



MORE ACTION FOR
REGENERATION

2023



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"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has." - Margaret Mead

We tend to see the environment as something separate and distinct from ourselves, yet we are a huge part of the biodiversity of this planet. We have the ability to alter mother earth in ways that other species cannot.

The quote above carries a powerful message about the potential of individuals to create meaningful change. It emphasizes that it is not the size or numbers that determine the impact, but rather the thoughtfulness and commitment of those involved. It highlights the transformative power of a dedicated and passionate few who are willing to take action.

Tara Hubbard and I Co-founded Take MAR knowing that two individuals with nothing but an idea could potentially just be that... an idea, yet from our idea came action. Our name, More Action for Regeneration was built upon the foundation that if we wanted to see change, we were going to need action, and a lot of it. Before we knew it, we, our team, and our community, together, took action.

Our first year around the sun shows how a small team can create big changes, and how a small team of individuals can engage with local communities, influence policy makers, inspire action, and make new friends.

As we move forward into the coming year, we are filled with anticipation and enthusiasm for the new beginnings that await us. With the invaluable experience gained from the past year, we are excited to take our efforts to new heights.

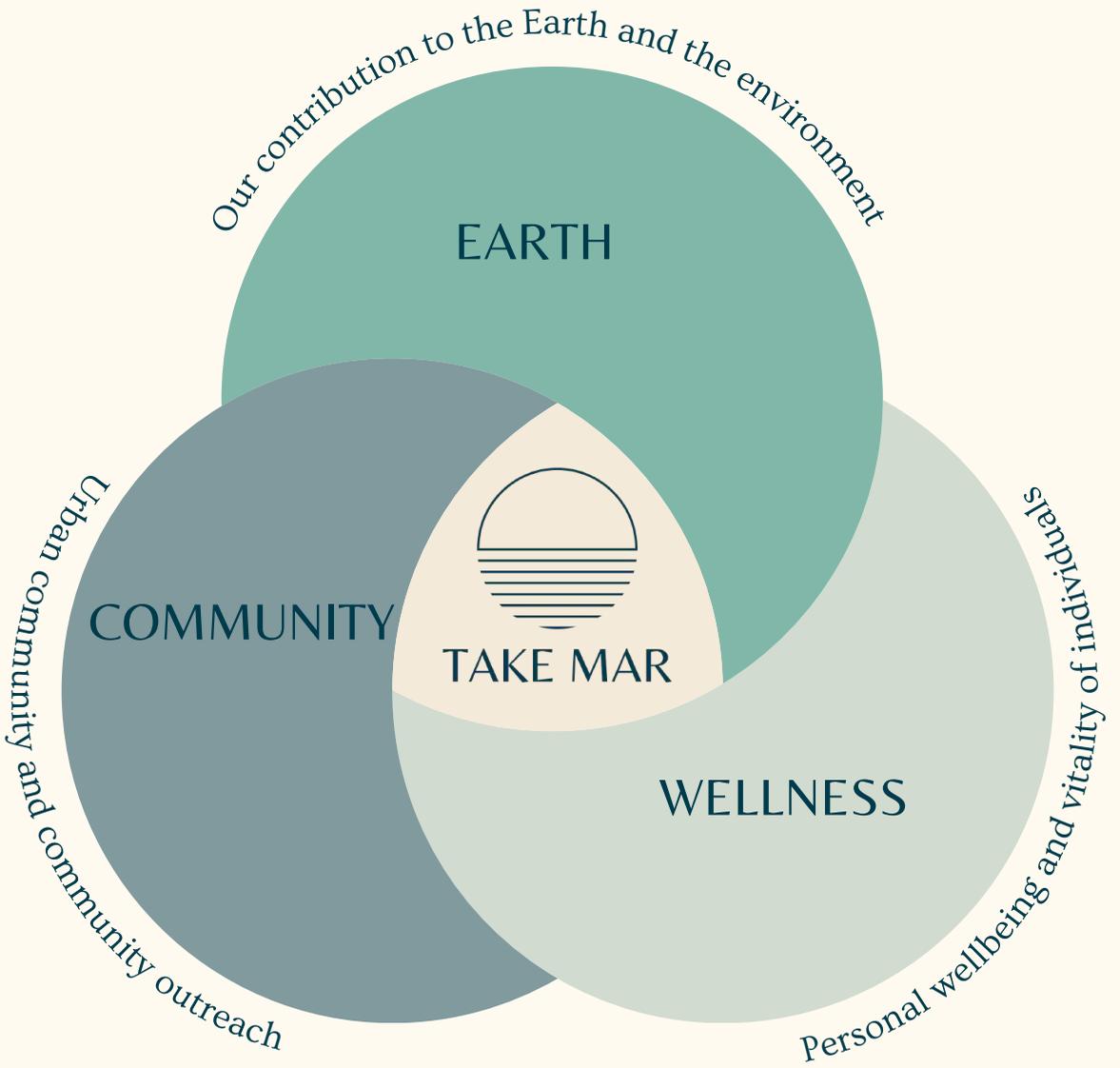
Together, let's continue to build upon a strong foundation, foster relationships, and join us to remain steadfast in our commitment to protecting and preserving our environment. With our collective efforts, I have no doubt that we will make substantial progress towards our vision of a healthy planet and healthy communities.

Thank you once again for your unwavering support and invaluable contributions to our organization. May this new year mark the beginning of a prosperous and actionable year ahead.

With gratitude,



Michelle Ellena, Ed.D
Executive Director





MISSION

To regenerate our environment and communities and emphasize the connection of a healthy natural world and personal wellbeing.



VISION

A world where our environment and communities are interconnected, balanced, and healthy.



THE TEAM

Michelle Ellena

CO-FOUNDER | EXECUTIVE DIRECTOR

Tara Lynn Hubbard

CO-FOUNDER | DIRECTOR OF BUSINESS DEVELOPMENT

Grace Holske

DIGITAL STRATEGIST

Chase Mills

OPERATIONS MANAGER

Kyla Flesher

ADMINISTRATIVE COORDINATOR



BOARD OF DIRECTORS

Tara Lynn Hubbard

PRESIDENT

Michelle Ellena

TREASURER

Monique Williams

SECRETARY

INTERNS

Jacqueline Smith

SOCIAL MEDIA INTERN - FALL

Unaiza Khakoo

GRANT WRITING INTERN - FALL

William Deitch

GRANT WRITING INTERN - FALL

David Kiester

COMMUNICATIONS INTERN - FALL

Sara Cidelia

COMMUNICATIONS INTERN - SUMMER





COMMUNITY

WELLNESS



EARTH

Take More Action for Regeneration



Community Initiatives - Community Initiatives





NATIVE TREE PLANTING

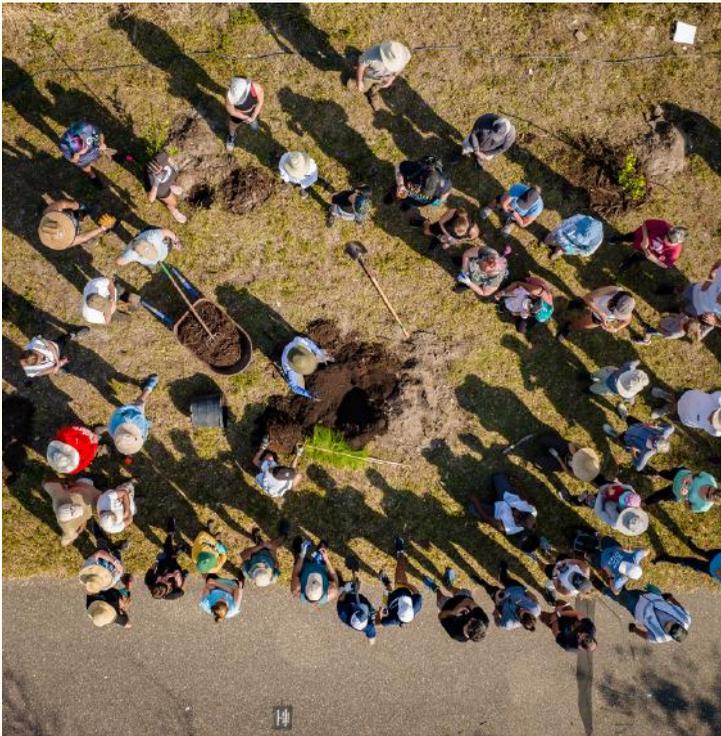
PHASE ONE PINELLAS TRAIL

In an inspiring community effort, Take MAR successfully completed Phase One of their Native Tree Planting initiative along the Pinellas Trail in St. Petersburg, FL. With the invaluable help of over 65 dedicated volunteers of all ages and varying tree planting experience, a total of 140 native trees and shrubs now line the trail from 28th Street South to 31st Street South.

The significance of introducing native flora to this urbanized area cannot be overstated. The selected Florida native trees and shrubs not only contribute to the city's natural heritage but also play a pivotal role in enhancing the well-being of its residents.

The newly planted trees offer vital shade, mitigating the heat effect of the urban environment, while shrubs create a natural buffer between the recreational use of the Pinellas Trail and the adjoining industrial areas.

Moreover, the project recognizes the interconnectedness of ecosystems, providing crucial habitats for a diverse array of wildlife, including birds, insects, and mammals. The deliberate selection of tree and shrub species aims to foster biodiversity along the trail, creating a thriving ecosystem for both plant and animal life.



The types of trees planted included: Slash Pines, Cocoplums, Silver Buttonwoods, Yaupon Hollies, Mulberries, Gumbo Limbos, and Yellow Necklace Pods.



“The best time to plant a tree was 20 years ago. The second best time is now.”
– Chinese Proverb



“The measure of our success will be the condition on which we leave the world for the next generation.”
– Robert Redford



“Impossible is just an opinion.” – Paulo Coelho



THE MURAL PROJECT

In the midst of our extensive efforts to regenerate a portion of the Pinellas Trail through trash cleanups and a forthcoming native tree planting initiative, Take MAR encountered a persistent challenge—illegal dumping. Despite diligent attempts to restore the area's natural beauty, an adjacent spot to the trail continued to accumulate trash, posing a threat to our mission.



Illegal dumping on the Pinellas Trail



In response to the ongoing issue, Take MAR, in collaboration with eco activist and content creator Caulin (Trash Caulin), brainstormed an unconventional solution: using art to deter illegal dumping. The question posed was straightforward but innovative - "What if we painted a mural where the dumping is happening?" Recognizing the potential of art to connect people with their local community and environment, while also serving as an experiment to prevent illegal dumping, the organization reached out to Derek Donnelly, a St. Petersburg native and accomplished artist.



The experiment involved strategically placing a mural in the problematic dumping area, created by Derek Donnelly, who brings both artistic skill and a deep connection to the community. The mural not only adds visual appeal to the space but aims to serve as a deterrent, questioning whether individuals would still choose to dump their trash in front of art. This creative initiative intertwines environmental awareness, community engagement, and artistic expression, showcasing how art can be a powerful tool in addressing real-world environmental challenges. We have seen the results, and there has been a significant reduction in trash and debris being illegally dumped. This artistic experiment now contributes to the broader goal of preserving and regenerating the Pinellas Trail and its surrounding environments.



MISS x Take MAR Summer Camp

Cultivating Diversity in Marine Sciences

This year's MISS x Take MAR Summer Camp, held in St. Petersburg, FL from June 5-10, marked a dynamic collaboration between Minorities in Shark Sciences (MISS) and Take MAR. The free week-long marine science program aimed to provide accessible STEM experiences for teens aged 13-17 from historically excluded groups, including gender minorities, racial/ethnic minorities, LGBTQ+ individuals, and those from low-income communities.





Activities ranged from fishing, kayaking, and snorkeling to shark dissections, coding, and science communication. Beyond educational pursuits, the camp fostered connections among like-minded peers, emphasizing the profound link between a healthy natural world and personal well-being.

Guided by MISS's commitment to be seen in a historically exclusive discipline, the camp served as a platform for positive role modeling. The participants were encouraged to push through barriers and contribute to marine science, promoting diversity and inclusion. As we anticipate more details, images, and a recap, we celebrate the camp's success in nurturing a diverse generation of marine scientists and promoting innovation through varied perspectives.

NATIVE TREE PLANTING

PHASE TWO PINELLAS TRAIL

On October 28th, Take MAR celebrated the success of Phase 2 in our Native Tree Planting Project along the Pinellas Trail. Over 90 volunteers joined forces to plant 95 native trees, extending the greenery from 28th Street South to the intersection of 5th Avenue South and 22nd Street South.

This community-driven initiative not only expanded the trail's tree population but also fostered a sense of unity among passionate individuals committed to the environment. Special thanks to our partners, including the City of St. Petersburg, the Department of Sustainability and Resilience, and the Department of Transportation.

The diverse array of native trees and shrubs, including Slash Pines, Cocoplums, Fire Bush, Florida Privet, Mahogany, Yaupon Hollies, Red Mulberries, Live Oaks, Jamaica Dogwood, Green Buttonwood, and Gumbo Limbos, introduces invaluable benefits to the local ecosystem and our community.

Beyond enhancing aesthetics, this project plays a crucial role in restoring ecological balance. Trees, as nature's air purifiers, contribute to the ecosystem's health, support wildlife, provide shade, and create a serene atmosphere. It's a collective gift to our community, ensuring the Pinellas Trail remains a cherished asset for all to enjoy.





Regenerate RX

In the serene embrace of Florida's enchanting Floral City, Take MAR proudly unveiled its latest venture - the Regenerate Rx Retreat. Nestled on a regenerative farm and retreat space, this clinical retreat is meticulously crafted to harness the healing powers of nature, offering participants a transformative journey towards restoration and self-discovery.

The vision behind Regenerate Rx is ambitious — envisioning a world where nature is a prescribed remedy for stress, anxiety, depression, and PTSD. The retreats serve as immersive experiences, delving into the emerging field of nature therapy. Participants become integral contributors to a research project, voluntarily engaging in pre-retreat and post-retreat analysis forms and EEGs. Through this collective effort, we aim to explore the profound healing potential of nature.





We believe healthy people create healthy environments & healthy environments create healthy people

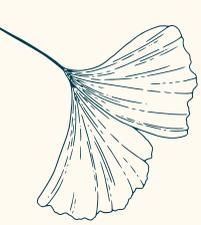
The retreat itinerary is designed to foster holistic well-being, featuring activities such as Journaling for Transformation, Yoga + Movement, Walking Meditations, Cold Water Therapy & Breath Control Exercises, Relaxation Massage & Bodywork, Sound Bath Healing, and Soul Dance. The participants not only engage in these therapeutic activities but also contribute to the ongoing research, enhancing our understanding of how nature heals.

The inaugural Regenerate Rx Retreat welcomed a diverse group of individuals, accompanied by experienced facilitators

who shared in the transformative experience. Together, they explored, connected, relaxed, and opened up to the profound impact of nature on mental and emotional well-being.

As we embark on this journey, our commitment to pioneering nature as a therapeutic intervention remains steadfast. The Regenerate Rx Retreat stands as a testament to our dedication to exploring innovative approaches to wellness, and we look forward to continued growth, research, and positive transformations in the lives of those seeking healing through nature.



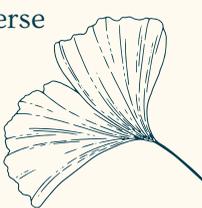


The Nature of You: A Yoga Series

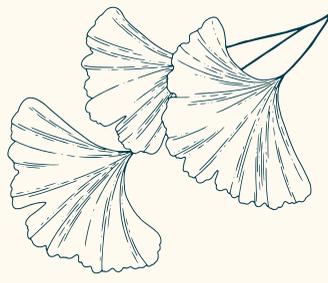


Step into the enchanting world of Take MAR's "The Nature of You: Spring Into Yoga Series" at Pinellas Point Park, where a tapestry of well-being and nature began. This series wasn't just about yoga; it was a celebration of self-discovery, community, and the profound connection between individuals and the nature.

Admission to these yoga sessions was open to all, emphasizing inclusivity through a donation-based entry. The lush surroundings of Pinellas Point Park served as the perfect canvas for this holistic experience, allowing participants to immerse themselves in the soothing embrace of nature.



Integrative approach to environmentalism



Take More Action for Regeneration



Earth Initiatives - Earth Initiatives

THE IMPACT



235

Native Trees Planted



23

RRx Participants



255+

Volunteers



72

Tree Watering Days



6

Impact Days



2500+

Pounds of Trash

IMPACT DAYS

Fostering Community and Nature Connection



At Take MAR, Impact Days are more than just community service; they're about connecting people with nature. Whether it's cleaning trails, caring for trees, or tidying up beaches, these hands-on activities serve a dual purpose. While the tangible impact is evident in cleaner, healthier environments, the real magic lies in getting people outdoors.

Beyond the immediate benefits of cleaner trails and restored landscapes, our Impact Days play a pivotal role in fostering a community that is not only actively involved in environmental initiatives but is also deeply connected to the natural world. This bond, formed through shared experiences and a commitment to preservation, positions our community as guardians of the environment, ensuring the sustainability and well-being of the places we hold dear.





Take More Action for Regeneration



Egmont Key Alliance Committee

EGMONT KEY ALLIANCE COMMITTEE

Nestled at the entrance of Tampa Bay, Egmont Key stands as a testament to Florida's natural beauty and rich history. Its pristine beaches, diverse ecosystems, and historic ruins make it a treasure worth protecting. At the forefront of this preservation mission stood the Egmont Key Alliance, a dedicated group committed to safeguarding this ecological haven.

Due to a gap in leadership, in October 2023, the board of the Egmont Key Alliance voted to reorganize as a committee within Take MAR, and will continue its mission through the new Egmont Key Alliance Committee by Take MAR.

The work of the Egmont Key Alliance will continue under Take MAR's Committee. Through a combination of public engagement, strategic partnerships, and continued conservation efforts, Take MAR's Egmont Key Alliance Committee remains steadfast in its commitment to preserving Egmont Key for future generations. By fostering awareness, supporting conservation initiatives, and engaging the community, the Egmont Key Alliance Committee will ensure that this paradise remains intact for generations to come.



West

TAKE MAR

we are
nature



TAKE MAR TURNED ONE!



MAR IN THE MEDIA



yahoo!

USF preserves Egmont Key with 3D app as barrier island 'washes away'



iLOVE THE BURG
more.

Take MAR will plant more than 100 native trees along the Pinellas Trail



Planting hundreds of native trees on the Pinellas Trail

The next tree-planting event is set for Saturday, October 28 from 9am-1pm. Those interested in volunteering must sign up through [Eventbrite](#) and complete the [required waiver](#). If you can't make it to the event but would like to support this initiative, you can [donate to the cause online](#).

Attention: we will meet at the Wovohovua Arts District Association - 401 99th St N. We will



bloom
tampabay.com

Creating connection with nature & community



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Bay NEWS
9

Nonprofit planting trees along the Pinellas Trail Loop



Celebrating a Year of Community Transformation: Take MAR marks milestone with a focus on upcoming native tree planting initiative

September 19, 2023 by Post



additional 100 trees

In a remarkably short time after its inception, Take MAR was able to plant 140 indigenous trees along the Pinellas Trail, spanning from 28th Street South to 31st Street South. The upcoming Phase II initiative carries this essential work forward, with the ambition of extending the tree canopy from Street South to the intersection of 5th Avenue South and 29th Street South. This ambitious endeavor to enhance the trail's natural allure and ecological significance. Through the planting of over 100 re

TAMPA BAY NEWSWIRE

Take MAR marks milestone with a focus on upcoming native tree planting initiative



Take MAR Native Tree Planting



stands for More Action for Regeneration, is planting over 140 native trees on every 25th. Working with the City of St. Petersburg, over 50 volunteers will join the Pinellas Trail from 31st Street South to 28th Street South. The event to join the fun, starting at 800 31st St S, St. Petersburg, Florida, 33712. Sign up for this event through Eventbrite by clicking here and complete the required info. There will be a check-in on the day of the event.

Visit www.takemar.org/events



FOX 13 TAMPA BAY

USF preserves Egmont Key with 3D app as barrier island 'washes away'



This group works to preserve and protect the island, installing educational signs for visitors at all of its historic sites, which are visited by close to 200,000 people each year. Its lighthouse, erected in 1857, still stands.

Remnants of the Fort remain but have been battered over the years by mother nature. And calls to protect it have, so far, gone unanswered.



Tampa Bay Times

50 ways to celebrate Earth Day and Arbor Day in Tampa Bay



CATALYST

St Pete Impact Catalyst Podcast- Take MAR





OUR PARTNERS



OUR SPONSORS

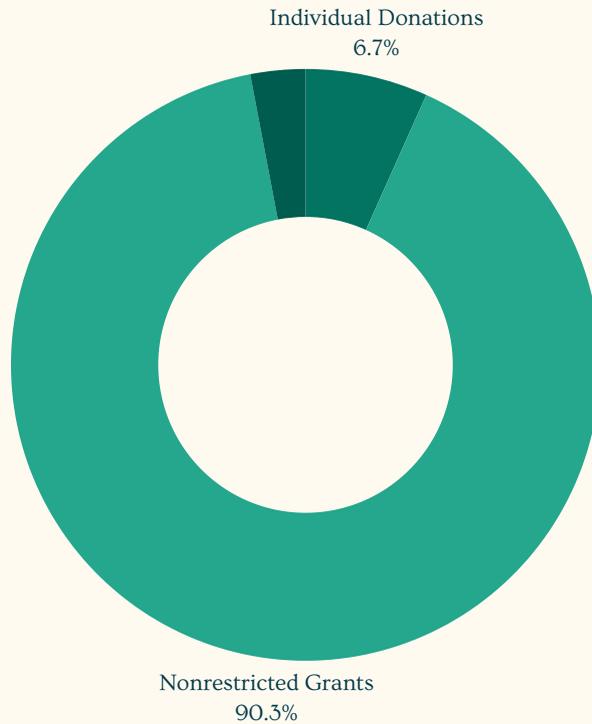


AWARDED GRANTS:

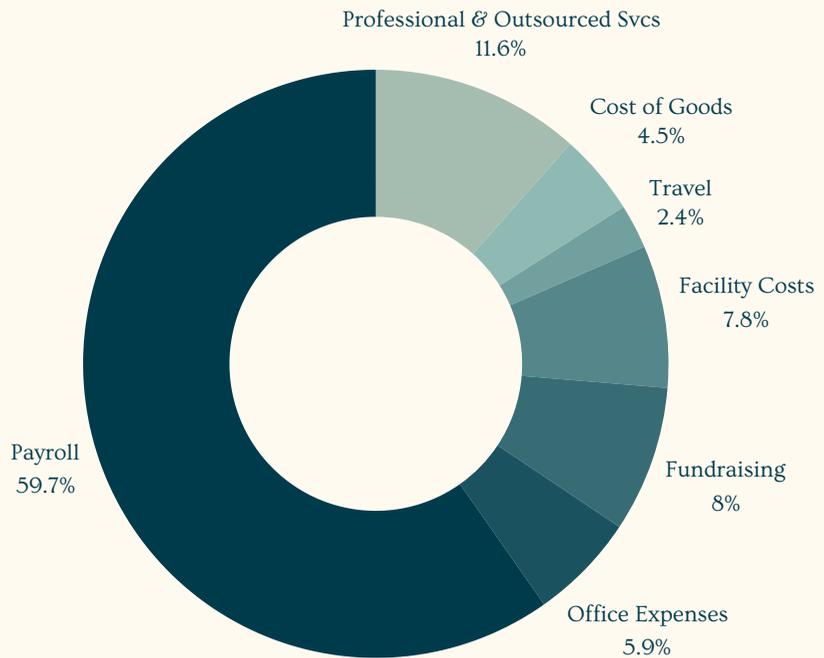


FINANCIAL REVIEW

Revenue

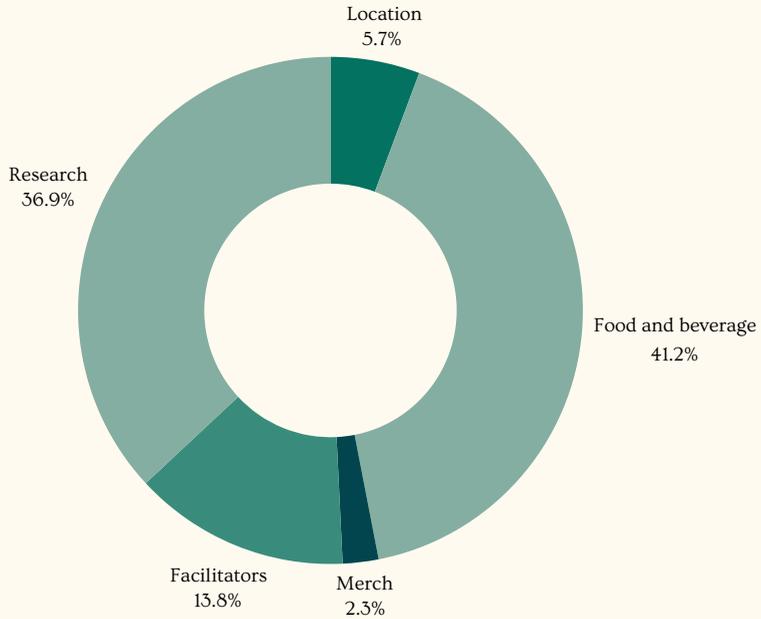


Expenses



PROGRAMS FINANCIAL REVIEW

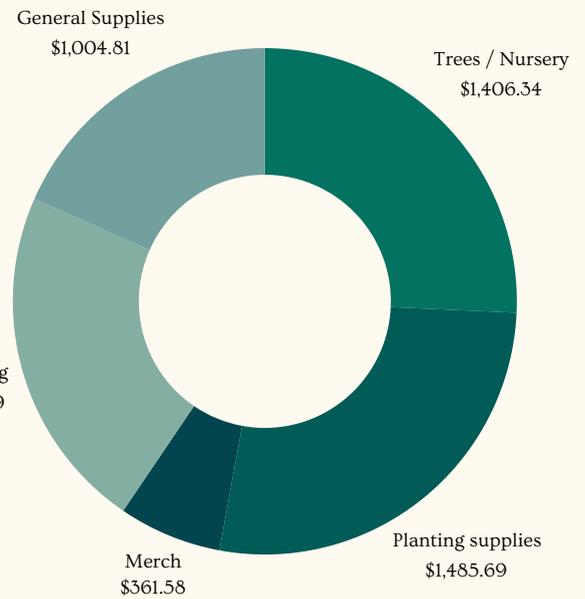
RRx



TREE PLANTING PHASE 1



TREE PLANTING PHASE 2



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Jonathan Fieldman	Nathaniel Griffin	Anonymous Donors

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