



ANNUAL REPORT 2022

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A MESSAGE FROM MIRANDA

The year 2022 has come to a close, and we have all learned to be resilient in the face of the pandemic and step out of our comfort zones. It's easy to lose sight of what truly matters when we focus solely on society's definition of success. In today's world, finding and maintaining happiness can be a real challenge, especially given the declining state of mental health in Canada. As The Alchemist says, "where your treasure is, there will also be your heart."

At MJKO, we believe that everyone has unique gifts to share with the world. Our philosophy centers on finding what we love, following our hearts, and helping others, regardless of the level at which we share our gifts. What's important is staying true to ourselves and our destinies. We aim to instill these values in our Champions-in-Training through our daily programs in South Parkdale.

We'd like to express our heartfelt gratitude to our partners, families, supporters, volunteers, and donors for believing in our mission and continuing to place their trust in us.

Lots of love,

Coach Miranda



MISSION

MJKO is a youth charity with our center of operations in South Parkdale, Toronto. We use 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 two streams: non-contact (recreational), and contact boxing (competitive), 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.

Building Community Champions

★ TRAIN PREPARE BELIEVE ★

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OUR HIERARCHY OF NEEDS UNPACKED

At MJKO, we prioritize our participants' well-being by following a Hierarchy of Needs sequence with five key components: physiological needs, safety, love and belonging, self-esteem and confidence, and self-actualization.

Physiological needs are the most basic and essential, and we take care to ensure they are met. Our participants receive healthy food and a safe space free of charge. Thanks to our partnership with Second Harvest, we've been able to provide over \$683,000 worth of nutritious food to our community since 2016. Additionally, we've made our programs accessible to participants of all abilities by creating accessible flooring with funds from the "Enabling Accessibility Fund". We've also partnered with The Period Purse to provide free menstrual products to all our participants.

Safety is another top priority at MJKO. We provide trauma-informed training and regular onsite mentorship for our staff and volunteers to ensure that all participants feel safe and supported. Thanks to a grant of \$10,000 from Kiwanis Clubs of Canada, we were able to offer paid youth mentorships within walking distance of our program site.

MJKO's Head Coaches hold the highest level of coaching education in Canada, the Advanced Coaching Diploma. Both the Kamals are Professional Chartered Coaches with Coaches Canada, and the club (MJKO) is a champion of the Responsible Coaching Movement.



= KNOWLEDGE + EXPERIENCE + ETHICS



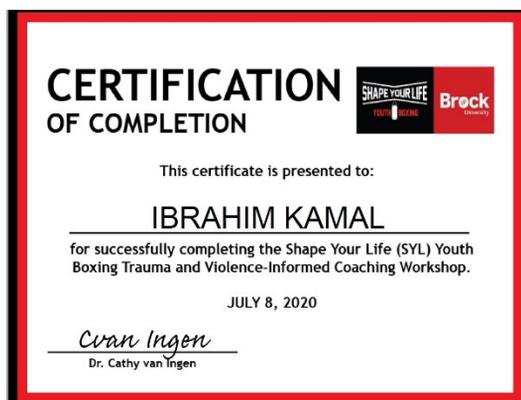
TRUE SPORT LIVES HERE

To make MJKO safe and fun as possible, we follow "True Sport's" seven guiding principles:

1. Go For It
2. Play Fair
3. Respect Others
4. Keep It Fun
5. Stay Healthy
6. Include Everyone
7. Give Back

MJKO works with schools, local mental health experts and community groups to ensure that our participants can access an extension of the safe school community when they are not in school. Our partnership with the Toronto Police, which spans over a decade, provides officers with a positive way to engage in the Community as teammates with our MJKO students. These interactions create lasting, long-term relationships with police officers who are now seen as "family members" rather than people to be feared.

The Public Health Agency of Canada provided funding to support the education and training of our staff and volunteers on supporting survivors of family violence. "The data tells us that many people come to sports to heal." This additional training and hands-on program delivery to children and youth in the foster care system provides one more level of safety at MJKO.



LOVE AND BELONGING

At MJKO, we strive to foster an environment of love and belonging. Our approach involves structured training by setting clear expectations for participants, incorporating feedback from participants which enables us to embrace diverse lived experiences and differences. This creates a culture of inclusion, love, health, and success for all. This philosophy is at the core of all our programs. As a community-based organization, we endeavor to support the voices of those facing systemic barriers like racism, food and housing insecurity and discrimination.



Having a sense of safety and access to resources for enhancing our physical and mental well-being can boost our self-esteem and confidence, equipping young individuals with the skills and knowledge to overcome obstacles. A positive and confident mindset can instill hope and optimism in us.

SELF-ACTUALIZATION OR COMMUNITY CHAMPS

Our main objective is to support individuals in achieving self-actualization by empowering them with the necessary skills to pursue their goals and become positive community members. Since starting MJKO in 2010, we have supported over 13,000 young people. Twenty-three marginalized youths and countless volunteers became certified boxing coaches through the National Coaching Certification Program, and twenty-two youths received First Aid and CPR certification.

Additionally, since 2017, MJKO has provided summer jobs to local youth facing employment barriers through the Youth Employment and Skills Strategy funding from the federal government. These jobs included assisting at our free eight-week summer day camp for children in South Parkdale.



THE EVIDENCE

Participants in MJKO have provided evidence gathered through multiple focus groups and interviews, highlighting two crucial factors that help keep students engaged in our programs.

Firstly, the inclusive and supportive environment of the MJKO space, which includes free equipment use, snacks, and access to experienced certified coaches.

Secondly, the MJKO volunteers and paid staff offer consistent support to all participants and inspire youth to give back as volunteers being "Community Champions" in the community.



FROM STUDENT TO TO PAID EMPLOYEE

My name is Bilqis Fazel. I was born in Kabul, Afghanistan and immigrated to Canada when I was four. 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. They wanted me to learn about everything and to 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 I began my journey with the MJKO boxing family, a journey that would change 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 started training with 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 participate in) and needed more stamina.

“BOXING BECAME MY SAFE SPACE FOR A LONG TIME”

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' kept yelling at me to keep going! Her support and yelling helped me to continue. After the round, this feeling of pure light was inside my body; I believed it came through my hard work (even though it was probably the aftermath of an adrenaline rush). I realized then that if I wanted to feel that sense of reward again, I had to work harder for the things I wanted.

Many people don't know that I have anxiety outside of the gym. I always worked on it when I consistently went 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. So, I looked forward to catching a break from school and a hectic home life every Monday, Wednesday, and Friday class.

Boxing became my safe space for a long time until the pandemic hit. When the world was forced to shut down, and we went into lockdown, I, like many people, began developing overthinking tendencies. My overthinking would stop me from placing healthy boundaries in friendships. It stopped me from speaking up during online classes and prevented me from connecting with my family. I was feeling socially isolated.

And if that wasn't enough, many families, including mine, were financially impacted by the pandemic. Thankfully, in partnership with Second Harvest, the Emergency Food program at MJKO began at boxing in June 2020. Most Saturdays, I would volunteer from 10 am to 4 pm alongside my coaches and friends I once boxed alongside. I enjoyed making deliveries to isolated seniors.



“I GOT MY SAFE SPACE BACK”

Even though it was volunteer work, it was fun! I was connecting again in my community and having fun, something these lockdowns robbed us of.

I started working at MJKO in 2021; when I was 16 years old, I was offered a job as a youth boxing Coach. I was granted the opportunity to work with kids who were once in my shoes and continue to grow and learn a new dimension of boxing, the coaching aspect. I was taught so many new skills in a little over a month. Coach Ibrahim was my official mentor but Anna, Miranda, Lionheart and all the kids helped make my job great.



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 in any effort - specifically the cleaning aspect. It was important to keep things sanitized, especially during the pandemic.

Fast forward to the fall of 2022, I am now the Head Coach of the MJKO girl's only program, "Let's Sweat," which focuses on using boxing as a tool for good physical and mental health. I have grown so connected to my students. I absolutely adore watching their eagerness to learn, competitiveness, and adoration for boxing grow.

REOPENING POST-PANDEMIC

In 2022, we experienced a shift in how we deliver programming due to the pandemic. Initially, we had reduced class sizes, implemented physical distancing, and increased cleaning protocols. However, as time passed, we returned to full capacity.

To ensure our staff and students' safety, we collaborated with Lionheart CPR to provide CPR recertification for our experienced staff and basic first aid and CPR training for new volunteers and youth.

As recreational and competitive programs resumed, our dedicated volunteers stepped up to assist due to staff shortages.

Long-time MJKO family member, Jimmy Zhang, was hired by the Toronto Police Services and started his training at the Ontario Police College. Anna Zhang, our second in command, was in higher demand as a supply teacher at the Toronto District School Board.

Losing these two unique humans hurt. They have both contributed so much to the success of MJKO.

But isn't this success?

Is this not, our mission?

Their success is what MJKO is all about.

They are living and breathing MJKO Community Champions.



COMING FULL CIRCLE

Anna and Jimmy are living proof that our programs are working. They have come full circle, from participant to part-time, to full-time staff members. And now they shared our MJKO values with two of Toronto's most giant machines - Toronto Police Services and TDSB (Toronto District School Board).



But what makes me proud is that they have not forgotten about us. Jimmy is now a Police Constable who, on his days off, can be found coaching and mentoring the kids at MJKO. Anna volunteers when she can, making regular visits to the Champion Centre.

These are just two of the many Community Champions that we call family.

KIWANIS CLUB OF TORONTO/FOUNDATION

With the help of a \$10,000 grant from the Kiwanis Club of Toronto, MJKO hired ten youths from the BIPOC (*Black, Indigenous and People of Colour*) community for paid mentorship opportunities. These incredible young people help manage MJKO's social media presence, support the gym's running, and safely transport younger participants to and from class.

This was a win-win for all involved. These driven youth gained new skills and were paid for their efforts. MJKO benefited from the hands-on support and the views and ideas that these wonderful young people had to share.

My Turn to Coach was such a popular program we have applied for funding again this year. Thank You, Kiwanis, for your five years of continuous support of MJKO. We love you all.



OUR FRIENDS IN BLUE, THE TORONTO POLICE SERVICE

MJKO has been partnering with TPS 14 Division for 13 years. We are thankful to have worked with five fantastic Superintendents and countless amazing men and women in blue who believe in community outreach and proactive policing. Together we have helped close the gap and built lasting friendships within the community.

After eight years of supporting the CPLC (Community Police Liaison Committee) as a member, Miranda Kamal was elected as the Civilian Co-Chair. She was honoured and excited to join the new executive, including Superintendent Domenic Sinopoli Co-Chair, Treasurer Sarah Miller and Secretary Kathryn Money.



Miranda had this to say about her first year on the job,

"We had an action-packed year in the 14th Division. We had lofty goals, like supporting marginalized youth in the vulnerable Alexandra Park, South Parkdale & Kensington neighbourhoods.

TORONTO POLICE COMMUNITY LIAISON CREATING CHANGE

We collectively saw the need to try and reduce traffic-related deaths and injuries at a grassroots level within the 14th Division. Supporting the City of Toronto's Vision Zero plan in 2022 only made sense. Our last goal for the year was to support Respite Centres and people experiencing housing insecurity. We care about our citizens struggling with housing insecurities and want to find ways to help.

As Helen Keller once said, "Alone, we can do so little; together, we can do so much. "On behalf of the CPLC team, I am proud to share that we made some headway in all three categories. We worked as a community to create positive change in our small part of Toronto."



HEROS IN LIFE

We were broken on September 12, 2022, when it was reported that Andrew Hong (48), a 22-year-old veteran of the Toronto Police Force, was murdered in an unprovoked attack while lunching at Tim Horton's. Miranda knew Andrew from her past life as a mortgage broker with his wife, Jenny Hong. Over the years, Miranda and Ibrahim got to know Andrews's bigger-than-life smile through his work as a motorbike cop. We mourn Andrew's loss and all the officers who have lost their lives while trying to serve and protect.



When asked where she would like funds donated in memory of her hero, Andrew Hong, Jenny included Mentoring Juniors Kids Organization (MJKO) as one of her charities of choice. It has come to light that the man who murdered PC Andrew Hong did not have an easy childhood; he became ill and homeless and eventually planned to end his life and others. Jenny shared with Miranda that places like MJKO support young people suffering and help them make better choices. That's why her charities of choice included MJKO and animal charities. Andrew loved cats. He and his daughter spent hours laughing and bonding over cat memes.

ANOTHER SUCCESSFUL OPEN HOUSE

Many people need to realize that for police officers, the show must go on. They have to put their grief and mental health aside to focus on their responsibilities to the job and the public. All the officers did that just days after laying Andrew to rest. Both on-duty officers and some off-duty officers with their families in tow showed up to support the 14 Division annual Open House. They smiled, fielded questions, flipped burgers, and helped victims. If you asked them, they would say, "It is all in a day's work." Yes, there are systemic challenges within policing, but hundreds of people are out there every day trying to make the world better.



FOOD DRIVE AT LOBLAWS BATHURST & LAKESHORE

Police Constables Zanati and Van Ruyven partnered with Loblaws at Bathurst and Lakeshore to send the kids back to school with full bellies by organizing a food drive. MJKO Board Member Maya Ali, volunteer Yukty Sakya, Miranda and Ibrahim joined them as part of the team. They braved the rain and collected food items to support our Champs-in-training and the Parkdale food bank.



The year ended with Coach Miranda sharing a presentation at MJKO on the importance of collaboration with 20ish new police hirers. Our relationship with the 14 Division has grown organically over the past decade. We could not be more grateful for this ongoing relationship.



TEAM CANADA MEN'S & WOMEN'S SQUAD BROUGHT HOME 8 MEDALS FROM THE CONTINENTAL CHAMPIONSHIPS IN GUAYAQUIL, ECUADOR, WHERE COACH MIRANDA WAS AN ASSISTANT COACH

Recently, the AMBC (Americas Boxing Confederation) Continental Championships took place in Guayaquil, Ecuador, from March 22nd to April 2nd, 2022. It was a momentous occasion for Coach Miranda, who was proud to accompany Team Canada. This was the first major competition in the Americas since the outbreak of COVID-19, and it was also Miranda's first-time coaching at an international tournament with Team Canada. The team comprised twelve athletes, four coaches, one manager, and one physiotherapist.

We are thrilled to announce that Team Canada brought home two Gold and six Bronze medals, creating memories that will last a lifetime. Coach Miranda is one of the few elite-level female boxing coaches worldwide and has faced many challenges in her trailblazing journey. The Canadian government has recently mandated sports organizations to hire female coaches for all teams, not just female teams, as everyone can benefit from different perspectives and techniques.

However, despite these positive changes, not everyone in the sports system supports female coaches and leaders. We must continue to work towards a more inclusive and diverse future in sports.



PEACE, FAIR PLAY, HEALING AND STOLEN MOMENTS OF ABSOLUTE HAPPINESS

So, why did Coach Miranda sign up for such a difficult job? Simple.

The sport of boxing changed her life. “Boxing has taken me on a magical ride. It started with a way for me to heal from a sexual assault. Then, it helped me gain the confidence to put it all on the line and enter the ring as a competitive boxer. It gave me the strength and courage to face emergency room spine surgery. It led me to create my own boxing charity and a challenging and fulfilling career,” she shared.

And now, the MJKO team could not be prouder seeing our girl coach at the highest level with Team Canada on the international scene. Boxing at the amateur level represents unity, peace, fair play, healing, and stolen moments of absolute happiness. It is like a warm fire on a cold, dark night for those who love it. It lights the soul.



FAST FEET FABRIZI, FROM UNDER THE TABLE TO SUB 40 AT WATERFRONT 10KM ROAD RACE



At MJKO, our mission is to empower individuals and foster a sense of community. We strive to create a safe and inclusive environment where everyone can discover their true selves.

Reflecting on the past 12 years, one individual stands out as a shining example of our program's success: Damon "Lionheart" Fabrizi, now known as "Fast Feet" Fabrizi. Initially shy and reserved, Damon quickly found his footing at MJKO and began boxing and even gave interviews for City TV. Over time, he took on coaching and volunteer positions, eventually becoming a part-time employee.

Damon was a Camp Leader on a full-time basis over the summer. We are proud to have played a role in his growth and development, and we are thrilled to see him pursue his newfound passion for running.

Being an athlete with Asperger's on the autistic spectrum, competing in boxing was difficult for "Fast Feet" Fabrizi due to the overwhelming stimulation. However, running has proven to be a beneficial outlet for him as he can concentrate solely on running fast. Recently, he has participated in four races and impressively completed his first 10km race in less than 40 minutes, placing him in the top 4% of 4,000 runners. Our organization greatly admires Lionheart's determination and perseverance, which is why we are excited to announce that he is pursuing his dream of becoming a Toronto Fire Fighter and has applied to go back to school in 2023.

GOLD AND SILVER AT WOMEN'S WORLD CHAMPIONSHIPS IN ISTANBUL, TURKEY

As a representative of Canada, Boxing Ontario, MJKO, and the South Parkdale community, Coach Miranda felt deeply honored to coach at the World Championships. She took this responsibility seriously, and it was an unforgettable experience to witness two of our athletes receive Gold and Silver medals. With only four athletes competing against 73 nations, it's incredible that Canada came in third in the International Boxing Association event held in Istanbul, Turkey, in May 2022.

Our Canadian women, including Tammara Thibeault, Charlie Cavanagh, Scarlett Delgado, and Priyanka Dhillon, were truly inspiring and motivating. These amazing athletes demonstrated the power of resilience and grit, and they showed us all what it means to be champions.



TAMMARA THIBEAULT CROWNED WORLD CHAMPION

Tammara Thibeault, our World Champion, is a remarkable athlete who displays wisdom beyond her years. Despite being only 25 years old, she has already established herself as a seasoned veteran, having achieved impressive results at various international competitions. These include a fifth-place finish at the 2020 Olympics, a bronze medal at the 2019 Worlds, a silver medal at the 2019 Pan American Games, and a gold medal at the AMBC Continental Championship in Guayaquil, Ecuador in 2022.

Tammara's dedication to refining her skills paid off when she peaked in Istanbul, where she fought four intense bouts to earn a well-deserved gold medal. Starting her boxing journey with her dad in Regina, who played for the Saskatchewan Roughriders, Tammara was inspired by his remarkable speed and considered him a superhero.

To win the coveted gold medal for Canada, Tammara faced tough opponents such as Naomi Graham from the USA, Caitlin Parker from Australia, Rady Gramane from Mozambique, and Athena Bylon from Panama. Her victory was a dream come true for this young boxer. Despite balancing her university studies and elite boxing training, Tammara makes it look effortless.



CHARLIE CAVANAGH NUMBER 2 IN THE WORLD AT 66KG

It's inspiring to see how one's background doesn't have to dictate their success. Charlie, hailing from the East Coast, proved this by achieving her dreams through hard work and perseverance. She's no stranger to the competitive world, having fought her way to the top and becoming a Youth World Champion in 2018. With the pandemic disrupting her career, Charlie refused to let it dampen her spirit. Instead, she focused on the aspects she could control, such as endurance, strength, speed, and mental preparedness. Amidst studying for university and creating viral TikTok videos, Charlie continued to train hard and dream of her next opportunity. And that opportunity came when she earned a bronze medal at the AMBC Continental Championship in Guayaquil, Ecuador, securing her spot on Team Canada for the Women's World Championship. Throughout the tournament, Charlie gave her all, showcasing her skills and determination.

Charlie proved to be a valuable member of Team Canada during the tournament in Istanbul, having fought the most matches for the team, totaling five in just nine days. This is an impressive feat for any elite athlete, and Charlie's dedication and commitment to her craft were evident throughout our time in Turkey. Despite the toll it took on her physically, with bloody knuckles, sore thumbs, and a few black eyes, Charlie fought with all her heart and left everything she had inside the Olympic-sized boxing ring. Every time her name appeared on the big screen, she brought an unwavering passion to the fight, and we couldn't be prouder of her.



SCARLETT DELGAGO NUMBER ONE IN THE AMERICAS

Scarlett Delgado represents the power of belief in oneself, as seen in the American children's story, *The Little Engine That Could*. She competes in the 54KG weight class, which is new to the 2024 Olympic Games. Despite facing skepticism from many in the boxing world, Scarlett persevered with hard work, optimism, and determination. Her goal of winning Gold at her first international competition seemed unrealistic to many, but she proved them wrong.

In 2022, Scarlett began her international journey at the AMBC Continental Championship in Guayaquil, Ecuador, which was a special opportunity for her as her father was born there. Representing Canada at the tournament was a great honor, and Scarlett not only represented her country but went on to win gold. It wasn't an easy feat as she had to beat an Ecuadorian fighter in their home country, but Scarlett proved she was up to the challenge and emerged victorious. She continued to fight and ultimately defeated her Argentinian opponent to secure the gold medal, thus punching her ticket to the World Championships.

During the Istanbul tournament, Scarlett competed in the boxing weight class with 34 other boxers. After receiving a bye in the opening round, she progressed to the round of 32. Here, she faced off against Rachael Kavanagh from Australia and put up an impressive display, impressing her supporters with her bobbing and weaving. Scarlett's victory in this match elevated her to the round of 16, where she had to contend with a strong opponent from Kazakhstan. Despite giving it her all, Scarlett was unable to convince all the judges that she was the superior boxer and lost to Dina on a split decision. Dina went on to take home a bronze medal at the tournament.



PRIYANKA DHILLION IS THIRD 48KG IN THE AMERICAS

Priyanka Dhillon is a remarkable athlete, showcasing her exceptional abilities despite her petite 48KG frame. She made history as the first woman from Winnipeg, Manitoba to compete in the Women's World Championships on May 10th. It was her second international tournament, having previously secured a bronze medal at the AMBC Continental Championship in Guayaquil, Ecuador. This achievement granted her a spot on Team Canada and a chance to train in Germany before heading to Turkey.

Ms. Dhillon is not only a determined athlete but also a skilled technician of the sweet science. Despite her limited international experience, she fights like a pro, impressing with her performance. At the AMBC Championships, she lost to Aldana Florencia Lopez, who went on to win the gold medal and later a bronze at the Worlds.

I am impressed with Priyanka's dedication to her health and fitness. She maintains a healthy diet, takes supplements, and prioritizes getting enough rest. Her physical appearance could easily be mistaken for that of a Nike running model, but this is due to her previous career as a track star before she was forced to quit due to leg surgery. Despite the challenges of recovering from an injury, Priyanka discovered her passion for boxing and quickly fell in love with the sport. In her first bout at the World Championships, she faced off against Alua Balkibekova from Kazakhstan, a country known for producing skilled boxers. Although Alua went on to win a silver medal, Priyanka remains a true champion of sportsmanship. She is friendly with everyone, attentive to details, and always eager to learn. She is an inspiration to us all.



CANADA SUMMER JOBS

We're thrilled to report that MJKO was able to successfully host a camp in South Parkdale, thanks to a Canada Summer Jobs grant from the Federal Government amounting to \$26,313. The camp employed four BIPOC students and one student on the autistic spectrum. Our heartfelt gratitude goes out to the camp manager, Anna Zhang, and staff members Shemmar, Kuthula, Saahithi, and Damon (Lionheart), who worked tirelessly to keep our campers engaged and safe throughout the summer.

Our campers had an amazing time exploring Toronto and its communities every Thursday, thanks to our shared space with our friends from seniors bingo. We're especially grateful to Toronto Police Officers Balazs Zanati and Marc Van Ruyven for organizing a tour of the Mounted Unit, 14 Division, the Toronto Fire station, and a trip to the horse Capades. Your efforts in making our campers feel special did not go unnoticed. Thank you so much!



TPS RECRUITS FILL A FERRARI

Andrea Persichetti and Matthew Pogue, who were once volunteers at MJKO as Special Constables, were so impressed with the organization that they encouraged their recruit class to run a fundraiser for the MJKO summer camp. The successful fundraiser, called "Fill a Ferrari," was organized with the help of their friend Ali from **Auto Bath Elite**, who brought a Ferrari to the gym for the kids to enjoy and filled it with supplies. To make it even better, Ali donated \$5,000 to the cause.

The 14 Division played a crucial role in the success of the fundraiser by packing the car full of supplies, not just for the summer camp but also for back-to-school needs.

Thanks to Jeff McRae from **Rosenswig McRae Thorpe LLP**, who matched Ali's donation with another \$5,000, the 2022 summer camp was the best one yet. It's heartening to see that MJKO has a supportive community.



A GLIMPSE INTO SUMMER CAMP 2022



SAYING GOODBYE TO EVANDER

On the morning of September 19, 2022, the MJKO family mourned the loss of their beloved pet, Evander Kamal. This little Havanese dog had been with us since the beginning and had brought joy to many children's faces over his 13 years of life. The entire family deeply felt his passing.



THREE PARKDALE ATHLETES COMPETE IN THE LEGENDS OF BOXING TOURNAMENT

A MKJO team of fighters and coaches entered the Niagara Falls Convention Centre on Saturday, September 24th. The fighters, Bilqis Fazel and Shemmar Smallwood are about to start their competitive athlete journeys, and Kuthula Mzungwana is continuing his after a long hiatus. Each athlete's experience with boxing, or more specifically with MJKO, is unique but has connected them to where they are now. "It is absolutely insane how much they've grown... I've known them since they were kids, and now they're all competing. My heart is so full," Coach Miranda says as she reflects on the years that have passed.

Bilqis started out by joining MJKO after-school program in grade 6 and was encouraged to join the 'Girls Only Program' at the MJKO gym. In the program, she had experienced field trips to the theaters, a Zumba class, and endless girl talk with the utmost delicious snacks. Bilqis also found her love of boxing in those classes. She would continue to go to the regular after-school classes - which were always dominated by men. However, that didn't stop her from pursuing boxing and even becoming a coach later on when she turned 16.

Kuthula also found MJKO at Dr Rita Cox – Kina Minogok Public School's after-school program (previously known as Queen Victoria). With the support of his coaches, Miranda and Ibrahim, he quickly became a competitive athlete. Kuthula worked hard and would continue to win his first competition at the Brampton Cup by decision. After a long break due to the pandemic and school life, Kuthula would find his way back to the gym as a summer coach. Throughout the summer of 2022, he became a fantastic leader, creating many connections with the kids. Kuthula also began to train and would describe his defence as "impeccable."

Shemmar Smallwood started at a different middle school but in the same space - the after-school program in Grade 6 at Parkdale Public School. Shemmar took a few years off from MJKO but returned to work for our free summer camp in the summer of 2022 alongside Kuthula. He started taking his boxing training seriously and was preparing for the Niagara Falls tournament. Throughout the summer, Kuthula and Shemmar created an environment encouraging participants to join competitive boxing.

I CAN'T WAIT UNTIL THE NEXT ONE.

In terms of the competition, Shemmar won a war of a first bout, winning by stoppage. He had ten-plus family members in the crowd cheering him on. He went on to fight the next day, losing by stoppage to a much more experienced boxer. Shemmar said, "thank you guys for all the support over the years. It (the tournament) was fun and a good experience. I can't wait until the next one".



Najmeh Tansaz, both a coach and an athlete, is from Iran. In Iran violence against women continues to escalate with each passing day. This conflict interfered with Najmeh's ability to sleep and eat, but she still showed up bravely to support the MJKO athletes. Although it was her first time in the corner of a competitive boxing match, Najmeh was focused and aided Miranda and Ibrahim with everything they needed to ensure their athletes' safety.

What makes this "first" so unique for Najmeh is that boxing for women in Iran is banned. She was even arrested for training at a boxing club back home. Entering the ring as a female coach during this troubling time for Iranian women was iconic and a sign of solidarity for her sisters back home. When asked about her experience, Najmeh said, " I want to thank Miranda and Ibrahim once again for giving me this opportunity to grow and learn doing what I have always loved (boxing). Now I am growing with you."

THE POWER OF FRIENDSHIP



Despite their efforts, Kuthula and Bilqis did not win their fights.

Tears, hugs, and "The Power of Friendship" helped soothe the loss.

As I reflected on the performance, there was a mutual understanding that we all had to work harder in the gym to achieve success in the ring. Coach Ibrahim said, "I was very proud to see Bilqis, Shemmar, and Kuthula jump in the ring and give it all they have. At the end of the day, it's not all about the win. There was a full circle moment having them starting with us so young, gaining confidence and believing in their abilities, and they performed extremely well. We didn't lose. We learned."

In following the MJKO motto, each athlete knows they will have to "train, prepare, and believe" for their next fights to bring home the gold to South Parkdale.

THE PERIOD PURSE

Thanks to our partnership with the Period Purse, no female has to worry about what she must sacrifice to get her monthly period products. As inflation continues to rise, this basic need is causing many families undue stress. We are glad to help in the area of female health.

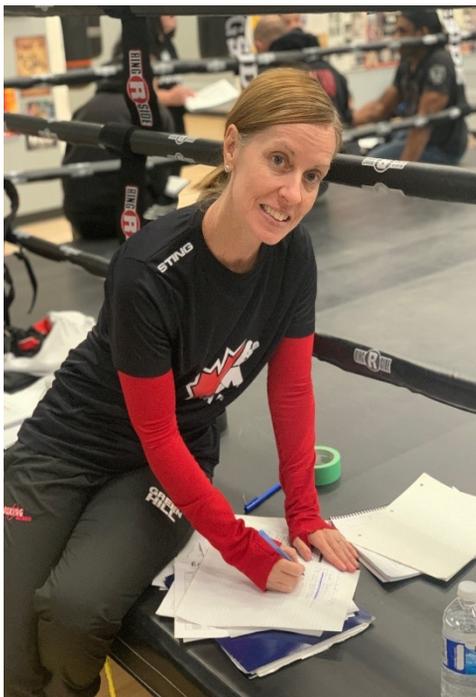
Thank you, Period Purse, for all you do to support charities like MJKO.



TEAM KAMAL HIRED AS BOXING CANADA LEARNING FACILITATORS

Miranda and Ibrahim of Team Kamal underwent Coaches Canada Learning Facilitator training in 2018. However, they were required to co-facilitate with a certified trainer to become independent teachers. Unfortunately, political reasons rendered them inactive until Boxing Ontario underwent new leadership in 2022. We are pleased to announce that Miranda and Ibrahim are now certified Coaches Canada Learning Facilitators. They impart National Coaching Certification Program (NCCP) sport-specific (Boxing Canada) training to new coaches in Ontario. They have level 1 (Instruction) and 2 (Intro to Competition) course certifications.

In 2022, they conducted seven courses, which helped over 150 new boxing coaches in the Province.



IBRAHIM HIRED AS TEAM ONTARIO COACH CALGARY CUP

Coach Ibrahim led Team Ontario to the Calgary Cup competition in May. Despite not having had any competitions in about two years, the team still performed well. However, it became clear that Covid protocols in individual provinces played a significant role in the outcomes of the matches, as we learned from speaking with coaches and officials from other provinces. For instance, while athletes in western Canada continued to compete throughout the pandemic, Ontario athletes were forced to stay at home. The tournament was dominated by British Columbia.

Ontario is usually a powerhouse in the sport, but we were humbled at this competition. We only managed to win two gold medals, both at lower levels. Liam Welsh won gold in the Jr.C 60KG category, and Owen Pacquette secured our second gold in the Youth 63.5KG category. Our Elite boxers struggled to match up with those from other provinces due to the lack of experience and competition. Nonetheless, Team Ontario has some outstanding athletes with excellent skills and potential. After the pandemic, they need more exposure to further develop their skills.



THANK YOU FOR SUPPORTING GIVING TUESDAY



At MJKO, we pride ourselves on being financially responsible by limiting our fundraising efforts to once a year. We keep our costs low by using email to raise funds instead of costly events or professional fundraising companies. We want to extend our gratitude to each person who joined our movement and donated to MJKO or another charity.

Your contributions are valued and appreciated.

Together, we were able to raise an impressive \$129,717!

These funds will support our Community Champions afterschool well-being programs, which provide safe and inclusive spaces for youth of all backgrounds. At MJKO, we use boxing as a tool to promote physical and mental health, and we are proud members of Coaches Canada Responsible Coaching Movement.

THE RED CROSS AND THE PHAC FUND LET'S SWEAT – GIRLS EMPOWERED FOR GREATNESS

This project **funded by Canadian Red Cross and the Public Health Agency of Canada** aims to provide a welcoming place to engage in community. This trauma-informed program promotes girls' mental health and well-being by using vigorous physical exercise (non-contact boxing) to cope with mental health-related challenges and facilitate faster recovery from the physical effects of COVID-19.

We have tracked our girl's mental health with a simple sticker system. We are happy to report that 96% of participants who shared their feelings felt happier after participating in boxing class than before the class. We also surveyed girls at the start of their participation and then eight weeks later using various questions.

While reviewing the surveys, we found a common stressor was school. As covid hit, many participants missed doing sports and having fun with friends. Several girls reported they lost their confidence. Common anxiety triggers within Schools come from friends, bullies and teachers, which has resulted in increased social anxiety.

The program supports improved well-being outcomes based on feedback from participants, staff, volunteers, and parents. This program will continue into 2023.



SPECIAL THANKS TO SYLVIA WONG & JEFF MCRAE FROM ROSENSWIG MCRAE THORPE LLP

RMT has supported the MJKO mission since 2014, with Sylvia Wong being an active volunteer for nearly a decade. She has generously contributed her time to mentoring youth, selling 50-50 tickets at sporting events, providing board training, and organizing an annual Christmas fundraiser to support MJKO's mission for the past eight years. In 2022, Sylvia exceeded expectations by raising an impressive \$10,372. She even recruited her son Michael to volunteer with us in the past.

Sylvia achieved her goal with the help of her team at RMT. They generously donated their hard-earned money, and the firm matched their donation. Moreover, Managing Partner Jeff McRae not only donated himself many times throughout the year but also promoted MJKO's goals to his family, friends, and clients, leading to some excellent outcomes for the MJKO community.

Individuals like Sylvia are the reason why MJKO continues to be able to support athletes like Mycheala Tran. Mycheala faced immense adversity after losing her mother at a young age and developing an eating disorder while grieving. Thanks to boxing and her sports family, she fell in love with fitness, improved her mental health, and received a \$40,000 scholarship to pursue post-secondary education at York University. We believe that one-day Mycheala will follow in Sylvia's footsteps taking the values learned at MJKO out into the world to make it a better place.



THE VOLUNTEERS

What can we say? It takes a village.

Our success at MJKO is due to the incredible support of our community volunteers who are the backbone of our charity. They work selflessly behind the scenes, helping with grant writing, report editing, donation collection, promotion, fundraising, research, and much more. Additionally, they mentor, coach, take pictures, and ensure the smooth running of our grassroots charity.

Each volunteer has a crucial role that supports our vision, and we are grateful for their dedication. As many charities face challenges in securing volunteer's post-pandemic, MJKO has never had a shortage of people offering to help.

We wish to share that one of your youth volunteers Katrina Mei won an Amazon Future Engineers grant equaling \$30,000 for her commitment to MJKO and other organizations like us.

We appreciate the unwavering commitment of those who have supported us, and we extend our heartfelt thanks for a job well done.



FOUNDATION GIVING

The Graham Burton Foundation

The Malcom Family

Kiwanis Foundation

Gerry Egan Children's Charity

Kids Up Front Foundation Toronto

Boxing Ontario

Physical & Health Education
Canada

Second Harvest

CANADA HELPS DONORS

Wendy Fabrizi

Mandy Ashton

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CORPORATE DONATIONS

Rosenswig McRae and Thorpe
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King)

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CANADIAN ONLINE GIVING FOUNDATION

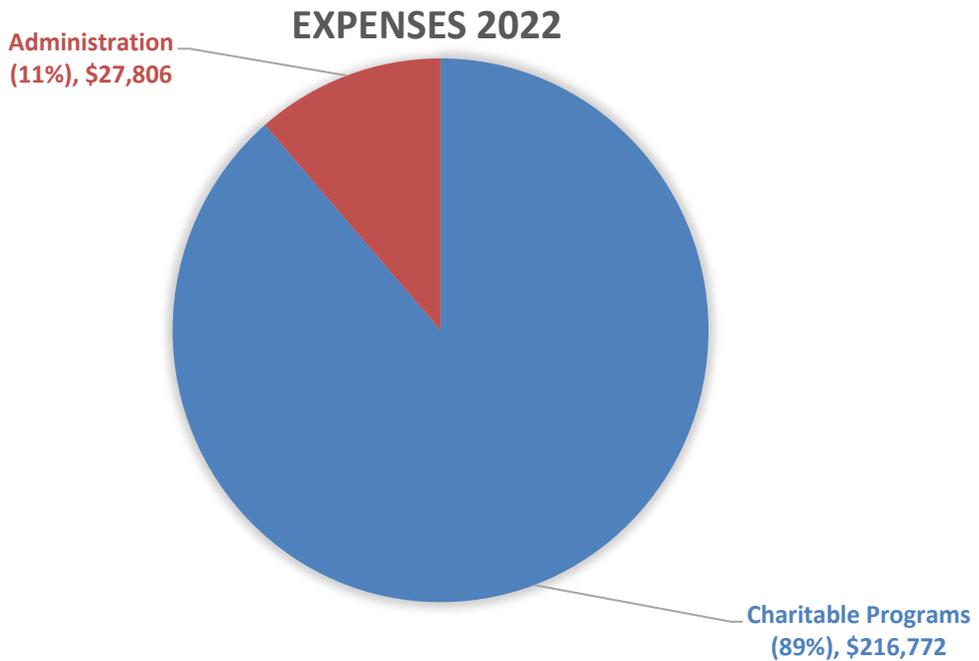
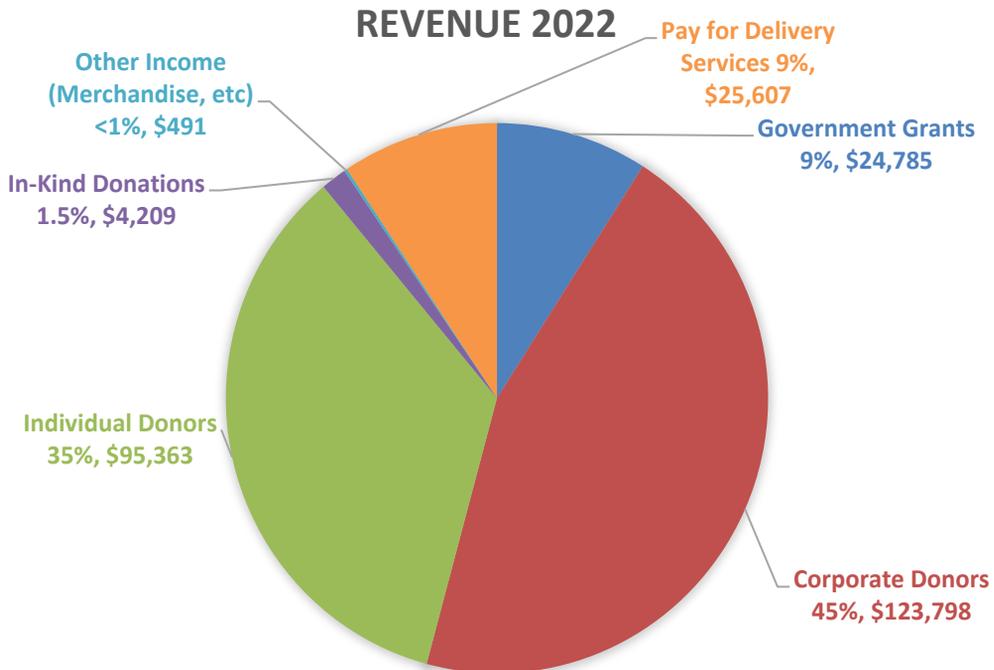
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To view our full 2022 Financial Statements, use the following link:
<https://mjko.ca/wp-content/uploads/2023/03/Final-FS-Signed-2022.pdf>

MJKO ANNUAL AWARDS WINNERS

The Period Purse

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.



Dr. Cathy van Igen

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.



Bilqis Fazel

MJKO Akeem Francis Inspire Others Award

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



Urgyen Tenzin

Youngest Donor Award

The award recognizes MJKO's youngest financial donor. We are grateful for your consistent contribution to help support the MJKO team to train and mentor youth into Community Champions.



Anna 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.



PC Marc Van Ruyven & PC Balazs Zanati

MJKO Officer 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.



Barb and Peter Halsall

MJKO Legacy Award

The award recognizes individuals with exceptional commitment to philanthropy through ongoing support. This award recognizes the selflessness and generosity of those dedicated to making a meaningful difference. Recipients of the MJKO Legacy Award are esteemed members of society whose actions have had a profound impact on the lives of others. Their contributions testify to the power of giving and inspire others to cause good in our communities.



VOLUNTEER BOARD OF DIRECTORS

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Brian Jollymore

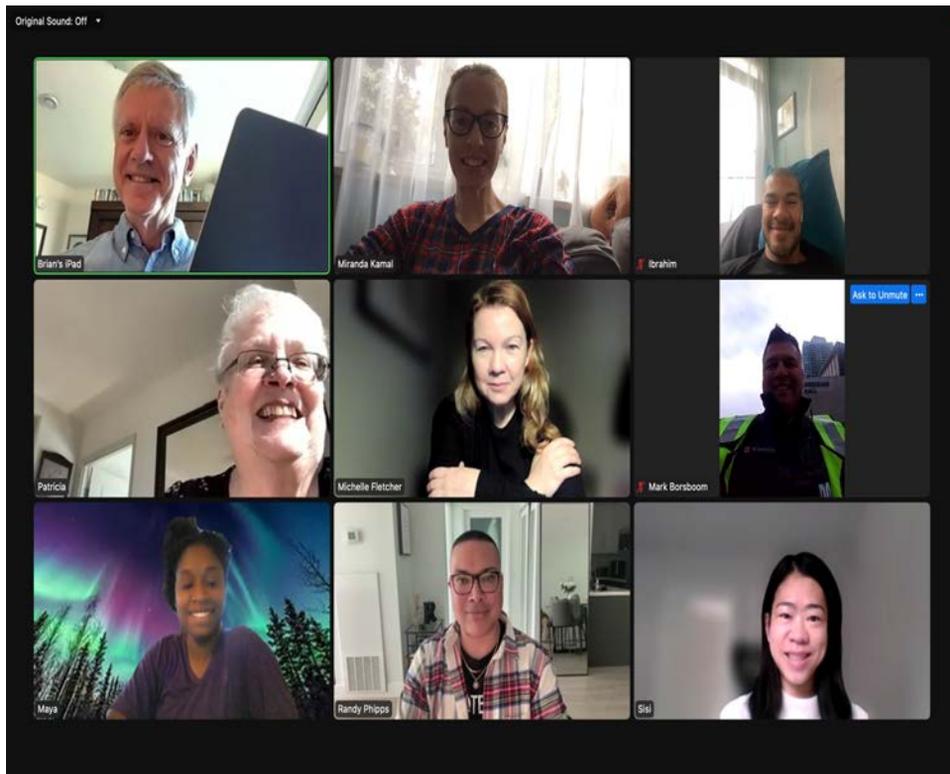
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