



## Welcome To My Monthly Newsletter

December 2022

### *To Share The Beauty*



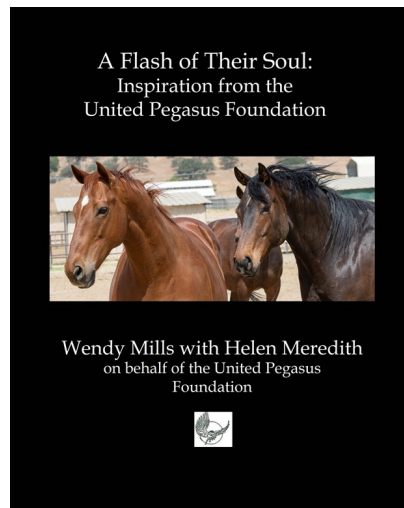
**These magnificent horses reside at the United Pegasus Foundation, a horse rescue and sanctuary in California.**

Horses speak to directly to our hearts. Throughout history, they have served humankind with strength and grace, whether in the military, on farms, in sports, as loving companions or as therapy animals. They are a unique symbol of service and freedom, of beauty and balance. They are art in motion.

Horses have a fascinating history, the earliest members of the horse family may have originated as long as 55 - 60 million years ago and the modern day Equus form 1-4 million years ago in the Americas. After Equus' range expanded into Asia, Europe and Africa they disappeared from the Americas an estimated 10,000 - 11,000 years ago. The Spanish later reintroduced them into North America in the 1500's. The beloved horse has a life expectancy of 25 to 30 years, but the oldest verifiable horse on record was a horse named "Old Billy" who lived in the 1800's. Old Billy lived to the age of 62!

This year I had the privilege of creating a photographic essay book about the United Pegasus Foundation, a horse rescue that I describe in my blog below. I rode horses when I was a child and it was wonderful to reconnect with these stunning animals. I could have spent endless hours watching and photographing them as they ate, rested, galloped, and interacted with each other in their distinct and special way.

I hope you enjoy the photographs of these magnificent horses and I wish you a very happy new year!



**I am grateful to have had the opportunity to meet Helen Meredith, founder of the United Pegasus Foundation, and to create a book sharing the story of one of the first and largest Thoroughbred horse rescues in California.**



**The enchanting horses at the United Pegasus Foundation are fortunate to have a home in a beautiful and safe haven.**



**Watching the horses interact with each other really highlighted their individual personalities.**



**Horses are soulful and magical beings.**

Internet sources:

<https://en.wikipedia.org/wiki/Horse>

<https://www.worldatlas.com/articles/when-were-horses-introduced-into-north-america.html>

**To Create Awareness**



For the inspiration...

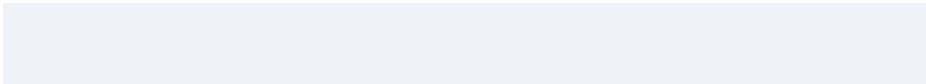
There are so many beautiful places and beautiful faces in our precious world. Towering mountains, glittering oceans, smiles lit by love and animals stunning to see. There are so many people working tirelessly to save our wild places and rescue and care for the wildlife and other animals that make our world awe-inspiring.

I am excited to tell you about one incredible organization and its inspirational founder, Helen Meredith. The [United Pegasus Foundation](#) is one of the first and largest Thoroughbred horse rescues in California. The nonprofit's mission is to provide a safe haven for horses coming off the racetracks and other horses in need. Over the years, thousands of horses have been helped.

Helen Meredith's love of horses started in her youth in England. She worked as an assistant trainer and then as a jockey in France. After moving to Southern California in the late 1980's she learned of the cruel fate of so many of these beloved and hard-working Thoroughbreds. Initially saving horses in her backyard, Helen soon grew the rescue into an organization which now cares for over 130 beautiful animals!...

[Read the whole story](#)

Stay Inspired!  
Wendy



## Wendy Mills Nature Photography

<https://www.aflashoftheirsoul.com>

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