



Alicia Joan Bregman

October 22, 1936 - May 27, 2026

Alicia Bregman, born in 1936 in Hollywood, California, passed away surrounded by the love of her family. She was preceded in death by her beloved husband of more than fifty years, Dr. Jack Bregman, and her older sister, Patricia Okene. She is survived by her identical twin sister, Marcia Bradford, whose bond with Alicia remained one of the defining relationships of her life.

Alicia's childhood was anything but ordinary. Her early years were spent between England, Switzerland, and Ireland, where she developed a lifelong passion for horses and horseback riding. Alongside her twin sister Marcia, she spent countless hours fox hunting and participating in point-to-point racing across the Irish countryside. Her love of equestrian sport continued as she traveled between Europe and the United States, competing in open jumping competitions along the East Coast. In the late 1960s, Alicia and Marcia embraced another adventure together when they became flight attendants for TWA, allowing them to travel extensively throughout the United States and around the world. During those years, Alicia met many notable personalities, including Liberace and Clint Eastwood, and accumulated stories and experiences that she would fondly share throughout her life.

It was through her love of horses that Alicia met the love of her life, Dr. Jack Bregman, at a riding stable in Brooklyn, New York. They married, started a family, and eventually settled on a horse farm in Delhi, New York, where they would spend the next fifty-five years building a life together.

Alicia devoted herself to raising her family while managing the farm, which included racing Quarter Horses and Thoroughbreds. As her children grew, she spent countless hours preparing horses, hauling trailers, and driving across New York State to support their equestrian pursuits. She was unwavering in her commitment to her family and took immense pride in every accomplishment of her children and grandchildren.

A respected horsewoman, Alicia was one of the founding members of the International Side Saddle Organization and participated in numerous exhibitions and events throughout the East Coast. Among her many equestrian honors, she had the privilege of riding in two Presidential Inaugural Parades, experiences she cherished throughout her life.

Beyond her passion for horses, Alicia was an avid animal lover. Her farm was rarely without an assortment of cats, dogs, and horses, and she found great joy in the wildlife that visited her property, especially deer, wild turkeys, and the occasional skunk. The beauty of Delaware County and the farm she loved so dearly remained a source of happiness and comfort throughout her life.

Alicia is survived by her four children: Dr. Eric Bregman, his wife Shannon Vella, and their daughter Orly Bregman; Dr. Allan Bregman, his wife Adriana, and their children Liam and Aliana; Helen Godfrey and her daughters Michaela and McKenzie; and Allison Ruby. She leaves behind a family that was the center of her world and the greatest source of her pride.

Whether cheering from the sidelines of a sporting event, supporting an equestrian competition, or celebrating life's everyday moments, Alicia was often the loudest and most enthusiastic supporter in the crowd. Her children, grandchildren, and countless friends knew they could always count on her encouragement, her wisdom, and her unmistakable sense of humor.

A woman of remarkable strength, determination, and grace, Alicia devoted her life to her family, her animals, and the traditions she loved. Her strength, love, enthusiasm, and sense of humor will be deeply missed and forever remembered by all who had the privilege of knowing her.

Tribute Wall



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