



MARCH/APRIL 2022

The LIDA Extension

Official newsletter of the Long Island Dressage Association

President's Message

Dear Members,

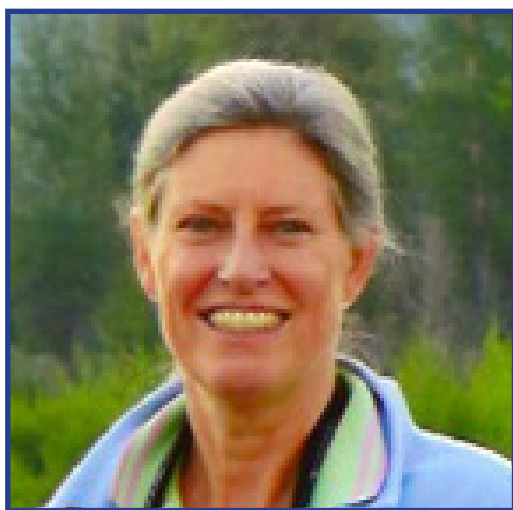
As I sit and watch the devastation unfolding in Ukraine it's hard to focus on anything else.

I only have one message - **RUSSIA LEAVE UKRAINE IN PEACE. NOW!!**

Mary Mulcahy
President



Greetings Region 8 Friends!



This winter has continued to be crazy. In New York's Hudson Valley where I'm from, it was 68 degrees on Tuesday and tonight we have a storm warning and are expecting 8" of snow. How many different weights of blankets do you have hanging on your horse's stall door?! I'm sure all of you from the more northern reaches of our region can more than sympathize.

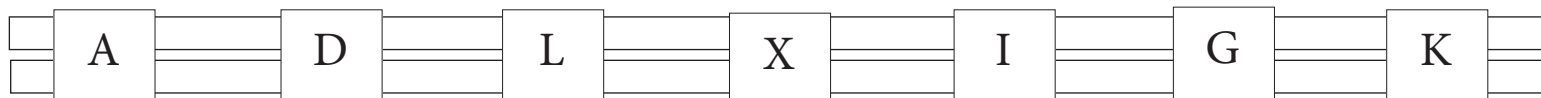
While everyone is cooped up inside, it's a good time to start thinking about your show schedule for the year - make a plan with your barn mates. Support your local barns and GMOs and go to a schooling show or two to tune up for a recognized show - don't forget about the Regional

Schooling Show Awards Program. Come up with some new goals - braiding your own horse or getting your bronze medal. And now that our dress code has been relaxed, have a barn party and check out the "Visual Guide to the Dressage Attire Rules of 2022" found at [USDF.org/Education](https://www.usdf.org/Education) and Google the title. I promise it will bring up some lively debates!

I'll have more concrete info in the next message as things warm up. Please let me know if you have any issues/questions or ideas for our Region and this newsletter. This is about you and I want to hear from you. In the meantime, stay warm and dry, and just remember, mud season should be here any day now!

Helen

Helen van der Voot
USDF Region 8 Director





A Message from USDF

I would like to make you aware of the following Region 8 Jr/YR Clinic opportunity.

USDF will be hosting the USDF Region 8 Jr/YR Clinic featuring George Williams at Weatogue Stables in Salisbury, CT on April 30-May 1, 2022. Rider applications are being accepted through March 28 at 8 AM EDT. All applications must include a video link of the rider completing a test, on the horse they wish to ride at the clinic.

You must be a current USDF Participating Member, with an active USEF Competing membership to apply. Consideration will be given to riders who are competing in U25 classes as space permits.

Auditors for this clinic are welcome. Auditor registration will open March 4 and will close April 4 at midnight EDT.

The USDF Jr/YR Clinics are funded with the continued support of The Dressage Foundation and the United States Equestrian Federation.

Please let me know if you have any questions!

Best regards,

Christina K. Westfall
USDF Education Coordinator
4051 Iron Works Parkway
Lexington, KY 40511
Phone: 859-971-7317
cwestfall@usdf.org



NOTEWORTHY NEWS



2022 Absorbine / NEDA Symposium

October 15-16, 2022

Featuring

CARL HESTER

Mount Holyoke College Equestrian Center
South Hadley, Massachusetts.

Save the Date for Hester's Only U.S. East Coast Appearance!

It will be Carl's second trip to New England, having headlined our sold-out 2017 Symposium. This year's event will be his only U.S. East Coast appearance in 2022. Carl is not only technically extraordinary, but approachable and charming with a quick-witted sense of humor both in and out of the arena and has a wonderful knack of putting riders at ease.

Go to the NEDA website for more details.



IT'S SHOW TIME!

LIDA will be hosting a
Schooling Show on
Sunday, June 26th.
More information to
follow.



Our Recognized show
will be held on Sunday,
July 31st at the Old Field
Farm Show Grounds.

Seeking Sponsors

We are seeking sponsors to help support our shows and educational opportunities. If you know of an individual or a business that would consider donating financially or supplying items for giveaways or raffle prizes, please get in touch with us (info@lidressage.com) so that we may reach out to them. Show sponsor opportunities are listed on our website: www.lidressage.com

Perhaps you would like to help as well. There are many ways to contribute - through membership, gifts, and donating your time as a volunteer at one of our events.

If you know someone who loves dressage and horses as much as we do, but does not want to show ask them to consider becoming a Non-Competing member.

Every dollar secured goes toward running our shows, conducting clinics and other educational endeavors.

JOIN NOW!

As of June 1st the GMO membership will increase by \$10.

Get your membership forms in prior to that date to get the current GMO membership rate of \$60.



CONTINUING EDUCATION OPPORTUNITY

Centered Riding Clinics



At
High Point Training Center
909 Greenville Road, Sussex New Jersey



with

Lucile Bump

Level IV Senior Centered Riding Instructor and Clinician

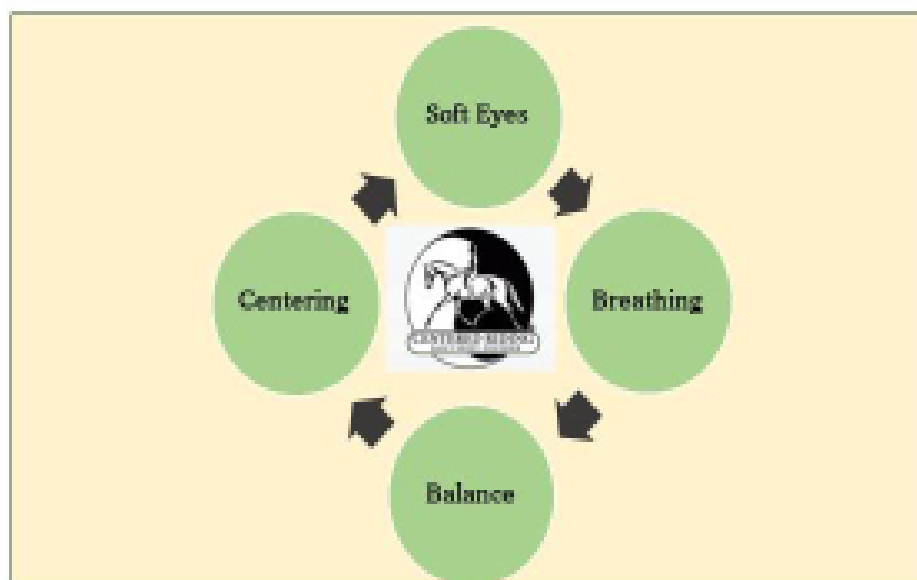
SPACE IS VERY LIMITED – RESERVE YOUR SPOT NOW

March 18-19 Open Centered Riding Clinic

April 8-10 Centered Riding Instructor Certification Level One Part I

June 16-19 Centered Riding Instructor Certification Level One Part II
Instructor Update Clinic

Please register by emailing Dr. Lisa Toaldo @ dentist2.lt@gmail.com
or call/text 201-874-0373



Lucile Bump is a Senior Centered Riding® Instructor/Clinician. She completed an apprenticeship with Sally Swift and worked closely with Sally for many years. As a result, she has intensive Centered Riding® training, an in-depth knowledge of the work, and is qualified to train all levels and disciplines of riders from beginners to instructors. As a senior Centered Riding® Instructor, Lucile has applied advanced Centered Riding® techniques in her teaching regardless of the discipline; whether it is Western, Dressage, Jumping, Endurance, etc., she understands the foundations of how horse and rider work together.



LIDA CLASSIFIED

Welcome to our classified section! If you have items you would like to list in our classifieds, please send all the details, including photos, to LIDA secretary Karin Schackne at info@lidressage.com. Listings are free for LIDA members. A \$5 donation is asked of non-members.



THE INTEGRATED RIDER

Improve your connection and confidence with certified yoga instructor and fellow rider Debbie Froehlich E-RYT

Discover how both Classical Horsemanship and yoga correlate and enhance one another as you bring your practice from the mat to the barn. See how an awareness of ones alignment, improvement of physical strength and endurance (body), intention and attention (mind), connected with ones

own life force (breath) can bring about a stronger union with ourselves and our horses. We ask our horses to be supple, strong and flexible, in both body and mind and we owe it to them to do the same.

All levels and disciplines are welcomed and encouraged to “think outside the box” towards developing harmony with our horses. For offerings and rates. Theintegratedrider@gmail.com or call 251-234-1350



LIDA BOARD MEMBERS

Mary Mulcahy, President

phone: 516-318-5537 email: president@lidressage.com

Dale Gifford, Vice President

phone: 631-921-2629 email: vp@lidressage.com

Karin Schackne, Secretary

phone: 631 619-6509 email: info@lidressage.com

Heather Baker, Treasurer

phone: 631-827-0481 email: admin@lidressage.com

**We'd love to hear
from you!**

If you have something you'd like to share with other members, please contact LIDA secretary Karin Schackne at least one month prior to publication.

When sending pictures, please make sure to include the names of everyone in the image - both human and equine.



Long Island Dressage Association

Be Part of the LIDA Movement – Join Today!

The 2021 LIDA membership year begins December 1, 2021 and ends November 30, 2022.

Please Print:

Name:		Email:
Address:		
City/State/Zip:		
Phone:	Cell #:	D.O.B.:
USDF #:	USEF#:	
Trainer:	Referred By:	
Horse's Name & Stable:		
Signature:	Date:	Amt:

ANNUAL MEMBERSHIP OPTIONS

GMO Membership: \$60

Schooling Show Only Membership: \$40
(LIDA Member Only/Non GMO)

Youth Participating Membership: \$40
(LIDA Member Only/Non GMO/Max. Age 21)

Non-Competing Membership: \$30
(LIDA Member Only/Non GMO/Not Eligible for Team or High Score Awards)

To be eligible for Yearly High Score Awards, the rider of the horse must be a current LIDA member prior to the first class of the show for which scores are to count.

Please review the rules!

LIDA is a non-profit association run by volunteers and is dedicated to promoting dressage and combined training.

As a member, you are entitled to:

- Meetings, Clinics and Events
- Eligibility for USDF Rider Awards
- Discounts at USDF Events
- USDF Connection Magazine

Remember, LIDA is your club and it takes the entire membership to keep it going and growing!

ANY MEMBERSHIP QUESTIONS - PLEASE EMAIL info@lidressage.com

Submit your completed application with your check **made payable to LIDA to:**

LIDA Membership Committee
PO Box 507
Calverton, NY 11933

YOUR CONNECTION TO THE
AMERICAN
DRESSAGE COMMUNITY



United States Dressage
Federation



30,000 STRONG

www.usdf.org