ponies or Work Along
Side with Disabled Rider
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
Good way to help those in need of
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Please call Pokfulam 2875 7711 or Tuen Mun 2454 9961
有意請來電預約: 2875 7711 (薄扶林) 2454 9961 (屯門)

網址 website: www.rda.org.hk 電郵 email: info@rda.org.hk Charity Reg.No.91/1615

OLYMPIC MARINA SQUARE EVENT 海怡西廣場

Hong Kong will be acting as the host city for the Equestrian Olympic and Paralympic Games 2008 in August and September and this has become the main theme of different events in Hong Kong.

Riding For The Disabled Association Ltd was invited to host "The Decathlon – Equestrian Sport" held in Marina Square from 28th June to 1st July 2008. This event was held in order to increase residents' knowledge of and interest in riding for disabled. RDA provided a mechanical horse for people to ride and introduced the history and operation of RDA to residents. In this event, RDA also exhibited different types of equipment used by the organization in its work and these included the mechanical horse and different types of saddle. The event was very successfully and attracted lots of residents both old and young who wanted to experience riding the mechanical horse or just to take photos.



本屆奧運馬術比賽有幸在香港舉行，很多活動皆以馬術項目迎接此盛事。

在2008年6月28日至7月1日，香港傷健策騎協會在海怡西廣場參與海怡十項全能奧運會之馬術項目。為提高市民對傷健馬術的認識和興趣，香港傷健策騎協會除借出電馬供市民策騎之外，並介紹有關傷健策騎協會之歷史和工作，本會成功展出有關馬匹的器材，包括有電馬、馬鞍等，吸引大小朋友參觀。

家長們為了小朋友享受策騎馬之樂趣，無論年紀大或小的孩子，家長們也樂此不疲的替在馬背上的兒女們拍照留念。

黎鑑洪

Tom Lai

COMING EVENTS 活動預告

13, 14, 18 & 19 Nov 08

Overseas Trainer - Jenny Leggate Visit HK 教練到訪香港

1 to 5 Dec 08

Overseas Trainer - Marietta Schulz Visit HK 教練到訪香港

28 Nov 08 (Friday)

Cocktail Reception for Launching RDA Legacy Book 33
三十三週年紀念特刊 - 發行酒會

RDA Legacy Book 33 - Presentation Ceremony 三十三週年紀念冊 — 頒贈儀式

To Be Confirmed (待定)

Annual Helpers Dinner 2008 二零零八年義工週年晚餐

19 Jan 09 (Saturday)

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

Spring 09

Grade III Examination 三級教練考試

8 May 09 (Friday)

RDA Annual Ball (Fund-Raising) 週年慈善餐舞會
Grand Hyatt Hong Kong

Nov 09 (To be confirmed)
(待定)

RDA Asia Pacific Conference 2009
二零零九傷健策騎協會有限公司亞太區會議



I have been a helper with Riding for The Disabled Association Ltd (RDA) for some time and have had a lot of new and memorable experiences. I found the helper training sessions especially interesting as it enriched my skills and knowledge about how to take care of a horse, ride a

horse and also how to communicate with the disabled riders. All of this information has enabled me to make sure that I can help to bring the benefits of riding to the disabled riders we work with.

I was invited to be one of the helpers in the Paralympic School Day which was hosted by HKPC & SAPD on 4th July 2008. RDA had two stalls in this event which enabled the students to enjoy the puzzle game and take photos with the ponies in our stalls. I was delighted to have the opportunity to show the students about the operation of RDA, and hopefully because the students were able to have some contact with the horses it will arouse or increase their interest in riding. This could also be a good way of promoting the concept of RDA and letting students know the benefits of riding for the disabled.

Although the event was short, it impressed me so much to see each student wearing a big smile on their faces when they left our stalls. They clearly had an enjoyable time playing in the stall with our ponies. It showed further to me that riding and being with horses is a meaningful and worthy activity, which can be of benefit both from a physiological and psychological point of view for disabled and able bodied students alike.

Volunteer
Wong Hon Wah

加入香港傷健策騎協會成為義工後，使我有一段難忘的新體驗。在受訓的過程中可算是獲益良多。除了對於護理、照顧及策騎馬匹有了深入認識外，透過與傷健學員之間的溝通和相處，使我更了解馬術運動對傷健人士的益處。

於2008年7月4日，我有幸能參與協會其中一個活動「Paralympic School Day 殘奧學校日」。活動當日除了有攤位遊戲如拼圖外，同學們亦能近距離接觸小馬。藉著當日推廣的活動，我們希望讓同學們認識及了解香港傷健策騎協會之運作。此外，我們十分希望透過讓同學們親身接觸馬匹，使他們對此產生興趣，讓他們日後能繼續參與相關活動。從而推廣奧運及傷健馬術，並帶出馬術對身心及復康之好處。

雖然是次活動之時間十分短暫，但看著同學們接觸馬匹及玩攤位遊戲時那興奮不已，樂而忘返的表情，使我印象深刻及感觸良多。我深信傷健馬術是一種充滿意義及有助於健康的運動，因此是非常值得向大眾繼續推廣此項活動。

義工
黃漢華



RDA POTENTIAL PARA EQUESTRIAN RIDERS

香港傷健策騎協會有限公司的潛質騎手

RDA are identifying young disabled riders selected from RDA's pool of rehab students to be trained and participate in international sporting competitions and future Paralympics equestrian games. At present there are three such potential riders and here is a profile of each of them:

1. Bryan CHAN Pak Yin

Hi! My name is Bryan Chan. I am 11 years old. I joined RDA in September of 2005. I suffer from very mild cerebral palsy which occurred at birth. This condition slightly affects my muscle tone and physical co-ordination.

In 2002, my school brought my class to visit the RDA in Pokfulam and on this visit I tried to ride a pony. This was the very first time that I rode on a pony. After that, I told my mum that I liked riding, and so she then helped me to get on the waiting list to join the RDA.

Three years on, my mum received a phone call from RDA and they asked me to have the 1st lesson on the following Saturday. My mum told me about the phone call and said that I could go riding with RDA.

Since then I have learned how to control a horse trotting and walking. After learning to ride, my confidence has grown stronger and stronger and riding has improved my ability to concentrate. Another thing is that riding also helps controlling my muscles and corrects my physical movements.

In the coming term, I will be chosen to be a potential international competitor and I will try my best to reach my next target which to become a Paralympics equestrianism contestant.



2. Timothy TSANG Tin Chi

I have been riding with RDA for 9 years and so have grown up with RDA. Besides learning how to control a pony, riding improves my body balance and co-ordination. I have also made friends from different areas. We meet once a week, but we feel like a family. Our coaches are nice with smiling faces. When we are naughty or ask for too much sometime, they can still solve the problems easily. We admire them! Therefore we will miss those we will no longer be riding with when this term is finished, but we look forward to gathering in the next new term.

I offer my thanks to the RDA for giving me the opportunity of learning riding. Thank you also to all the coaches who have ever taught us, all the helpers who kindly remind us and the grooms who take care of horses. I am also grateful to have the Watchdog Early Learning & Development Center's recommendation; it helped me joining the big family of RDA. Finally, I hope more people will come to know about RDA and help the disabled children like us.

3. Jenny MA Tsz Ching



It is because my family name is "MA" (which means horse in Chinese), my classmates have called me "MA MA" and since my childhood I have had aspirations to touch and be with horses. In October last year, I joined my first training program of riding in my life. I remember that I rode on a pony called "Megan" in my first lesson. I felt worried at the beginning of the lesson and did not know what to do. Fortunately, instructors and helpers kept guiding me and helped me beside the pony.

After learning to ride, I now have much more confidence. There is no difference between a disabled rider and an ordinary rider. If you are willing to work hard, you may also enjoy good time with your horse.

香港傷健策騎協會有限公司現正從協會復康活動的騎生中，選拔騎手接受訓練和參加國際體育賽事及未來的殘奧會馬術項目。這是我們其中三位有潛質的騎手：

1. 陳柏然

大家好！我是陳柏然，11歲，我於2005年9月加入香港傷健策騎協會有限公司。自出生起我就患有輕度大腦麻痺，此病輕微影響我的肌肉張力和身體協調。

在2002年我隨校到訪位於薄扶林的香港傷健策騎協會有限公司，那時我嘗試騎上一匹小馬，那是我的第一次策騎。之後，我告知媽媽我喜歡策騎，媽媽隨即為我報了名成為協會的候選騎生。

三年後，媽媽收到協會的電話回覆，通知我在下星期六上第一節課，媽媽告訴我有關此來電，並說我可以在協會習騎。

在協會策騎，我學會如何控制馬兒的快步和慢步；習騎之後，我的自信心變得越來越強，策騎可以改善我的集中力，有助我控制肌肉和修正我的身體動作。

在來臨的下一季，我將會被選為有潛質的騎生，我會盡力向我下一個目標進發——角逐殘奧會馬術項目。



2. 曾靚賜

我加入香港傷健策騎協會有限公司已經九年了，協會陪著我成長。在這裡除了學習了如何控制馬匹，令身體得以平衡，手腦合一外，還結識到一些來自不同地方的朋友。雖然我們只是每個星期才會面一次，但給我的感覺好像是一家人，教練總是和藹可親，面帶笑容的，有時我們都很頑皮，對教練諸多要求，但他們都能一一迎刃而解，佩服！佩服！所以每到學期完結時，我們總是依依不捨，熱切期待新的學年開始，又可重聚了！

多謝RDA給我習騎的機會，多謝所有曾經教過我們的教練，那些悉心提點我們的義工，還有那些照顧馬匹的哥哥。感激監護者早期教育中心的引薦，我才可以加入RDA這個大家庭。最後希望有更多人認識RDA，可以幫助那些和我們身體有殘障的小朋友！

3. 馬芷澄

由於我的姓氏是馬，自童年時同學便常稱呼我為「馬馬」，因此我也很渴望接觸馬匹。直至去年十月，我終於參加了人生第一次的騎術訓練課程。記得第一堂課，我策騎了馬兒Meagan。初時，我真的有點兒擔心，又不知道該怎樣做。幸好導師與義工們不斷指導我，又在馬兒旁協助我。

自從習騎後，我的自信心增加不少，因為傷殘人士和普通人在馬匹上是沒有分別的。只要肯努力，與馬兒共渡的時光會同樣美好。

DONATION

Donation From Mr. Tung Moon Fai

In July this year Mr. Tung Moon Fai made an extremely generous donation of HK\$200,000 to RDA. These funds have been specially designated for the long-term training of young disabled riders who will be selected from RDA's pool of rehab students. The training will be with a view to them participating in international sporting competitions and future Paralympics equestrian games. RDA is extremely grateful for this donation which will allow further development of the organizations role in the international sporting world.

The cheque presentation ceremony was held in the HKJC Chairman's box on the 1st July 2008 which was the 11th Anniversary of the Hong Kong's hand-over to China. RDA President Mr. John C C Chan GBS JP, Chairman Mr. KK Yeung JP, and Chairman of PR & Fund Raising Sub Committee Mr. Apollo Ng all attended the ceremony as representatives of RDA.

Mr. Tung, interestingly, is a racehorse owner and owns two excellent racehorses called Tan Tat Baby and Unique Jewellery. This season these two horses won a total of 7 races with prize money of HK\$3,360,950.

董滿輝先生慷慨捐助

董滿輝先生慷慨捐出港幣二十萬元給予香港傷健策騎協會有限公司，作為協助本會長遠培訓年青殘疾騎手用途。計劃從協會復康活動的騎生中，選拔騎手參加國際體育賽事及未來的殘奧會馬術項目。支票頒贈儀式在七月一日香港回歸中國十一周年紀念日，假香港賽馬會主席廂房內舉行，香港傷健策騎協會會長陳祖澤太平紳士、主席楊國琦太平紳士及公關及統籌委員會主席吳嵩先生代表香港傷健策騎協會出席。

馬主董先生擁有兩匹優秀賽馬——首飾寶寶和首飾奇寶，今季牠們合共勝出了七場賽事，並獲獎金港幣\$3,360,950。

王小鳳

Florence Wong



ACKNOWLEDGMENTS



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WELCOME

RDA NEW OFFICERS



Mr. Alan Ho – Hon Treasurer of RDA

Alan is a graduate of Hong Kong Polytechnic, and has been working in PricewaterhouseCoopers since 1983 and is now a partner in the firm. In his role as a partner in a leading professional firm for over 11 years, Alan believes he has acquired business and professional experience that places him in an extremely good position to serve RDA well. Alan was appointed as Honorary Treasurer of RDA in October 2007 and was delighted to subsequently become a member of the General Committee. Alan is very enthusiastic about his new role and has expressed his commitment to work with other General Committee Members for the future development and success of the Association, in particular the upcoming Paralympic Equestrian Games to be staged in Hong Kong.

Chairman of International Liaison Sub Committee Professor Benjamin Chun-Yu Wong

Benjamin has recently been appointed Chairman of International Liaison Sub Committee of RDA. Currently he is the Simon Lee Professor of Gastroenterology at the University of Hong Kong and he is a Specialist in Gastroenterology and Hepatology, and also an Honorary Consultant of Queen Mary Hospital. Apart from taking care of patients every day, he is involved in teaching of medical and post-graduate students and doing medical research in the area of stomach and colon cancer. Benjamin is also actively involved in other community services under government committees and voluntary organizations.

Benjamin and Mr Apollo Ng, Chairman of the PR and Fund Raising Sub Committee of RDA, are both alumni of St Paul's Co-educational College, although both decline to comment on their year of graduation.



榮譽司庫何志強先生

何志強先生在理工大學畢業，在一九八三年開始加入羅兵咸會計師事務所工作，至今他已成為事務所合夥人之一。在這間頂級專業的事務所成為合夥人超過十一年，何志強先生相信憑著他在業務上的專業經驗，有助他為傷健策騎協會貢獻良好的服務。何志強先生相當熱心會務，他也是傷健策騎協會委員會成員之一，在二零零七年十月更被委任為名譽司庫。何志強還致力於與其他工作委員會成員，為協會的未來發展和成功，特別是未來在港舉行的殘奧馬術賽事而努力。

王振宇教授任國際統籌委員會主席

王振宇教授早前獲委任為香港傷健策騎協會國際統籌委員會主席，他是香港大學李嘉誠醫學院內科學系教授，專注於腸胃及肝臟科的研究，他也是瑪麗醫院的榮譽顧問。

每一天除了照顧病人外，他亦參與執教醫療和研究生，以及集中在胃癌和結腸癌作醫學研究。王振宇教授亦熱衷參與政府委員會及義工機構的其他公益事務。

王振宇教授與公關及籌募委員會主席吳嵩先生，均是畢業於聖保羅男女中學，不過雙方卻謝絕評論他們的畢業年份。

Ms. Ann Kwok, Hon Secretary

Ann is a Director of PricewaterhouseCoopers and a Certified Public Accountant from California with a Masters Degree in Business Taxation. She is also an avid rider and an FEI steward. She has been a steward and writer for dressage at major horse shows in Hong Kong, Melbourne, Calgary, Mechelen, Kentucky, and Kristiansand. She looks forward to contributing in the same capacity at the upcoming Olympic and Paralympic Equestrian Games in Hong Kong. In order to take full advantage of her passion for the sport and her professional background she was appointed as the Hon Secretary of RDA in May 2008. Ann is very enthusiastic about her new role and committed to working for RDA to assist in its further development and success.

郭藹欣小姐任榮譽秘書

郭藹欣小姐在羅兵咸永道有限公司擔任總監一職，在美國加州成為註冊會計師並取得商業稅務碩士學位。她是一位騎術的愛好者，也是國際馬術聯合會的賽事監管，曾經在香港、澳洲墨爾本、加拿大卡加利、比利時梅赫倫和挪威克里斯蒂安桑等地區舉行的馬術活動中擔任賽事監管及書寫員。郭小姐期望以此身份積極參與在香港快將舉行的奧運及殘奧馬術賽事。由於熱愛馬術運動及擁有專業背景，二零零八年五月郭藹欣小姐獲香港傷健策騎協會有限公司委任為榮譽秘書。郭小姐熱心參與會務，為協會未來的發展和成功而努力。



FAREWELL

FAREWELL DINNER FOR ALVIN CHAN AND ROBERT GAZZI 陳大枝先生和 Mr. Robert Gazzi 歡送晚宴



The Chairman of Riding for the Disabled Association Ltd, Mr. KK Yeung, JP hosted a farewell dinner for the former Liaison Sub-committee Chairman Alvin Chan and former Hon Treasurer Robert Gazzi. The dinner was held in the Hong Kong Bankers Club on Thursday 29th May 2008, and was the perfect opportunity to offer heartfelt thanks to both of them for their considerable contribution to RDA.

Fidelia Chan (wife of Alvin Chan), Sue Gazzi (wife of Robert Gazzi), SSC Chairman Spencer Foo, PRSC Chairman Apollo Ng, new Hon Treasurer Alan Ho, new International Liaison Sub-committee Chairman Benjamin Wong and new Hon Secretary Ann Kwok also attended the dinner. They were joined by Admin Manager Canney Cheng and three Administrators Rose Sung, May Cheung and Florence Wong.

A speech was given by Mr. KK Yeung in which he outlined the history of Riding for the Disabled in Hong Kong. There have been many challenges for RDA over the years and the organization should be justly proud of its considerable achievements to date. He thanked Robert Gazzi and Alvin Chan for their leadership and their assistance in this development of RDA in Hong Kong. He then went on to say that he felt in the future through mutual support and encouragement between existing and new officers in the organization this progress would continue and in particular that Riding for the Disabled Association Ltd would follow all its good traditions and serve the Hong Kong society energetically and enthusiastically.

二零零八年五月二十九日（星期四）香港傷健策騎協會主席楊國琦太平紳士在香港銀行家會所設晚宴歡送前任統籌委員會主席陳大枝先生和前任榮譽司庫Mr. Robert Gazzi, 衷心感謝他們多年來為本會作出的貢獻。

出席者還有陳大枝夫人、Robert Gazzi夫人、體育委員會主席傅俊康先生、公關及籌募委員會主席吳嵩先生、新任榮譽司庫何志強先生、新任國際統籌委員會主席王振宇教授、新任榮譽秘書Ms. Ann Kwok；行政經理鄭嘉儀小姐及三名助理宋玫瑰小姐、張巧珠小姐和王小鳳小姐也應邀出席歡送晚宴。

晚宴期間，楊主席分享了有關本會的昔日故事，本會有今天的成績得來不易，多謝陳大枝先生和Mr. Robert Gazzi的帶領，協助本會在香港茁壯地成長。此外，資深與新加入的職員更藉此良機交流互勉，大家深信香港傷健策騎協會將會秉承優良傳統，積極進取，服務社群。



Florence Wong 王小鳳

RAGGERTY 再見小馬——Raggerty

It was a very sad day in June when RDA had to have Raggerty put to sleep. He was very old and had suffered chronic laminitis for some time.

During Raggerty's life in Hong Kong he had been a very special pony. During the late 1990s he took part in major FEI showjumping competitions against much bigger horses. Some of the jumps were over 1.10m high and Raggerty won most if not all of the time. His little rider at the time was a girl called Zoe Davis, who now lives in Australia.

Not only was Raggerty a showjumping super star, he was also one of the best therapeutic ponies RDA Hong Kong has ever had. He was so steady and patient with his riders giving them confidence and real joy. Raggerty also attended most of the carnivals and fairs that RDA or the Hong Kong Jockey Club ran or were invited to.

We shall all miss Raggerty very much, and feel deeply honoured that we have been lucky enough to have had such a wonderful pony in RDA.

六月某天，是十分難過的一天，傷健策騎協會需要讓Raggerty長眠安息。他年事已高並一直患有慢性馬足板層炎。

Raggerty在香港生活期間，是一匹非常特別的小馬。九十年代後期，他參與國際馬術聯會的主要賽事，在一點一米欄的項目中擊敗很多較高大的馬匹，屢獲殊榮。他當時的小騎手是一名小女孩，名叫Zoe Davis，現居於澳洲。

Raggerty不單只在障礙比賽中是一名巨星，在香港傷健策騎協會的復康活動中他也是一匹良駒，他的穩定和耐性給予他的騎生建立自信心，並帶來真正的喜樂。Raggerty也有經常在協會或馬會主辦或應邀出席的嘉年華會和義賣會中亮相。

我們都非常懷念Raggerty，協會有幸曾經擁有這匹良駒，對此深感榮幸！

Jo Eling



Riding for the Disabled Association Ltd

Tuen Mun Autumn Term – 2008 屯門秋季課堂

25th – 28th Nov 2008, inclusive	Helper to clean tack & equipment (義工清潔馬具及用具)
2nd – 12th Dec 2008, inclusive	TM Normal RDA lessons (屯門定期課堂)
16th – 19th Dec 2008, inclusive (4 days)	Autumn Group Rides (一日騎馬樂)
23rd Dec 2008 to 2nd Jan 2009, inclusive	No RDA – Christmas Holiday (聖誕節假期)
6th – 16th Jan 2009, inclusive	TM Normal RDA lessons (屯門定期課堂)
20th Jan – 6th Feb 2009, inclusive	No RDA – Lunar New Year Holiday (農曆新年假期)
10th Feb 2009	New Spring Term Start (開始春季課程)

Tuen Mun Spring Term – 2009 屯門春季課堂

New Term:

10th Feb – 27th Mar 2009, inclusive	Normal RDA lessons for Tuen Mun (屯門正常課堂)
31st Mar – 3rd Apr 2009 inclusive (4 days)	Spring Group Rides (一日騎馬樂)
7th Apr – 17th Apr 2009, inclusive	No RDA –Easter Holidays (復活節假期)
21st – 30th Apr 2009, inclusive	Normal RDA lessons for Tuen Mun (屯門正常課堂)
1st May 2009, inclusive	No RDA – Labour Holidays (勞動節假期)
5th May – 27th Jun 2009, inclusive	Normal RDA lessons for Tuen Mun (屯門正常課堂)
28th May 2009, inclusive	No RDA – Tuen Ng Holidays (端午節假期)
29th May – 12th June 2009, inclusive	Normal RDA lessons for Tuen Mun (屯門正常課堂)
16th – 19th Jun 2009, inclusive (4 days)	Spring Group Rides (一日騎馬樂)

START SUMMER HOLIDAY 開始放暑假

Riding for the Disabled Association Ltd

Pokfulam Autumn Term – 2008 薄扶林秋季課堂

16th – 19th Sept 2008, inclusive

23rd – 30th Sept 2008, inclusive

1st Oct 2008

2nd – 3rd Oct 2008, inclusive

7th Oct 2008

8th – 21st Nov 2008, inclusive

25th – 28th Nov 2008, inclusive (4 days)

2nd Dec – 12th Dec, 2008

16th Dec 2008 to 9th Jan 2009, inclusive

13th – 16th Jan 2009, inclusive

20th Jan – 6th Feb 2009, inclusive

10th Feb 2009

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

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

PFL Normal RDA lessons (定期課)

No RDA – National Day (國慶日)

PFL Normal RDA lessons (定期課堂)

No RDA - Chung Yeung Festival (重陽節)

PFL Normal RDA lessons (定期課堂)

Autumn Group Rides (一日騎馬樂)

PFL Normal RDA lessons (定期課堂)

No RDA – Christmas Holiday (聖誕節假期)

PFL Normal RDA lessons (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)

Pokfulam RDA will be under renovation from 16th Dec 2008 to 12th Jan 2009

Pokfulam Spring Term – 2009 薄扶林春季課堂

New Term:

10th Feb – 27th Mar 2009, inclusive

31st Mar – 3rd Apr 2009 inclusive (4 days)

7th Apr – 17th Apr 2009, inclusive

21st – 30th Apr 2009, inclusive

1st May 2009, inclusive

5th May – 27th Jun 2009, inclusive

28th May 2009, inclusive

29th May – 19th June 2009, inclusive

Normal RDA lessons for Pokfulam (正常課堂)

Spring Group Rides (一日騎馬樂)

No RDA –Easter Holidays (復活節假期)

Normal RDA lessons for Pokfulam (正常課堂)

No RDA – Labour Holidays (勞動節假期)

Normal RDA lessons for Pokfulam (正常課堂)

No RDA – Tuen Ng Holidays (端午節假期)

Normal RDA lessons for Pokfulam (正常課堂)

START SUMMER HOLIDAY 開始放暑假

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 9:00 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.

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

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