



# The LIDA Extension

Official newsletter of the Long Island Dressage Association

July 2022

## *President's Message*

Dear Members,

The recent Schooling Show at Norwest was a success. We had some new riders join us for the day. It was wonderful seeing new people! Hopefully we'll see them again at the Summer Classic on July 31 at Old Field.

Speaking of the Classic this is a call for volunteers. We always need help setting up the day before and of course taking it down after the show. We need people to run tests to the secretary stand. There's always something to do. Contact Vice President Dale Gifford at [vp@lidressage.com](mailto:vp@lidressage.com). It's time for folks to step up. If we want LIDA to be a viable club members should be involved with our events.

If you can't physically participate why not take an ad in the show program. You can sponsor a division, or a ribbon or a class. Go to [lidressage.com](http://lidressage.com) and click on sponsorship for more information. The prices are very reasonable and you'll help fund the show and future events.

I hope to see everyone at the Classic.

***Mary Mulcahy***



It's a beautiful summer day here in the Hudson River Valley, and I can't believe the 4th of July is upon us. I hope everyone has been enjoying the warm weather and is having fun!

We had a good Region 8 Spring call on June 7th - thanks to all who joined and we missed those of you who didn't. One topic we touched on was the lack of Region 8 representation on a number of USDF Committees. As of this writing, we have no one on Membership, Historical Recognition, By-Laws or Adult Programs. Anita Jaffe said that being on the Competitions Management Committee has been very rewarding, and encouraged everyone to think about joining a committee. I ditto her sentiments. It is also a great way to dip a toe into our sport's governing body. If you are interested, you can go to the website and contact the committee chair, or feel free to contact me and I will make an introduction.

Darian Quinn and I will be updating the website and would appreciate your input. Please contact me with any suggestions.

HITS on the Hudson has been selected as the site for the 2023 Regional Championships. The dates are September 21-24, 2023.

#### **Upcoming dates/deadlines:**

The Absorbine/NEDA Symposium with Carl Hester is October 15-16 at Mt. Holyoke College in South Hadley, MA. Tickets go on sale on July 1 and more information is available at <https://neda.org/general/custom.asp?page=2022Symposium>. This is his only North East appearance, and if you saw him when he was here a few years ago you know that in addition to being an excellent instructor, he is also very entertaining.

Regional qualification season is well underway with the Regional Championships September 22-25. The Opening Date for entries is August 1 and the deadline to qualify is August 29th. Detailed information on requirements for qualifying can be found at this link. <https://www.usdf.org/docs/ShowFlash/web/RegionalChamp/RCRules2022.pdf?t=6/30/2022%2011:59:31%20AM>. You can find a list of shows offering qualifying classes at this link: <https://www.usdf.org/calendar/competitions.asp>.

The North American Youth Championships are in Traverse City, Michigan August 9-14. It looks like Region 8 is going to have a strong team this year! We are searching for sponsors – saddle pads, hats, general funding for expenses – so please contact Bobbi Carleton at [bobbicarleton@aol.com](mailto:bobbicarleton@aol.com) if you can help. If you want to make a donation to the team, you can write a check to USDF with a note that it is in support of the Region 8 team. Your contribution is tax deductible.

## REGION 8 continued

The Festival of Champions is August 22-29 at the Lamplight Equestrian Center in Wayne, Illinois.

The US Dressage Finals are November 10-13 at Kentucky Horse Park.

And finally, the Annual Convention is on track to be IN PERSON this year. It will be held November 30 to December 3 in Lexington.

Useful links:

Region 8 Website: <http://www.usdfregion8.org/>

Volunteer Incentive Form: <https://www.usdf.org/clubs/gmo/gmo-volunteer-incentive-program.asp>

Dressage Spirit Award for Youth: <https://www.usdf.org/press/news/view-news.asp?news=982>

All the best!

Helen



## Welcome to our newest members!

The Long Island Dressage Association would like to extend a big welcome to our newest members. Thank you for joining and helping us support and preserve dressage on the island through education and our competitions.

Linda Albert  
Jordan Bader  
Sandra Bresnick  
Patricia Dowds  
Tracie Montgomery  
Chris Ritchey



YOUR CONNECTION TO THE  
**AMERICAN**  
DRESSAGE COMMUNITY



United States Dressage  
Federation



**30,000 STRONG**

[www.usdf.org](http://www.usdf.org)



# Long Island Dressage Association

## Be Part of the LIDA Movement – Join Today!

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

**Please Print:**

<b>Name:</b>		<b>Email:</b>
<b>Address:</b>		
<b>City/State/Zip:</b>		
<b>Phone:</b>	<b>Cell #:</b>	<b>D.O.B.:</b>
<b>USDF #:</b>	<b>USEF#:</b>	
<b>Trainer:</b>	<b>Referred By:</b>	
<b>Horse's Name &amp; Stable:</b>		
<b>Signature:</b>	<b>Date:</b>	<b>Amnt:</b>

### ANNUAL MEMBERSHIP OPTIONS

**\*\*As of June 1st the GMO membership has increased by \$10.**

**GMO Membership: \$70**

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

**Youth Participating Memberships: \$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](mailto:info@lidressage.com)**

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

**LIDA Membership Committee  
PO Box 507  
Calverton, NY 11933**





# 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](mailto: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](mailto:Theintegratedrider@gmail.com) or call 251-234-1350



## LIDA BOARD MEMBERS

**Mary Mulcahy, President**

phone: 516-318-5537 email: [president@lidressage.com](mailto:president@lidressage.com)

**Dale Gifford, Vice President**

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**Karin Schackne, Secretary**

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**Heather Baker, Treasurer**

phone: 631-827-0481 email: [admin@lidressage.com](mailto: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.