

MENTORING JUNIORS KIDS ORGANIZATION

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ANNUAL REPORT 2021

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A MESSAGE FROM MIRANDA

We did it! **We did it! WE DID IT!**

We made it through 2021 and MJKO is still standing, chugging along like the little engine that could. It would be remiss of me, not to be grateful for the fact that we have pulled through. It may not seem like much to the people unaffected by the mass lockdowns and COVID losses, but with so many established businesses and charities forced to close their doors for good, I am overjoyed to see that our charity, beat the bell and is still standing in the COVID fight.

Not only did MJKO make it through, in making it through we helped a lot of humans - young, senior, employed, unemployed, housed, housing insecure, kind and not so kind, healthy and unhealthy. We found new ways to adapt, to adjust, and to continue to believe that with hard work all things are possible.

Some may call it luck but personally, I do not believe in luck. I believe that we are still standing because of hard work, unwavering commitment to our community, a belief in myself and the people who support our mission. MJKO was and is my dream and it is only fitting that I believe in our motto more than anyone else. I conceived it, nurtured it and you all helped to make it thrive!



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TRAIN PREPARE BELIEVE!

We are the underdog, and often our family members are discounted and marginalized but we live, breathe, and act out our motto every day as we operate in person in South Parkdale and virtually.

MJKO is our vehicle. But the fuel that drives MJKO, is the community. It is made up of our participants, their families, the volunteers, and our partners. This “collective” is our luck. It is because of this collective that we pulled through this year. And for that I say,

Thanks, fam!

I see you!

I believe in you!

And I know, despite the challenges that lie ahead, we will face them head on and we will adapt!

We will be okay! We are and will be a family!

On behalf of the whole MJKO team, I am wishing you a better 2022! A year filled with making memories, laughter, and kindness.

And fingers crossed, indoor sport and recreations.

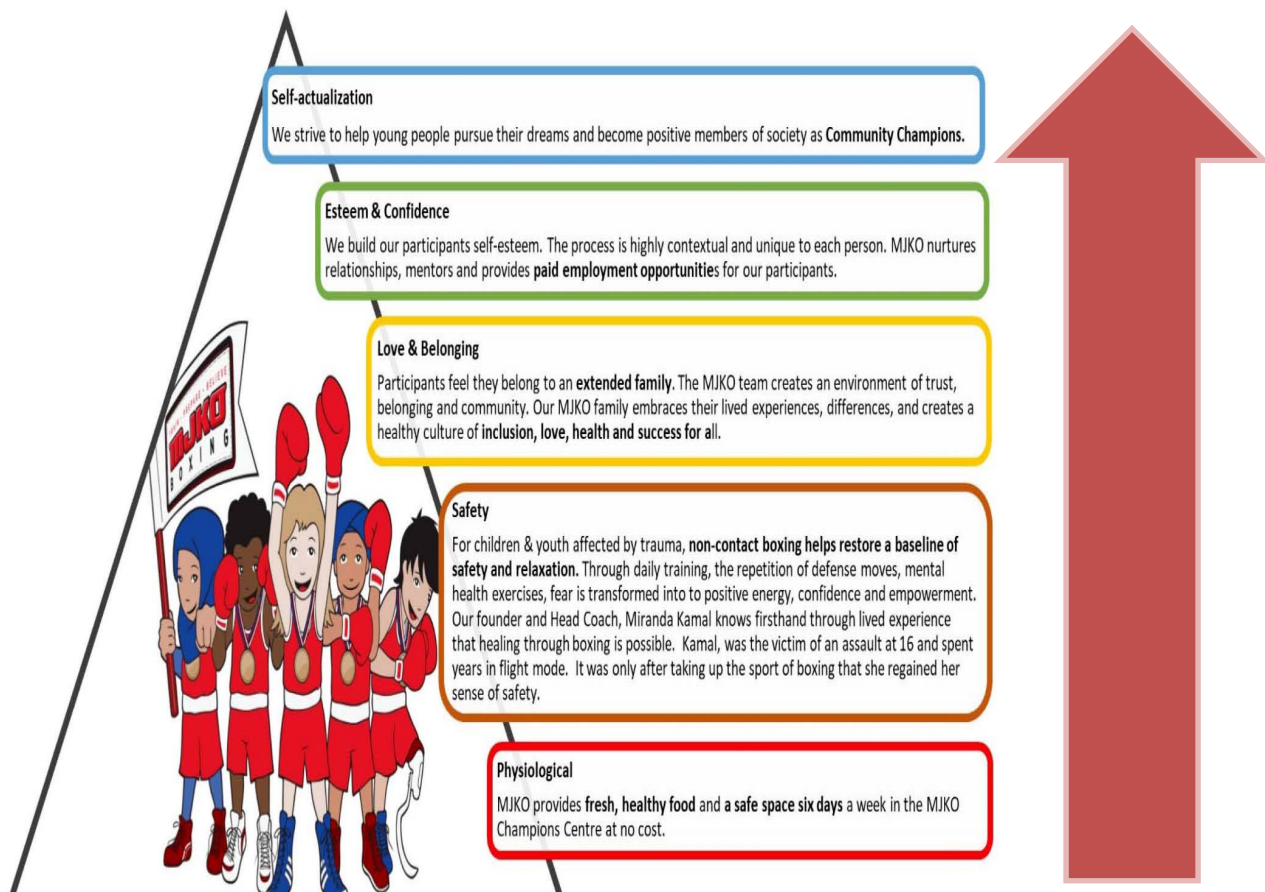
Lots of love,

Miranda



OUR VISION

MJKO is a South Parkdale-based charity that uses leadership training to promote positive, healthy lifestyle choices for children and youth. With certified coaches, MJKO builds Community Champions by focusing on the needs of the whole person through non-contact boxing, which includes physical training (skipping, shadow boxing, defensive moves) and mental skills training (visualization and meditation). Our programs allow students to develop an appreciation for physical fitness, inclusive communities, mindfulness, healthy eating and volunteerism.



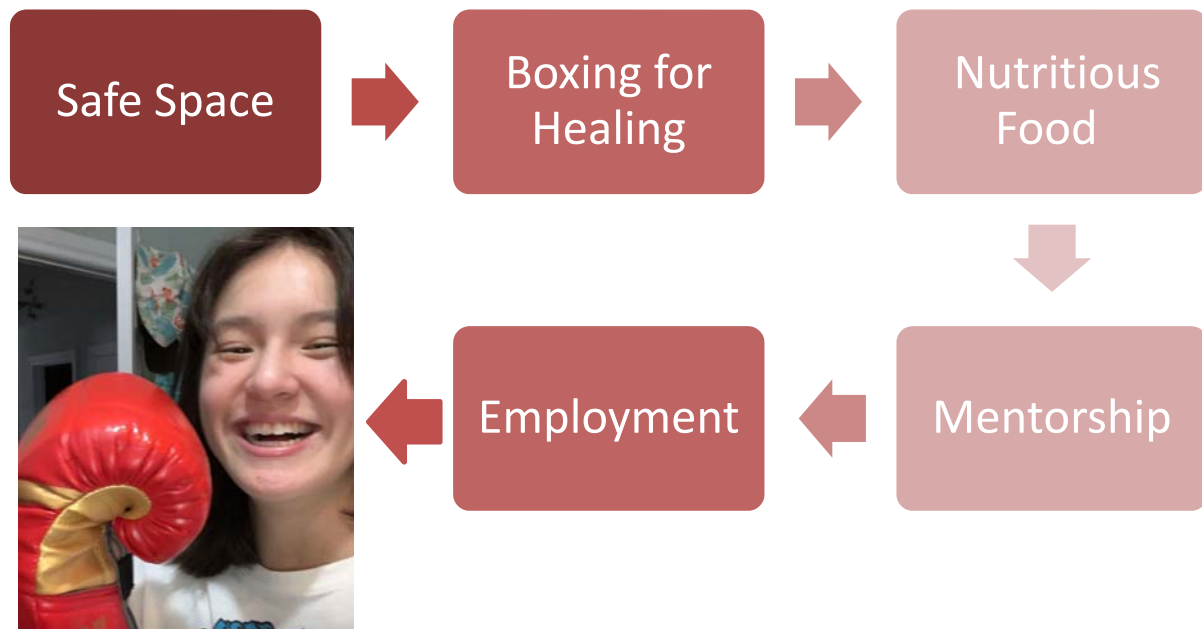
OUR HIERARCHY OF NEEDS

HOW DOES MJKO FACILITATE CONCRETE CHANGES IN OUR PARTICIPANTS?

MJKO uses two distinct streams: non-contact (recreational) and contact (competitive) boxing to create social change in communities affected by systemic barriers such as poverty, racism, housing and food insecurity and violence.

We do this through a five-pronged approach:

1. We provide a safe space with certified coaches located in South Parkdale.
2. We teach the sport of boxing as a tool for coping with trauma, aggression, and grief to improve physical and mental health.
3. We provide access to nutritious food every day. This is done in partnership with Second Harvest.
4. We offer opportunities for certifications, mentorship and employment skills training.
5. We offer paid youth employment, support youth getting into post-secondary, trades programs or finishing high school.



BROCK, SHAPE YOUR LIFE & THE PUBLIC HEALTH AGENCY OF CANADA PROVIDED ADDITIONAL FUNDING TO SUPPORT TRAUMA INFORMED BOXING CLASSES

Sometimes you are so good that they offer you more money! That's right! More money. It doesn't happen often so when it does you celebrate!

When it happens during the 2021 COVID 19 lockdown, you do more than celebrate – you do your own little happy dance around the living room. That was me dancing around my tiny living room mid last year. I got a call from Dr. Cathy van Ingen with the good news:

“Hey Miranda, The Public Health Agency of Canada likes what we have been doing with our trauma informed coaching. On my end, the collaboration between Shape Your Life, Brock University and MJKO, is working, so if you are interested, we can stretch the program until March 2022? “

Of course, we wanted to continue. The relationship had been working well on our side too. I mean since we started our partnership, we have accomplished a lot of things. We empowered youth who have experienced some form of trauma in their life. We have also helped heal “hurt” brains.



Let me explain.

There are no “good kids” and “bad kids”. The reality is that there are some kids who have better coping skills for responding to trauma and are frequently perceived to be the “good kids”. Whereas kids with poorer coping skills are often viewed as “bad”.

So, what’s trauma? If you are like me, your first thought, on hearing the word trauma, involves a physical (a car accident), sexual (rape), or psychological event (death). “Trauma is defined as the lasting emotional response that often results from living through a distressing event. Experiencing a traumatic event can harm a person's sense of safety, sense of self, and ability to regulate emotions and navigate relationships.” Another definition says that trauma: “...describes experiences that overwhelm a person’s capacity to cope...”

There are many forms of trauma (simple, complex, developmental, intergenerational) and many ways in how trauma is experienced. So, at MJKO when we talk about trauma, we are talking about a wide spectrum of events and responses to those events. Trauma therefore can be a defining experience that shapes and distorts the core of a person’s identity.

Bessel van der Kolk (psychiatrist, author, researcher and educator; past president for the International Society for Traumatic stress Studies; former co-director of the National Child Traumatic Stress Network and a professor of Psychiatry at Boston University School of Medicine and president of the Trauma Research Foundation) defines trauma as “specifically an event that overwhelms the central nervous system, altering the way we process and recall memories”. He states that, “Trauma is not the story of something that happened back then. It’s the current imprint of that pain, horror, and fear living inside people.”

Yes, trauma can be a sexual assault like in my case. It could also be emergency room spine surgery, also like me. It can be hearing the news that you are diagnosed with infertility. That’s me too. It could also be working the corner of a boxing match and seeing your husband, who you believed was a real-life superhero lose consciousness in the ring (and who to this day has no memory of the blackout). Also, me! It could be a boy telling you in grade nine that you have tree trunk legs. Me!

So, if we examine our lives, we have ALL experienced trauma. We just didn't have the ability to recognize it and name it. Deaths, illnesses, accidents, racism, discrimination, body shaming, bullying, - all these "hurts" cause individual trauma.

I recently attended a seminar, part of the Ontario Coaches Summit Series conducted by Dr. Jennifer Fraser and entitled 'The Bullied Brain: The Neuroscience of Bullying'. Yes, this seminar was held in January 2022, but the information is too important not to share now. I attended a fascinating presentation on the effects of bullying on the brain. It made me excited and left me wanting to learn more. Dr. Fraser shares that because science and research on the topic is advancing, you can now see the physical effects of bullying on the brain via scans like an MRI.

She shared: "bullying is not about mental health. It's about a brain that is "hurt". Bullying affects our brain's health. There should be no stigma around a hurting brain. It's not a mental health issue, it's a medical issue. We need to move towards a society where we prevent bullying just as we prevent cancer, diabetes, and the like.



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And this is not just about children bullying other children. It's also about coaches bullying their athletes to toughen them up in the name of "peak performance". Or teachers giving their students hard love. Or bosses just being jerks because that is the culture allowed within the organization. Dr. Fraser said that a "hurt brain" has an enlarged amygdala. Research tells us that criminals have enlarged amygdala. It also tells us many of the incarcerated population grew up in foster care. Being forcefully removed from home and placed in foster care qualifies as trauma. What's important about having an enlarged amygdala, is how our brain responds to the enlargement. We can: fight, flight or freeze.

When thinking about the young people joining MJKO and SYL both online and in person – my guess is they all have enlarged amygdala's. But the kicker in Dr. Jennifer Fraser's presentation was not the doom and gloom of "hurt brains" it was with the solution.

How do we heal a hurt brain? Fitness and mindfulness.



HEALING HURT BRAINS

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MJKO and Shape Your Life devised and delivered a program using a trauma-informed approach that considered the lasting effects of trauma. We delivered this program both in person and online focused on fitness and mindfulness.

We were helping young brains heal. That is worth repeating.

We (our coaches, mentors, volunteers, supporters, and funders) helped young brains heal in 2021.

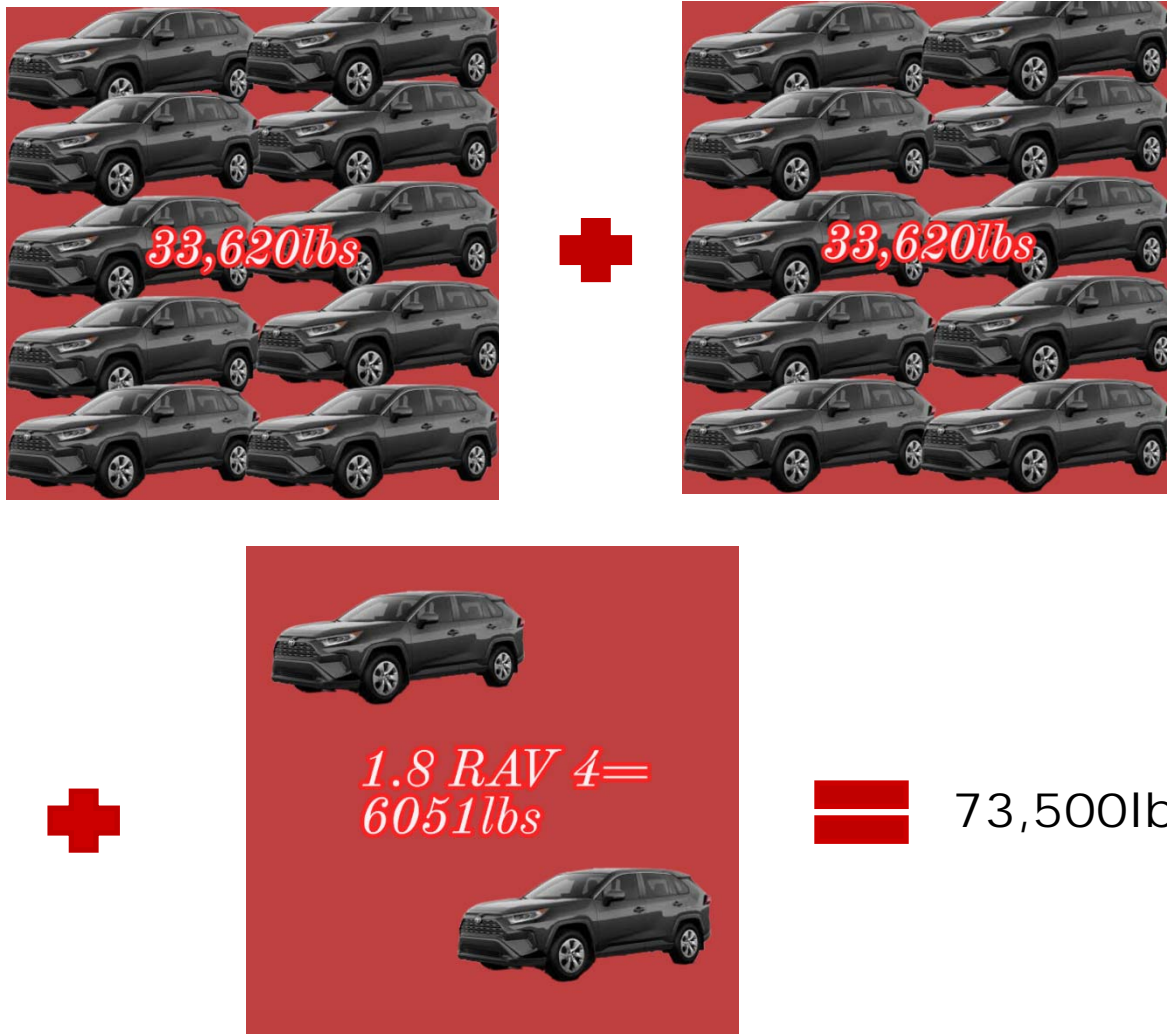
Now, that's pretty cool. That's something to reflect on and celebrate about.

I can see why the Public Health Agency of Canada wanted to invest in Shape Your Life/Brock and MJKO!

SECOND HARVEST EXPANDS SUPPORT TO ALLOW FOR EMERGENCY FOOD PROGRAM TO CONTINUE.

It's been our great pleasure to expand our MJKO food program to the South Parkdale community in their time of need. With the help of individual donors, volunteers and Second Harvest we distributed 73,500 lbs of food in 2021. This has a cash value of \$224,190. Second Harvest also provided us with a \$10,000 grant to support the program.

How much is 73,500lbs anyway? 21.8 Toyota RAV4's



73,500LBS OF FOOD SECURITY

PROJECT MENTOR FUNDED BY KIWANIS

Although 2021 was year two of the lockdown, we were finally able to re-open for in person classes in mid-August. We were fortunate enough to receive some funding from the Kiwanis Clubs of Canada for a mentorship program called Project Mentor.

We were very pleased with the number of eager youths applying for the mentee/assistant coach positions working with Chartered Professional Coach, Ibrahim Kamal. We had some very formidable youths apply to improve their confidence and skills.

The mentoring position had youth collaborating with MJKO Co-Founder, Ibrahim Kamal to provide support and a basic understanding of how non-contract boxing classes are structured, in order to meet the participants' fitness levels, goals and experience.

Ibrahim supplemented his mentoring by sharing his experiences in training and boxing internationally as an eight-year veteran on the Canadian National Team. Ibrahim shared what he had learned, with his youth coaches, in the fields of strength training, conditioning, and rest. He also taught his mentees the various energy systems, the importance of nutrition, diet, and much more. The end goal of the mentorship was for the mentee to be employable in the sports/fitness/recreation sector.



MEET KEIRA

Ibrahim's first mentee was Keira Holland. Many at MJKO have never met Keira personally because of the COVID lockdown rules. She was hired after taking our virtual Toronto District School Board's lunchtime classes which were offered on Tuesdays throughout the school year from 2020 into 2021.

Keira was in her final year of high school, on her way to university and a competitive athlete. She already had a background in sport and understood the breakdown of a class structure.

Her mentorship was to help build Keira's confidence and teach her about boxing as a tool for good mental and physical health.

She is a fast learner, and her online workout plans were creative and engaging for our students stuck at home due to the lockdown.



"Thank you so much for all of your cumulative advice and guidance. I really appreciate everything you, Miranda, and the whole MJKO family have done for me, blessing me with many opportunities. I am forever grateful." Keira

MEET BILQIS

When MJKO reopened for in person classes, Bilqis was selected for the mentorship experience with Coach Ibrahim. She has documented below her journey from athlete to coach with MJKO in her own words.

“My name is Bilqis Fazel. I was born in Kabul, Afghanistan and immigrated to Canada when I was four years old. As a young child, my parents instilled many feminist ideologies within me and taught me the value of hard work, kindness, and giving back to the community. Because I was growing up in an underprivileged neighbourhood, South Parkdale, my parents reinforced the significance of education every day of my life.

They wanted me to learn about everything and always give one hundred percent effort in everything I did. When I was 11 years old, MJKO Boxing began its Queen Victoria Public School program. My parents encouraged me to join, so that is when I began my journey with the MJKO boxing family, a journey that would change the course of my life forever.

I officially joined MJKO boxing, and I honestly did not work very hard in fear of the other male members viewing me as a 'try hard' (the worst insult a sixth-grader could be called)”



It was not until a few weeks after that I joined the boxing gym owner, Miranda Kamal, who also trains competitive athletes. Her presence was demanding, a no-nonsense type of person. However, despite my love for sports and competitive nature, I was still sluggish in my technique (in boxing and other sports I would take part in) and lacked stamina.

Finally, Miranda taught me the proper method of throwing a punch, and when I hit the pads, an addicting noise came from it. I had to punch for 45 seconds straight, my arms were burning, and sweat was building up on my forehead, but Miranda's yelling at me to keep going! Her support and yelling helped me to continue. After the round, there was this feeling of pure light inside my body; I believed it came through my hard work (even though it was probably the aftermath of an adrenaline rush). **I realized at that moment; if I wanted to feel that sense of reward again, I had to work harder for the things I wanted.**

What many people don't know is outside of the gym, I have anxiety. I never struggled with it when I consistently was going to boxing, specifically to MJKO. The environment at MJKO is made, so everyone feels accepted, a place where you learn new skills and make lifelong friends as well. So, every Monday, Wednesday, and Friday class, I looked forward to catching a break from school and a hectic home life. Boxing became my safe space for a very long time, up until the pandemic hit.



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November of 2021, now 16 years old, I was offered a job at MJKO boxing. I was granted the opportunity to work with kids who were once in my shoes, as well as to continue to grow and learn a new dimension of boxing, the coaching aspect. In a little over a month, I was taught so many new skills. Coming to MJKO consistently again allowed me to overcome my anxieties. I once again had my safe space back.

But the pandemic also made me a tad bit lazy! Thankfully working at boxing reminded me of the value my parents had taught me so long ago; that hard work is important! I can't just carelessly do my job, and not put any effort - specifically the cleaning aspect. It was important to keep things sanitized, especially during the pandemic.

To conclude, MJKO has taught me so many valuable life skills. I have many thousands of beautiful memories within the gym. I have gone on so many significant trips and made lifelong friendships. Boxing gave me a sense of confidence, an identity, and new values I will carry with me for the rest of my life."

Written by Bilqis Fazel

Edited by Miranda Kamal



"Coach Ibrahim was my official mentor but Anna, Miranda, Lionheart and all the kids make my job great."

THANK YOU KIWANIS

CANADA SUMMER JOBS GRANT

Summer 2021, with the support of the Canada Summer Jobs grant, we were able to hire five youths: Mychaela, Mychaelynn, Danny, Jimmy and Anna to help deliver MJKO programming to youth online during the closure of in person classes and to support our Saturday Emergency Food Program during the pandemic.



Twins, Mychaela and Mychaelynn Tran were hired as part-time youth boxing and social coaches for online programs over the summer. Jimmy Zhang was hired as a full-time Boxing Coach to help run the daily boxing programs.

Danny Vo was hired as a Grocery Clerk for the Emergency Food Program working on Saturdays helping us with packaging and delivering food packages to families in South Parkdale. Danny was also in charge of our weekly cooking show on Sundays, recruiting youth to do a cooking video, highlighting the cooking process, preparing of the ingredients and the clean up.

Anna Zhang was hired as a part-time Client Relations Manager working behind the scenes supporting the whole organization. She handled administrative tasks, social media, volunteer management of the food program and youth assistant coaches.



MJKO REOPENS WITH THE HELP OF BARB & PETER HALSALL

For the past few years, the Halsalls have been two of our biggest fans. They are philanthropists from Toronto, who have a strong passion for youth development.

Their financial support in 2021 was priceless. MJKO has always provided all the equipment needed to safely take part in our free programs. COVID hit and due to health and safety protocols, we needed to move away from the shared equipment model to each participant having their own individual equipment. To make this happen we needed \$10,000. This was a cost that the Halsalls were more than happy to help with. With their funding, we created 100 free gear bags for our Champions in Training. To do this we wholesaled 100 pairs of gloves, backpacks, skipping ropes, handwraps, hand sanitizers and water bottles which us allowed us to reopen.



BUT THAT'S NOT ALL.

In total, Barb and Peter donated \$30,000 in 2021. The additional funds went towards paying our internet for the whole year (\$1,000) providing \$7,000 towards our paid leadership opportunities for MJKO youth and lastly, \$12,000 towards our fearless leader's salary.

In working with these two amazing humans, we have learned that they are passionate about supporting the next generation of good humans. They want all the people touched by their funding to grow and become inspired to "cause good" in their own way, in their own communities. They have coined the phrase "cause good" which reminds us all that creating change can happen at all levels. You do not need to be a philanthropist in order to make a difference in the world.



MERIDIAN CREDIT UNION'S, THE GOOD NEIGHBOURHOOD PROGRAM HELPED MJKO OPERATE SAFELY



Meridian's Good Neighbour Program is a local sponsorship program designed to support grassroots community organizations. Through this program, MJKO received funding in 2021 to buy two additional heavy bags allowing us to safely serve more kids during the COVID social distancing restrictions. We are beyond grateful for their support.

TORONTO POLICE SERVICES, 14 DIVISION, SPECIAL CONSTABLES CAME THROUGH WHEN SKIN CANCER WAS KEEPING COACH MIRANDA ON THE BENCH.

MJKO has now been partnered with TPS 14 Division for over a decade. We have built so many beautiful and long-term relationships with Toronto's finest. This year we might not have made it through without the Special Constables volunteering on their days off to help support MJKO's afterschool programs.

In the summer of 2021, Miranda was diagnosed with basal cell carcinoma. According to the Skin Cancer Foundation this type of cancer is the most common form of skin cancer and the most frequently occurring. It's also the most curable cancer.

Although this form of cancer is treatable and curable, there were decisions that had to be made. Rather than surgery Coach Miranda chose to try a 6-week topical chemo cream therapy. A side effects of this treatment are that it can cause the patient to become unwell. Just two weeks into treatment, Miranda got very sick. She had flu like symptoms that prevented her from coming to work. It was here that the Special Constables really stepped up and agreed to help. Andrea, Matt and Kenny all committed to spending their Thursdays off at MJKO to help run the little kids' class so that Miranda could get healthily. We at MJKO are beyond grateful for their kindness and their steadfast efforts to support the South Parkdale community.



14 DIVISION SPECIAL CONSTABLES VOLUNTEERING ON DAYS OFF

"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



LIONHEART KILLS HIS FIRST 5KM RUNNING RACE WITH A SUB 20 TIME.

MJKO's very own Damon Fabrizi joined Special Olympics to pursue a new love: running. Unfortunately, due to all the lockdowns and lack of volunteer coaches, he didn't get a chance to start competing with his team which is something he really wanted to try. In order to make that dream come true, Coach Miranda decided to sign him up for his first running race.

Doing anything new for the first time can be super stressful. Doing new things when you have autism can add a whole new level of stress. We are proud to report that Lionheart did not let that stress or fear prevent him from achieving his goal. He CRUSHED his first race at the Constantine Yorkville Run in fall 2021. Shout out to his mom, Wendy for helping him find the registration desk and making sure he found the starting line.

Congrats Lionheart. Can't wait until the next one!



Gender Place	Division	Age Place	Overall Pace
13	M20 - 29	6	03:55

ORANGE SHIRT DAY – ART CONTEST

Orange Shirt Day is an Indigenous-led grassroots commemorative day that honours the individuals who survived the residential schools, remembering those who did not survive while focusing on the process of reconciliation. It is a day to recognize the on-going trauma caused to indigenous families and learn how we can avoid repeating the mistakes of the past.

To honour our indigenous family members, we decided to run an art contest. Athletes were given the opportunity to draw a picture of what Orange Shirt Day meant to them. We had quite a few entries from across Canada. We had our very own celebrity judges. The winning design was based on the following selection criteria: inherit meaning, ability to follow directions, uniqueness/creativity, and overall lasting impression.

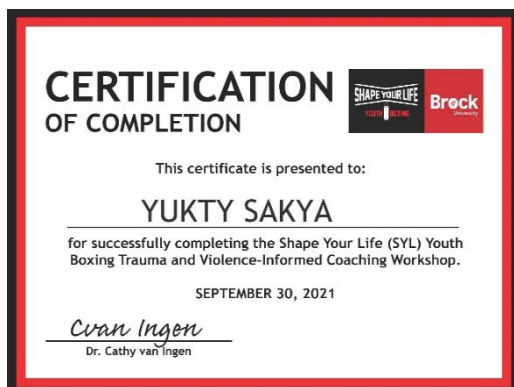
The winner was Mychaelynn Tran from Toronto. Thanks to Laura Tipple, the owner of The Right Way Company, 100 shirts with MT's beautiful design were given to MJKO family members to wear on Sept. 30 in support of Truth and Reconciliation.



NATIONAL TRUTH & RECONCILIATION DAY AT MJKO



On the first National Day of Truth and Reconciliation in Canada, MJKO Coaches and Volunteers learned about trauma informed coaching from Dr. Cathy van Ingen, a Professor from Brock University. Dr. van Ingen is an expert in this field and the co-founder of Toronto based non-contact boxing program: Shape Your Life. She and her co-founder created a trauma and violence informed intervention that uses non-contact boxing as a tool to support youth 13-18 who have experienced family violence.



Dr. van Ingen shared the importance of creating safe spaces and using trauma informed language. We are pleased to have Shape Your Life and its trauma and violence informed intervention strategies join with the MJKO family in sharing our desire to use boxing as a tool to help ourselves and others heal.

Many of the people drawn to boxing have been exposed to or lived through some type of trauma. Often, they are just trying to find their baseline of safety again, after years of hurt and frustration. Learning about different methods and strategies that we can implement at MJKO to make sure our youth feel comfortable and in control of their bodies was powerful. Thank you Dr. van Ingen for volunteering your time to support our leadership team.



COACH MIRANDA HIRED FOR A BOXING CANADA NEXTGEN EVALUATION CAMP IN MONTREAL

It is so great to see Boxing Ontario and Boxing Canada investing in our younger athletes. As the only female coach on the coaching staff of ten, it was a huge honor for me to work with Canada's next generation of athletes and coaches from across Canada.

This was an exciting and scary ten days for me. I have applied for many coaching jobs within Boxing Ontario and Boxing Canada without success. I was shocked when I got word that I had been selected as a part of the coaching staff. I am grateful to both Boxing Ontario and Boxing Canada for giving me a chance to do what I love at the highest level in Canada. It's amazing to be a part of a changing system that embraces female coaches and levels the playing field.

Some amazing coaches, like Coach Rick Cadilha from Waterloo Regional Boxing Club, have been embracing and supporting great athletes and coaches for 30+ years. If it wasn't for his encouraging me not to give up on my coaching passion and to keep applying for jobs this opportunity would not have happened. He took me under his wing during my first official National coaching role and I couldn't think of a better human to have by my side during this experience.



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Next comes the kind, talented and compassionate athletes attending the camp. WOW! Our sport has raised some amazing people from coast to coast. Coach Rick and I traveled with five Ontario youth athletes: Owen, Miguel, Daniel, Liam and Umar. These young athletes were a complete pleasure to work with. They want to be the best both in and outside the ring. Their passion for personal excellence is refreshing. It wasn't an easy camp for these boys: they had technical testing, tactical testing, speed, strength and endurance testing. For some, it was their first time away from home without mom, dad or their guardians. They wanted to impress not just Coach Rick and myself but all the coaches and athletes across Canada.



ATHLETIC TESTING

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For me it's always about the athletes. I want to know how I can best assist them in reaching their goals. I want to be the best coach possible. When seeking feedback from my Ontario boys I asked one athlete his thoughts on working with a female coach for the first time. He shared:

"It's been cool. I have never worked with a female coach before. I have never had a coach be so nice to me before."

This really made me chuckle.

I didn't just get a chance to coach Team Ontario athletes but athletes from across Canada. After the camp ended, I was reflecting on my experience when a DM dropped into my Instagram account that really made my heart sing:

"I just wanted to say thank you for all the coaching, you are one of the best coaches I have ever met. Your energy is so positive and contagious, and I really enjoyed meeting you. You are a huge part of my performance at the camp."



All the job posting declines, tears and professional development courses are for these moments. Unsolicited thanks from an athlete you just met. In these moments I am reminded, that no matter how hard it is or how afraid I am to fail – it's worth it.



TEAM CANADA

COACH JIMMY ZHANG RESIGNS

Coach Jimmy's last day at MJKO was Friday, November 26th, 2021. He has been apart of the MJKO family for almost a decade. It's hard to think about coming into the MJKO Champion Centre and not having JZ there to greet us. He started as an athlete, then became a volunteer before moving on to a part-time paid coach and then in the end a full-time paid boxing Coach.

For us at MJKO Jimmy is our legacy. He has come full circle becoming a champion in and outside the ring. He leaves behind a legacy of kindness, hard work and athleticism. He will be missed greatly by all the staff, volunteers and youth. We couldn't let him leave without letting him know how much we care.

"I really appreciate Jimmy's presence, all these times when I first joined, I saw Jimmy and I knew that we would be partners. He may not have known that, but in my heart, I believed we really were partners. Ever since we were fighting, not really fighting, but emotionally fighting. He was really heartfelt, and I really appreciate Jimmy. I hope you have a great time wherever you are, I may not see you again but all those days ahead, I believe that you will be a strong man. I hope you make it" -Tristan Oliverrie

Even though Jimmy no longer works at MJKO, he has continued to come back in a volunteer capacity. The youth and staff are always happy to see Jimmy. One student shared "It feels like Jimmy never even left!"



THANK YOU JIMMY ZHANG!

HOLIDAY MADE SPECIAL WITH HELP OF THE KIDS UP FRONT FOUNDATION, BEST BUY & SECOND HARVEST

The holidays are stressful. We all want to do all we can to make our family members feel valued and appreciated. With funding tight at MJKO, we had no budget for anything extra during Christmas 2021. That's when Community Champions stepped up!

A past mom, Shaara Sataskar from the MJKO family did a fundraiser at her work, Best Buy, located at Bay and Dundas. We had a commitment from Second Harvest for 40 turkeys but nothing to go with it. Shaara with the help of the Best Buy at Keele & St. Clair raised enough money to have all the dinner fixings given to each family. The kindness does not stop there. They also donated \$800 in cash.

At the same time, the amazing Executive Director, Lindsay Oughtred from the Kids Up Front Foundation reached out with some goods new from their "Handle With Care" program. She had secured \$75 gift cards to the movies to go along with the turkey packages. WOW, right! Throughout the 2021 year, Lindsay and her team have donated hundreds of masks, TFC branded scarfs, fidget spinners, coloring books and crayons.

We are beyond grateful for the help from all three (Second Harvest, Best Buy and Kids Up Front) groups.



ROSENSWIG MCRAE THORPE LLP EMPLOYEES DIG DEEP AND DONATE WHEN WE NEED IT MOST

Each year, Sylvia Wong, makes her rounds from cubical to cubical, promoting our good work as a registered charity. She makes a personal plea for employees to dig deep and donate to MJKO. She has made it her personal mission to beat her previous years' donation amount.

This year was her best year yet, \$7,400. The figure is remarkable because many of the employees at RMT are young and just starting out as accountants with no attachment to MJKO.

We are so thankful to have Sylvia in our corner.



GRATEFUL FOR IN-KIND DONATIONS



THE PERIOD PURSE

In 2021, the wonderful team of volunteers at the Period Purse made periods easier for our girls. Donating various products totaling: \$2,095.30.



THE COLLECTIVE SPACES

The amazing Anna Lisa Elefano and Tasos from The Collective Spaces made a very generous donation of a brand new filing cabinet. This beautiful cabinet saved us approximately \$500. We can't forget to thank Aneil Gokhale from the Toronto Foundation for connecting MJKO to these amazing humans.



HOME DEPOT FOUNDATION

Home Depot came through in late 2021 with a donation of 2,000 face masks to help us with the reopening of the MJKO Champion Centre. This was a great Christmas gift for the team.

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The Graham Burton Foundation

The Malcom Family

Budd Sugarman Foundation

Meridian Credit Union (Shaw & King)

Best Buy

Gerry Egan Children's Charity

Kiwanis Foundation

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Rosenswig McRae and Thorpe LLP

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THANKFUL

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INDIVIDUAL DONORS

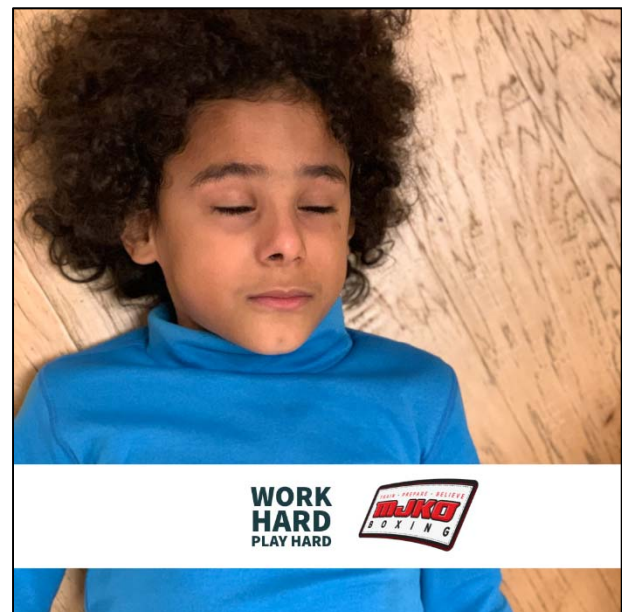
GIVING

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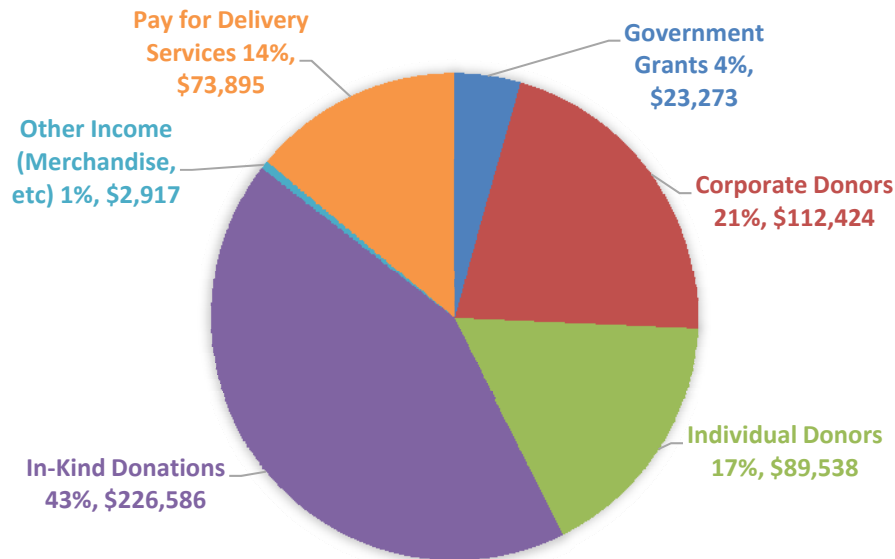
Yin (Rita) Zhang

Yukty Sayka

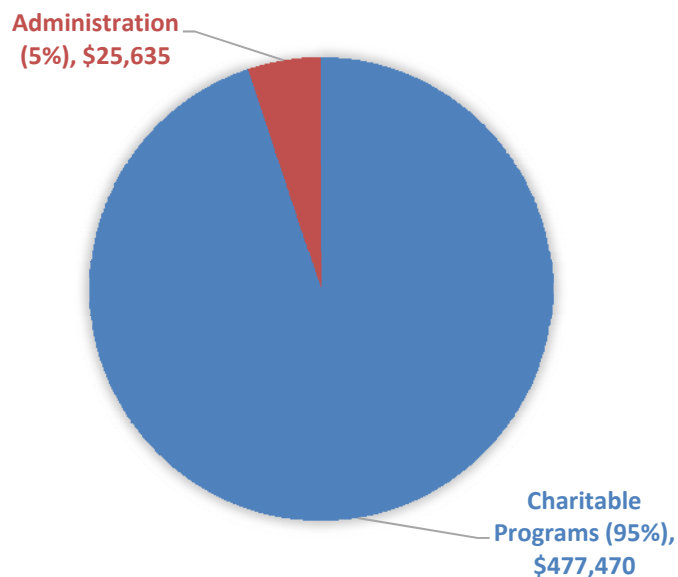
Zara Chang



REVENUE 2021



EXPENSES 2021



To view our full 2021 Financial Statements, use the following link:
https://mjko.ca/wp-content/uploads/2022/03/MJKO_Financial_Statements_2021.pdf

MJKO ANNUAL AWARDS WINNERS

Lina Cabral

MJKO Behind the Scenes Award

This award recognizes individuals who represent a strong, yet unseen force; who contribute solid and consistent efforts behind the scenes which have a profound positive effect on MJKO.



Yukty Sakya

MJKO Commitment to Community Award

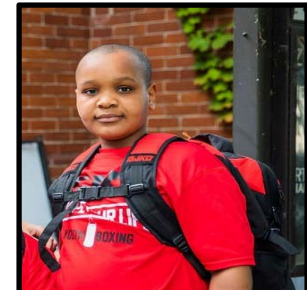
This award is given to those individuals who by their dedicated efforts, loyal service and pleasant personalities help to demonstrate MJKO Community Champion values to youth and other community members alike.



Tristan Oliverrie

MJKO Akeem Francis Inspire Others Award

This award recognizes individuals who through their commitment and personal adherence to excellence inspires others to reach their goals.



Kuthula Mzungwana

MJKO Volunteer of the Year

Presented to individuals who have steadfastly provided exceptional support through their time, skills and fundraising activities.



AND THE WINNER IS...

Jimmy Zhang

MJKO Most Valuable Person or Player

The Most Valuable Person Award recognizes individuals who demonstrate punctuality, dependability, setting high standards for themselves and encouraging others to do likewise. You attempt to be proactive. You're positive and accepting of others.



Andrea Persichetti

MJKO Special Constable of the Year Award

This award recognizes individuals who go above and beyond their call of duty, helping young people grow through positive mentoring, friendship, encouragement, and laughter. One who acknowledges life can be tough but through work, sound guidance and disciplined determination life can be rich and rewarding.



Anonymous

MJKO Biggest Individual Donor Award

This award recognizes our largest individual financial donor for 2021. MJKO is always searching for ways to finance our free programs to help youth become Community Champions.



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MJKO's LEADERSHIP TEAM

Board Chair

Brian Jollymore

Director

Michelle Fletcher

Treasurer

Sisi Cao

Community Relations Director

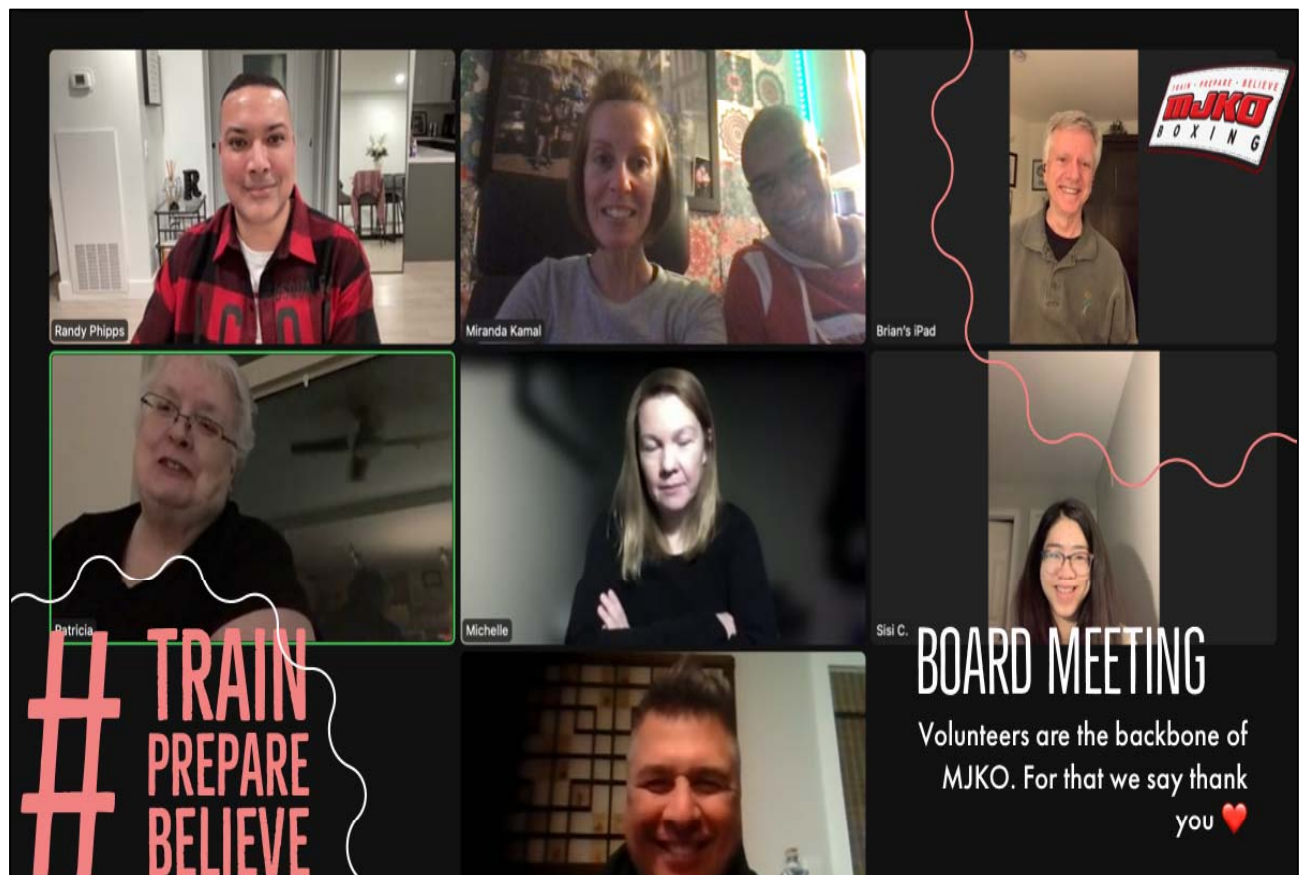
P.C. Mark Borsboom

2014 Toronto Police Officer of the Year

Public Relations/Secretary

Randy Phipps

2014 Volunteer Toronto Legacy Award Winner



BOARD OF DIRECTORS

MENTORING JUNIORS KIDS ORGANIZATION

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Mentoring Juniors Kids Organization

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