



MORE ACTION FOR
REGENERATION

2024



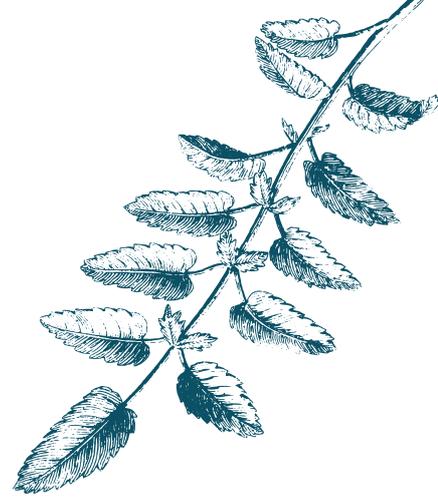
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A LETTER FROM OUR EXECUTIVE DIRECTOR



Like the strength of a seed breaking through the soil, 2024 has been a year of growth and powerful transformation for Take MAR. This year we recognize how far we've come in planting deeper roots—both within our community and in our mission. As 2024 comes to an end, we stand ready to emerge even stronger, more united, and more focused than ever before.

This year, our strength was tested in unexpected ways. Hurricanes Helene and Milton swept through, challenging us and reminding us of the unpredictable power of nature. Yet, just as nature has the ability to recover and thrive after a storm, so do we. These challenges only reinforced the resilience that lies at the heart of Take MAR—our unwavering commitment to our mission, our community, and the environment. We adapted, we learned, and we are ready to emerge more united, ready to embrace whatever comes our way.

All of this has been possible with the incredible support of our community—our volunteers, partners, donors, and everyone who believes in the power of regeneration. You are the heart of Take MAR, and your dedication fuels everything we do. Whether you've volunteered your time, shared our mission with others, or helped fund our efforts, your contributions have had a direct and deeply rooted impact. Together, we've accomplished more than we could have imagined, and we are deeply grateful for your continued commitment to our shared vision. You are not just part of our organization; you are the force that drives us forward.

At Take MAR, we are calling 2025 the year of emergence—where all the work we've put into strengthening our roots will bloom into something even greater. This is the moment we've been preparing for: a time to rise, to reach new heights, and to amplify the impact we've already made.

Our initiatives will flourish, our community will grow even more connected, and our commitment to environmental stewardship and social responsibility will reach new heights. 2025 will be the year we step fully into the future we've envisioned, ready to emerge as a stronger, united community that will inspire action far and wide.

As we emerge, we invite you to join us in this exciting journey. Just as nature thrives when each element plays its part, we all have a role to play in this Earth. Now is the time to step into your fullest potential—not just as a supporter, but as a catalyst for change. Together, we can amplify our collective impact, nurturing the planet and empowering the communities we serve. Let's emerge together, bound by the shared belief that we are all stewards of this earth.

I speak on behalf of everyone at Take MAR that we are filled with gratitude. Together, we've weathered storms, celebrated successes, and laid the foundation for even greater things to come. The emergence we speak of is not just about what Take MAR will achieve in 2025—it's about what we can all accomplish together, and what you will achieve this coming year as well. We are ready to emerge—and we hope you will continue alongside us as we bring our vision forward.

In gratitude,

Dr. Michelle Ellena, Ed.D
Executive Director



Vision

A world where communities & the environment thrive in harmony, creating balance and well-being for all.

Mission

Through collaboration, we empower communities to restore ecosystems, improve well-being, and reconnect with nature for lasting change.

Aim

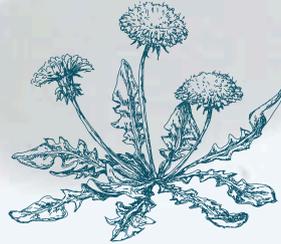
Empower communities & individuals to take collaborative action that regenerates ecosystems, improves well-being & reconnects them to nature to create lasting, meaningful change.

Empower

To provide individuals and communities with the knowledge, resources, and opportunities to take meaningful, self-directed action in regenerating ecosystems and improving their well-being. Empowerment means fostering confidence, collaboration, and responsibility in creating positive, lasting change.

WE ARE
NATURE

WE ARE REGENERATING THE HUMAN-NATURE CONNECTION



Act with Curiosity

We have an open mind, seek expansion, and are ready to make change.

Act with Transparency

We have an open heart, and strive for clear and kind communication.

Act with Resolve

We are admirably purposeful, determined, and unwavering.

Act with Integrity

We are honest, holistic, and interconnected.

Act with Excellence

We strive to go beyond, always pushing ourselves to do better and be better.





BOARD *of* DIRECTORS



Tara Hubbard
President & Co-Founder



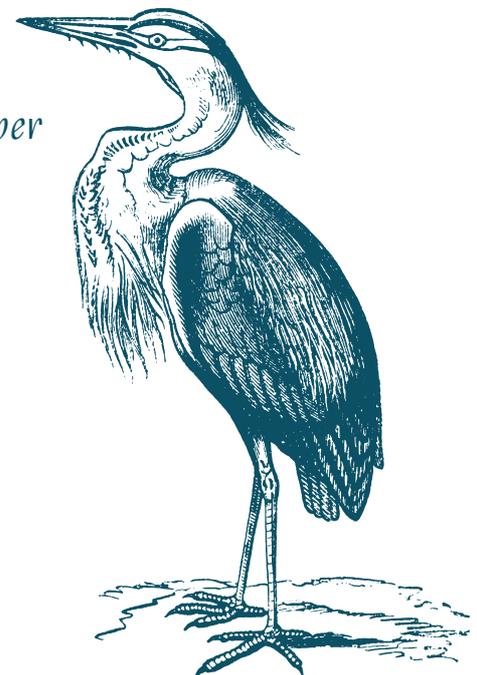
Dr. Michelle Ellena, Ed.D
Treasurer & Co-Founder



Dr. Joe Dituri, Ph.D
Board Member



Monique Williams
Emeritus Board Member



CORE TAKE MAR TEAM



Dr. Michelle Ellena, Ed.D
Executive Director



Tara Hubbard
Director of Business Development



Grace Holske
Digital Strategist



Kira Baker
Project Coordinator



Kyla Flesher
Administrative Coordinator



TREE BOARD



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Will Moriarty
Co-Chair



Brad McCoy
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Board Member



Drew McClean
Board Member



Tara Hubbard
Board Member

EGMONT KEY ALLIANCE BOARD



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Chair



Dr. Michelle Ellena
Treasurer



David Tuthill
Secretary



Rebecca Presley
Board Member



Matthew Bane
Board Member



Bill Jordan
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REGENERATE RX BOARD



Tara Hubbard
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Dr. Joe Maltese
Co-Chair



Dr. Michelle
Ellena
Treasurer



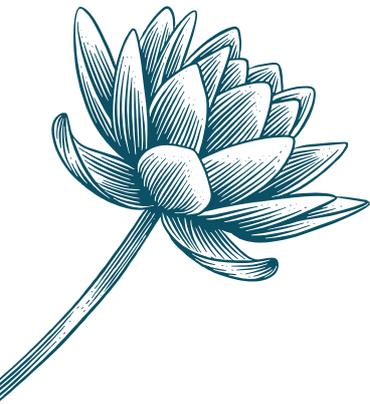
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Dr. Juan Valdivia MD
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Aaron Dobiesz
Board Member



SUNLINE BOARD



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Dr. Michelle Ellena
Treasurer



Monique Williams
Secretary



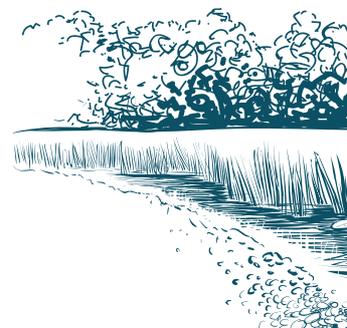
Troy Hedgecock
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John Barkett
Board Member



Max McCann
Board Member



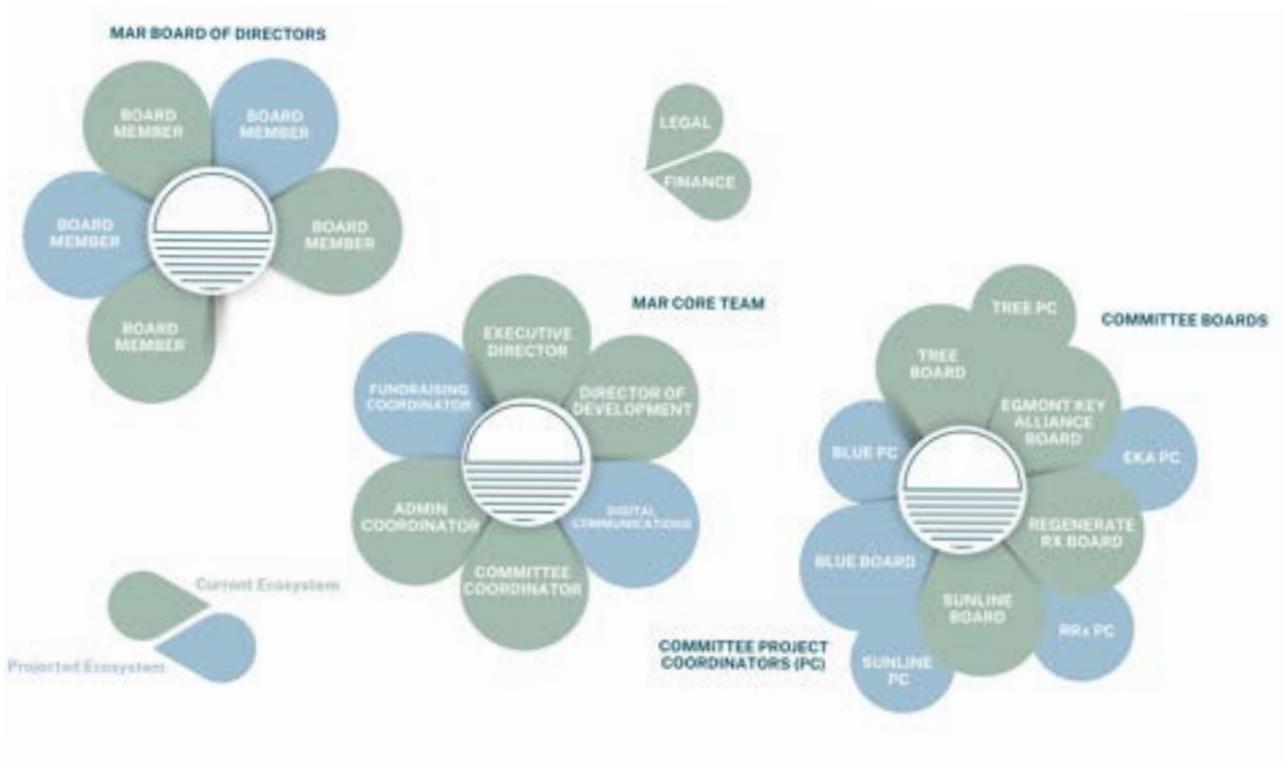


TAKE MAR

MORE ACTION FOR REGENERATION



TAKE MAR ECOSYSTEM



OUR INITIATIVES

AT A
GLANCE



TREE

We act to reforest the Tampa Bay area and beyond by planting and preserving native trees, while empowering communities to take part in restoring public lands and promoting the long-term benefits of sustainable ecosystems.



EGMONT KEY ALLIANCE

We unite and empower stakeholders to regenerate, preserve, and protect Egmont Key's natural and cultural heritage, ensuring its ecosystems and historical relevance thrive for future generations to enjoy.



REGENERATE RX

To foster well-being through the restorative power of nature by offering accessible wellness retreats that promote healing, self-reflection, and connection with nature. We aim to provide a sanctuary where individuals can restore their balance, renew their spirit, and gain the tools for long-term mental and physical health while reconnecting with the natural world.



BLUE

We are dedicated to safeguarding marine vitality and biodiversity by creating accessible near-shore artificial reefs, organizing beach cleanups, and fostering community-driven ocean education. Through innovative strategies and sustainable practices, we aim to reconnect people to the ocean and advocate for thriving, resilient coastal ecosystems.

THE SUNLINE

The Sunline Committee aims to unite and empower our community to foster environmental stewardship and collaborate with stakeholders to activate the Pinellas Trail as a vibrant place for transportation, recreation and green space, public infrastructure, and economic growth.



TREE

What sets Take MAR apart is we don't simply plant trees, we create community stewardship around maintaining our plantings. With a 98% planting establishment success rate for our various public plantings across the region, we ensure a tree is not simply planted, but that a tree is thriving, our tree canopy is regenerated, and local citizens feel empowered as environmental stewards.



T.R.E.E. Inc.

TREE emerged out of a profound sense of responsibility and admiration for the legacy of T.R.E.E. Inc. (Tampa Bay Reforestation and Environmental Efforts). During our initial meeting with Will Moriarty, the former president of T.R.E.E. Inc., we learned that this impactful organization faced its dissolution. The thought of their rich history, community-driven efforts, and remarkable accomplishments being lost with the organization was disheartening to us. With deep gratitude for their pioneering work and the trust Will placed in us, we established the TREE Committee under Take MAR. This committee honors and continues T.R.E.E. Inc.'s mission of planting native trees, beautifying the Tampa Bay area, and inspiring community stewardship. By preserving their vision, we aim to ensure that the roots they planted will continue to thrive and grow for generations to come.

ARBOR DAY PLANTING



PINELLAS TRAIL | DEUCES FOOD FOREST





PLANTED SEVEN FRUIT TREES
1 JABUTICABA, 1 ATAMOYA
1 SAPODILLA, 1 JACKFRUIT
1 LYCHEE, 1 CARAMBOLA & 1 LONGAN
LOCATION: DEUCES FOOD FOREST
PLANTED 5 NATIVE TREES
3 SLASH PINES & 2 GUMBO LIMBOS
LOCATION: PINELLAS TRAIL



NEW HEIGHTS ELEMENTARY



NEW HEIGHTS ELEMENTARY SCHOOL | ST. PETERSBURG, FL

NEW HEIGHTS ELEMENTARY



EDUCATED ELEMENTARY STUDENTS ON ECOSYSTEMS AND THE IMPORTANCE OF PLANTS, GUIDED THEM IN PLANTING, AND HELPED CREATE A SMALL GARDEN FOR THEIR SCHOOL.

WE PLANTED - 2 LEMONGRASS, 2 CRANBERRY HIBISCUS, 1 FIREBUSH, 5 EVERGLADES TOMATO PLANTS & 5 BAGS OF SEED INCLUDING GAY FLOWER, DUNE SUNFLOWER & 3 ELLIOTT'S LOVE GRASS



*Plant the seed, watch
the magic grow*



FOLLY FARM PLANTING



MARCH 16TH 2024 | FOLLY FARM | SAFETY HARBOR, FL

FOLLY FARM PLANTING



“IN THE TIMELESS DANCE BETWEEN US AND NATURE, LET US HEED THE CALL TO STEWARDSHIP AND FORGE AHEAD WITH UNWAVERING RESOLVE.”



- PLANTED 84 NATIVE TREES
- 5 BUTTONBUSH, 5 DOGWOOD, 5 HAWTHORNE
 - 3 LOBLLOLY, 3 YAUPON HOLLY, 5 YELLOW ANISE
 - 5 MYRSINE, 4 MULBERRY, 3 FLATWOOD PLUM
 - 3 RUNNER OAK, 3 ORANGE AZALEA, 7 PINXTER AZALEA
 - 3 SWAMP AZALEA, 4 WINGED SUMAC,
 - 3 AMERICAN SNOWBELL
 - 5 HOG PLUM, 5 REDBUD, 3 DOGWOOD,
 - 3 CHICASAW PLUM & 3 BLACK BERRY

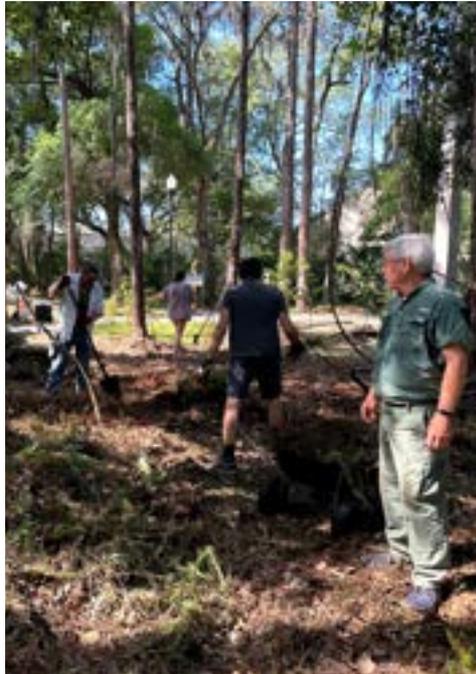
TREE PROJECTS

HCC INVASIVE REMOVAL EVENT



APRIL 2024 | HILLSBOROUGH COMMUNITY COLLEGE | PLANT CITY, FL

HCC REMOVAL EVENT



APRIL 2024 | REMOVAL OF 3,000 POUNDS OF NATIVE SWORD FERNS | HILLSBOROUGH COMMUNITY COLLEGE



TREE PROJECTS

SILA REALTY TRUST PLANTING



APRIL 2023 | SILA REALTY TRUST CORPORATE EVENT | HILLSBOROUGH
COMMUNITY COLLEGE | PLANT CITY, FL

SILA REALTY TRUST PLANTING



PLANTED 63 NATIVE TREES - 3 WATER HICKORY, 7 PIGNUT HICKORY,
6 PERSIMMON, 15 SWEET BAY MAGNOLIA, 6 RED MULBERRY, 5
REDBAY, 3 CHICKASAW PLUM & 9 AMERICAN ELL

JORGENSEN LAKE PLANTING



JUNE 2024 | JORGENSEN LAKE PARK | ST. PETERSBURG, FL

JORGENSEN LAKE PLANTING



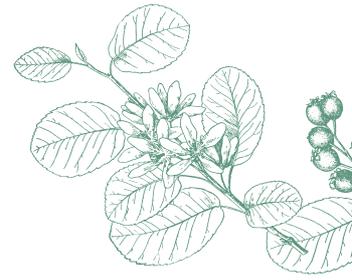
JUNE 2024 | PLANTED 7 NATIVE TREES INCLUDING:
1 UPRIGHT VAUPON, 1 BALDCYPRESS, 3 LIVE OAK &
2 PIGNUT HICKORY

GULFPORT SPUR TRAIL PLANTING



JULY 2024 | PINELLAS TRAIL SPUR TRAIL TO GULFPORT

GULFPORT SPUR TRAIL PLANTING EVENT



JULY 20 | PINELLAS TRAIL, GULFPORT | PLANTED 3
AMERICAN ELMS & 8 SLASH PINES





ACCENTURE TREE PLANTING



NOVEMBER 2024 | MULLET CREEK PARK | SAFETY HARBOR, FL

ACCENTURE TREE PLANTING



NOVEMBER 9 | MULLET CREEK PARK | PLANTED 42 NATIVE TREES & 69 PLANTS

IMPACT DAYS



PINELLAS TRAIL - ST. PETERSBURG, FL





CELEBRATING & HONORING THOSE WHO HAVE & WILL CONTINUE TO MAKE A LASTING IMPACT



Lucas Elsass

A Yaupon Holly was planted at Jorgenson Lake Park in St. Petersburg, Florida on June 22, 2024 in honor of his birth.

Beth Callahan

A White Oak tree was planted by her brother, Mike Callahan, in her memory, at Folly Farm Nature Preserve in Safety Harbor, FL on August 26, 2023.

Carolyn Spittle

Seven native trees and two native wildflower and pollinator plant beds were planted in her memory at Jorgensen Lake Park in St. Petersburg, Florida on June 22, 2024

Bob Scheible

A Gumbo Limbo tree was planted in his memory at Picnic Island Park in Tampa, Florida on October 26, 2024

President Jimmy Carter

A Flowering Dogwood has been planted at the Folly Farm Nature Preserve in Safety Harbor, Florida on November 8, 2024 in his honor.

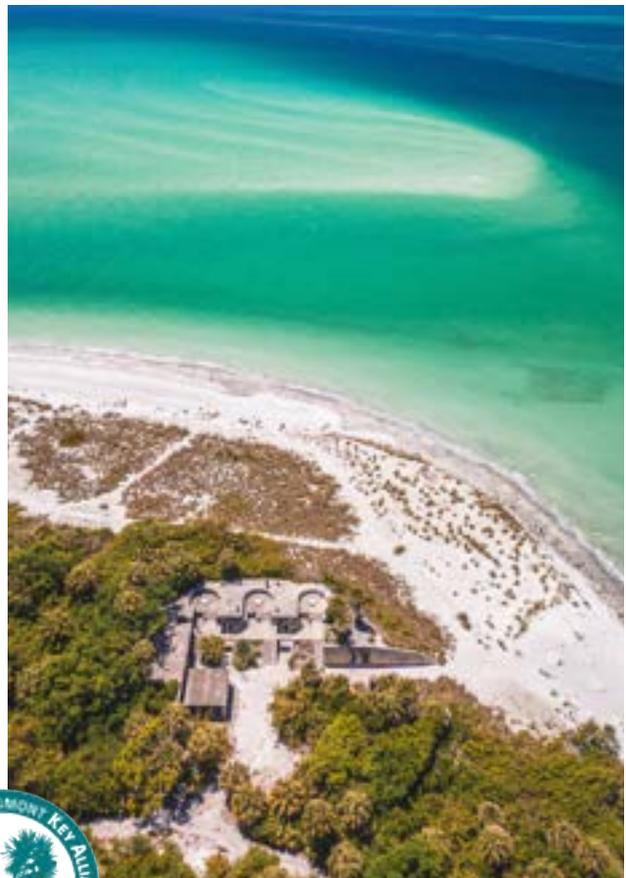
Darla Ostenson

A Florida Peninsula Tulip Poplar has been planted at the Folly Farm Nature Preserve in Safety Harbor, Florida on November 8, 2024 in her honor.



EGMONT KEY ALLIANCE

Egmont Key is a serene island at the mouth of Tampa Bay, accessible only by boat, with pristine white sand beaches, turquoise waters, and abundant wildlife, including nesting sea turtles and vibrant marine life. It is home to the historic Egmont Key Lighthouse, standing since 1858, and the remnants of Fort Dade, offering a glimpse into its rich cultural and military history. This unique blend of natural beauty and historical significance makes Egmont Key a treasured escape and a vital part of Tampa Bay's heritage.



The Egmont Key Alliance by Take MAR was established to honor and preserve the legacy of the former Egmont Key Alliance, a Citizen Supported Organization (CSO) for Florida State Parks. When their leadership decided to dissolve the organization, we recognized the immense value of their work and the importance of their mission. With gratitude for the dedication they poured into protecting and preserving Egmont Key's natural and cultural heritage, we embraced the opportunity to continue their efforts. By integrating their vision into Take MAR's initiatives, we aim to ensure that Egmont Key remains a cherished part of our community's environmental and historical identity, safeguarded for future generations.



EGMONT KEY IMPACT DAYS



EGMONT KEY, FL



“Impact Days foster a connection between the community and Egmont Key by inspiring stewardship through monthly activities like cleanups, trail maintenance, and beautification, encouraging participants to advocate for its preservation.”

EGMONT KEY ALLIANCE PROJECTS

ANNUAL ALLIANCE MEETING



JANUARY 2024 | TAMPA BAY WATCH | ST. PETERSBURG, FL



In 1848 a lighthouse was completed on Egmont Key to safely guide ships en route to Tampa. The island was a tragic and brief home to Seminole Indians defeated in war. Both Confederate and Union soldiers occupied the island in America's Civil War.

Captain Charles Moore, Lighthouse Keeper



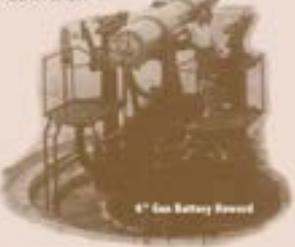
Every fifteen seconds the lighthouse illuminates an island of historic significance. Gopher tortoises watch quietly as you pass. Seabirds cry from their nearby nesting areas. Walking these eerie byways, you wonder whose footsteps in history you are following. Then you realize you are somewhere special - somewhere worth saving.

A Good Day Fishing



Fort Dade was constructed to defend Tampa Bay from invasion during the Spanish American War. Over seventy buildings were built between 1898 and 1916, turning the island into a small city complete with hospital, school, theater, post office, sewer, electric and telephone service.

Today only finely laid brick roads, the gun batteries and dozens of cracked building foundations remain.



6" Gun Battery Remnant

Egmont Key is also a National Wildlife Refuge protecting populations of gopher tortoises, box turtles and several species of nesting birds such as Royal and Least terns, Brown pelicans, Ibis and Laughing gulls. The nesting area is located on the south end of the island that is off limits to visitors. (See map over)



1898 Coast Youth Group

You too can be a member.

Your steps will preserve these sands. Egmont Key Alliance is a state recognized Citizens Support Organization formed to protect the island's fragile ecological balance and to preserve the remaining historical structures built on the island to preserve



the richness of the island's heritage. Alliance members provide the Park Manager with volunteer assistance with a variety of projects including public education, fund-raising and conservation. Members receive Egmont Key News, our newsletter, meeting notices, and invitations to special events and opportunities connected with Egmont Key State Park.

Egmont Key

At the mouth of Tampa Bay on Florida's West coast lies an unusual island. First charted by Spanish explorers in the early 1500's, the footprints of notable historical figures would mark the island's sands in the centuries to follow. Rich in history, home to endangered wildlife and unique in its geological formation, Egmont Key now struggles to survive the eroding forces of nature and the contemporary tides of politics.



Egmont Key Alliance
P.O. Box 46238
St. Pete Beach, Florida 33736
www.egmontkey.org

Accessible only by boat, Egmont Key has a unique natural and cultural history as well as a place to relax and collect shells along secluded, pristine beaches.

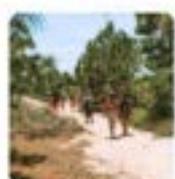
© 2007 Egmont Key Alliance, Inc.

© 2008, 2010, 2011, 2012

The Egmont Key Alliance plays a pivotal role on the island. Committed to restoring, preserving, and protecting both natural and man-made resources, the Egmont Key Alliance provides the Wildlife Refuge and State Park Managers with volunteer assistance on a variety of projects including: public education, fundraising and conservation.



Become A Member



Members receive our monthly newsletter, meeting notices, invitations to special events, and opportunities to volunteer on the island.

Did You Know?

Fort Dade was constructed to defend Tampa Bay from invasion during the Spanish American War. Over seventy buildings were built between 1898 and 1916, turning the island into a small city complete with a hospital, a school, a theater, a post office, sewer, electric and telephone service.



Egmont Key Alliance

Nestled at the mouth of Tampa Bay on Florida's West Coast lies the beautiful island of Egmont Key. This historic island holds significant cultural and ecological value.

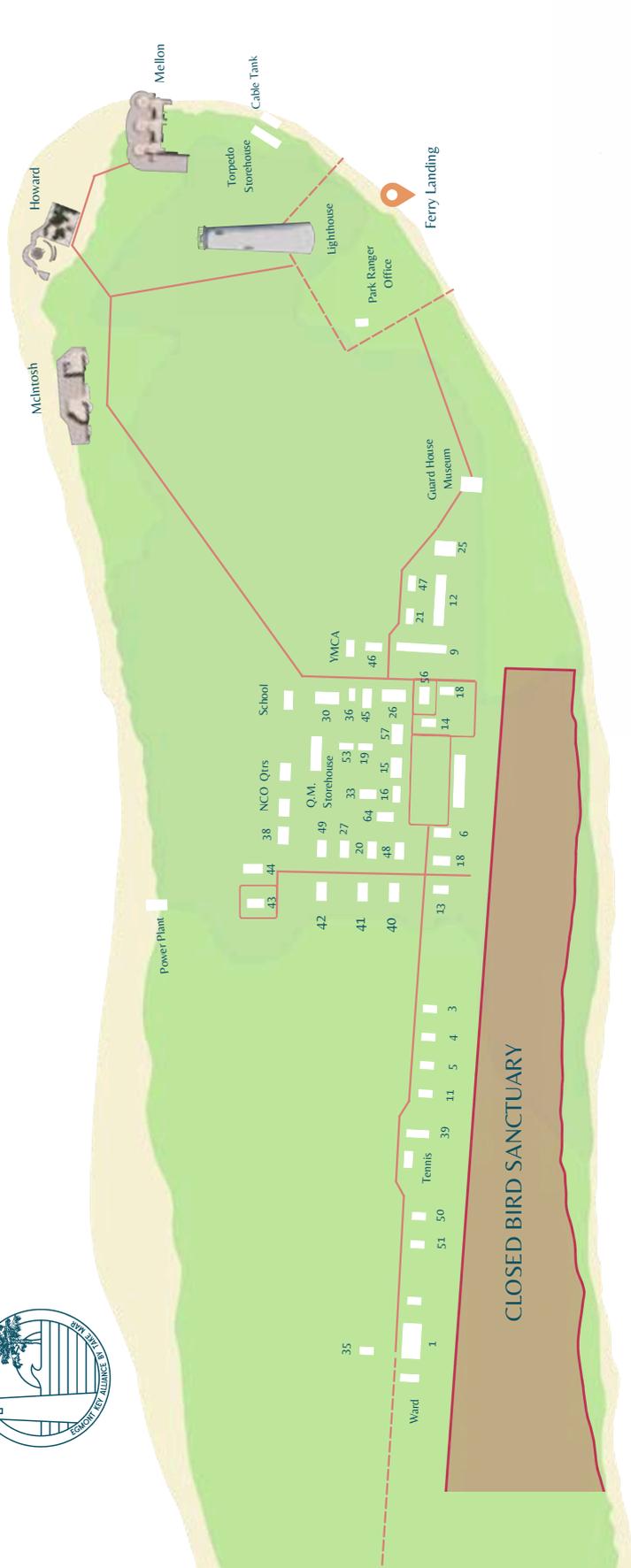
Egmont Key is known for its pristine beaches, diverse wildlife, and the ruins of Fort Dade, a military installation built during the Spanish-American War.

The island is collaboratively managed by the US Fish and Wildlife Service as a National Wildlife Refuge and by the Florida Park Service as a State Park. This allows for the island to thrive as a place for our community to connect to nature. A vital nesting ground for shorebirds and sea turtles contributes to its ecological importance. Egmont Key offers a place for visitors to enjoy serene beaches and views of the Gulf.



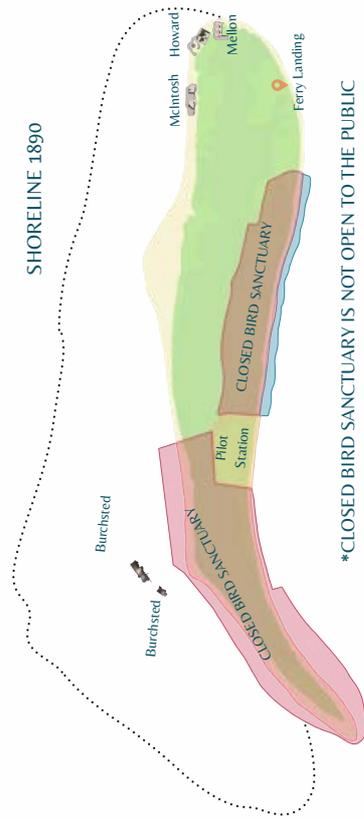
Accessible only by boat, Egmont Key provides a tranquil escape and a glimpse into Florida's rich history and natural wonders.





EGMONT KEY

- | | | |
|----------------------------|----------------------------|------------------------|
| 1 - Hospital | 19 - Wagon Shed | 39 - Commander's Qtrs |
| 3-4,5 - Officer's Qtrs | 15 - Stable | 40, 41, 42 - NCO Qtrs |
| 6 - NCO Qtrs | 16 - Carpenter, Blacksmith | 43 - Power Plant |
| 7 - QM Storehouse | 18 - NCO Qtrs | 44 - Coal Shed |
| 8 - Qtr Master Office | 19 - Wagon Shed | 45 - Gymnasium |
| 9 - Barracks | 20 - NCO Qtrs | 46 - Mess Hall |
| 11 - Officer's Qtrs | 21 - Lavatory | 47 - Lavatory |
| 12 - Barracks | 25 - Mess Hall | 48, 49 - NCO Qtrs |
| 13 - Admin Bldg | 26 - Post Exchange | 50, 51 - Officers Qtrs |
| 14 - Bakery | 27 - NCO Qtrs | 53 - Teamster Qtrs |
| 15 - Stable | 30 - Ordnance Storehouse | 56 - Fire Station |
| 16 - Carpenter, Blacksmith | 33 - Lumber Shed | 57 - Wagon Shed |
| 18 - NCO Qtrs | 35 - Morgue | 64 - Q.M. Storehouse |
| | 36 - Searchlight Shelter | |



SHORELINE 1890

*CLOSED BIRD SANCTUARY IS NOT OPEN TO THE PUBLIC



BLUE

"THE OCEAN STIRS THE HEART, INSPIRES THE IMAGINATION, AND BRINGS ETERNAL JOY TO THE SOUL"
WYLAND

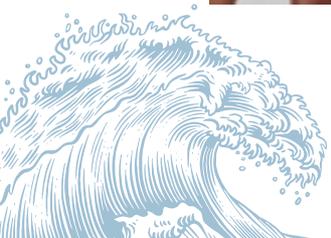
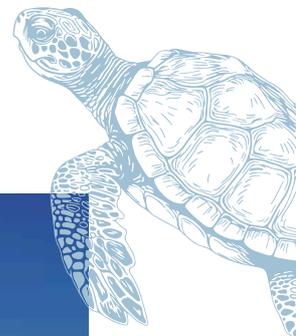


Dr. Wallace J. Nichols revolutionized our understanding of the human connection to water with his groundbreaking concept of Blue Mind, which explores the profound psychological, emotional, and physical benefits of being near, in, or on water. His work demonstrates how water can reduce stress, enhance creativity, and foster a sense of peace and well-being, reshaping how we value and interact with marine environments. At Take MAR, his inspiring research underpins our BLUE initiative, reminding us that protecting our oceans and waterways is not only vital for ecological health but also for human wellness. By creating accessible artificial reefs, organizing beach cleanups, and promoting ocean education, we strive to bring the essence of Blue Mind to life, fostering deeper connections between our community and the waters that sustain us.

COASTAL CLEANUPS



SEPTEMBER 2024 | SHELL KEY PRESERVE, FL







WORLD OCEANS DAY BEACH CLEANUP

**Madeira Beach,
Florida**

TOGETHER WE CLEANED UP 44 POUNDS OF TRASH FROM THE BEACH & WE HELPED CLEAR PATHWAYS FOR THE SEA TURTLE HATCHLINGS TO MAKE THEIR WAY SAFELY TO THE SEA.

WORLD OCEANS DAY 2024



CONTAINER ON THE TRAIL



PINELLAS TRAIL | ST. PETERSBURG, FL



THANK YOU TO OUR MURALIST LEO GOMEZ

RRX PROJECT

REGENERATE RX RETREAT RESEARCH



WONDERFIELD FARM AT THE GROVE | FLORAL CITY, FL



THE ROLE OF NATURE IN HEALING ANXIETY AND DEPRESSION
REGENERATE RX RETREATS - A MIXED METHODS RESEARCH STUDY

FEBRUARY 2024





Impact Report

	2024 Impact	All Time Impact
Number of Trees Planted	231	468
Monetary Value of Carbon Emission Offset from Trees	\$255.20	\$514.80
Number of Plants Planted	203	203
Pounds of Invasives Removed	4,400	4,400
Pounds of Trash Removed	1,485	3,987.30
Waste Removal Cost Savings	\$39.92	\$101.68
Number of Volunteers	320	584
Value of Volunteer Hours	\$34,980.31	\$71,049.04
Seeds Planted	60	60

EVENTS

EARTH DAY BLOCK PARTY



APRIL 2024 | EARTH DAY BLOCK PARTY | ST PETERSBURG, FL



EVENTS

EMERGE: ANNUAL ASSEMBLY



DECEMBER 2024 - ST. PETERSBURG, FL

emerge

TAKE MAR ANNUAL ASSEMBLY 2024



11 DECEMBER 2024 | 5PM

BONU TAVERNA

601 CENTRAL AVE ST. PETERBURG, FL 33701

Let's gather our Take MAR team to explore how our combined effort will continue to grow, inspire, and create lasting change.

COMPLEMENTARY DRINKS & TAPAS
NETWORKING
IMPACTFUL PROGRAMMING
END OF YEAR GIFT



Sustainability Stewards

These businesses embody positive social and environmental impact at their core, or have implemented a program throughout their organization to operate sustainably, leaving St. Pete a little brighter and "eco-friendly".

Climate First Bank

Fibrenew St. Pete

Hil & Vil Natural

Homewatch Care

Little Llamas Bou

Sans Market

Take MAR

Tampa Bay Water

Wise Hands Pro



AWARDS



FINALIST | BEST OF THE BAY | BEST ENVIRONMENTAL ORGANIZATION

GOOD BURGER AWARD | SUSTAINABILITY STEWARDS

CITY BEAUTIFUL COMMISSION | URBAN FORESTRY AWARD





MAR *in the* MEDIA



SCAN THE QR CODE TO SEE
OUR PUBLICATIONS



2024 PARTNERS



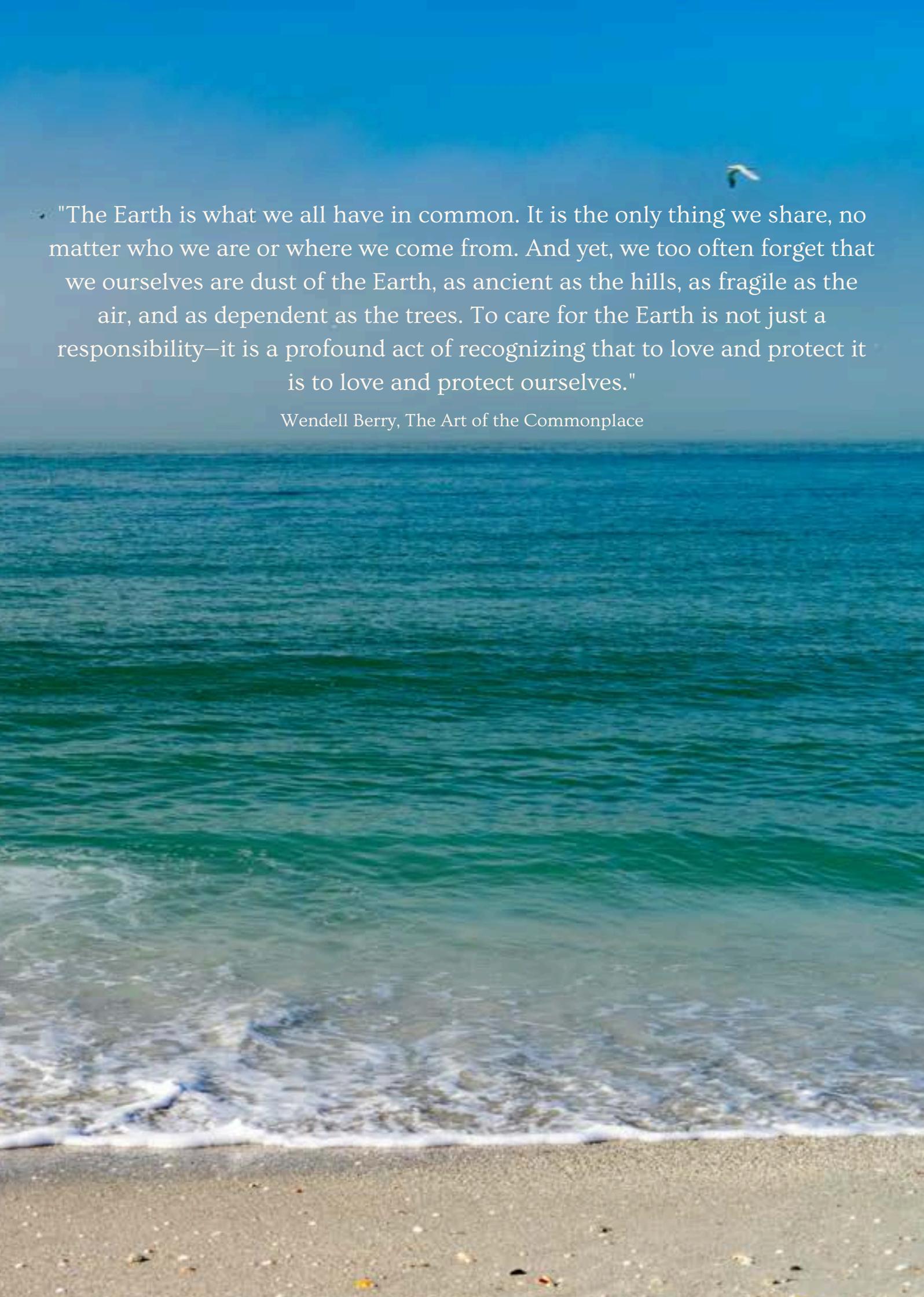
2024 EVENT SPONSORS



2024 GRANTORS







"The Earth is what we all have in common. It is the only thing we share, no matter who we are or where we come from. And yet, we too often forget that we ourselves are dust of the Earth, as ancient as the hills, as fragile as the air, and as dependent as the trees. To care for the Earth is not just a responsibility—it is a profound act of recognizing that to love and protect it is to love and protect ourselves."

Wendell Berry, *The Art of the Commonplace*





More Action for Regeneration
2024

www.takemar.org
hello@takemar.org



takemar.org



[takemar_org](https://www.instagram.com/takemar_org)