



ANNUAL REPORT 2013



MESSAGE FROM MIRANDA & IBRAHIM KAMAL

As we reflect on the last year, it's hard to believe how quickly it went by! The friendships, activities and events brought smiles to all involved.

Last year was also our most successful to date, thanks to the support and participation of our volunteers, donors, funders, supporters and most importantly - our participants.

We are grateful to be surrounded by a wonderful, supportive team of volunteers and partners whose primary goals are to ensure that MJKO's programming continues to operate at its highest level. We are ecstatic about the possible future that MJKO will provide our current and new participants.

2014 promises to be even better than ever! We are actively looking for a space to call our own so that MJKO programming can be held there on a daily basis. We will also offer adult boxing courses to help cover our costs and continue to run free programming for our participants. To create community engagement, we will work with Boxing Ontario to host regular amateur boxing shows.

We look forward to another great year, full of memories, lasting friendships and a new gym to call our own.

Ibrahim and I would like to personally thank the whole MJKO family for their commitment to our youth. Without you, none of our success would be possible.

Lots of love!

Ibrahim & Miranda



MISSION

MJKO is a dynamic, charitable organization that promotes positive and healthy lifestyle choices by providing mentoring and leadership training in a safe and caring environment. Our goal is to create a sense of community among inner city youths across the Greater Toronto Area (GTA) through non-contact boxing.

CORE VALUES

1. We believe that with training, preparation and belief, all things are possible.
2. We teach that community is a group effort and we all have a duty to give back.
3. We believe all kids should have access to high quality physical fitness-based programming.
4. We believe that physical fitness is a cornerstone for a healthy, happy and balanced life.
5. We believe relationships among people are the foundation of life.



FUTURE LEADERS

BACKGROUND

MJKO was founded by Team Kamal, a husband and wife duo who reside in Toronto. Mrs. Kamal, a survivor of sexual assault at 16, took up the sport of boxing to help with the healing process. Later in life, she entered the ring as a competitive boxer before sustaining a serious non-boxing related spine injury. Unable to box again, Kamal teamed up with eight time Canadian National Champion, Ibrahim Kamal taking everything they learned to give back to the community with the establishment of Mentoring Juniors Kids Organization (MJKO).

In 2010, MJKO became a not for profit registered charity and has operated as a volunteer-run organization under Miranda's leadership ever since.

In just over three years, MJKO has provided free physical fitness classes for over 4,000 young people between ages 6 and 18 throughout Toronto's priority neighbourhoods.

In that timeframe, MJKO, with the help of the Kids Up Front Foundation, have provided over 500 tickets to sports, art and cultural events for students that displayed exceptional leadership and volunteerism in their classes.



PHYSICAL FITNESS & EDUCATIONAL

BLUEPRINT PROGRAM

MJKO's core business is teaching Ontario youth the benefits and love for physical fitness, while keeping them off the streets. We complete our mission by offering the Blueprint program; an interactive and skill building curriculum which focuses on 5 basic components:

1. physical activity
2. social skills development
3. mental skills training
4. nutrition
5. commitment to community

MJKO's Blueprint Program programs consist of weekly classes, which are 2 hours in length. Each class engages participants in 90 minutes of vigorous physical activity and 30 minutes of sports-based education. During this time, coaches focus on the skills acquired through focused athletic training, such as skipping, shadow-boxing, calisthenics, and mental skills training. All exercises are completed without any physical contact with an opponent. However, each activity develops the skills that are required to succeed as a boxer. Although the class's structure is similar each week, the content changes based on the focus of the program that day.

Promoting physical fitness is the core of the Blueprint program. However, MJKO also works to develop our participant's social development, mental skills training, and commitment to community involvement. Our primary participants are new Canadians from diverse backgrounds. The Blueprint program is designed to create community champions. The program rewards leadership with the opportunity to attend various sports, arts and cultural events.



ALL YOUTH WELCOME

SUCCESSSES

We are proud to note that MJKO has flourished since its humble beginnings, partnering with other vital Toronto organizations such as the Toronto Community Foundation, TO2015 Ignite, Toronto Police Services, Boxing Ontario, Humber College, the Town of Oakville and many more!

In 2013, we raised approximately \$52,500 in donation revenue, with over \$6,200 in-kind donations and a total revenue of about \$58,700. A big thanks to our partners and donors for their continued support. Due to your support and the support of many committed volunteers, we have been able to meet all project goals as outlined in our proposals.

Boxing Ontario, our Provincial Sport Body, has acted as a lever throughout the year. They have provided mentorship with respect to how to use our time, resources and skills to expand and create new partnerships.

With the help of Sport4Ontario, MJKO was able to fund five students in completing their Level One Boxing Ontario Officials Course, creating part time job opportunities. Collaborating with the Ontario Coaches Association through their Expert Express grant, MJKO was able to provide 15 hours of leadership training from Dr. Drury to youth and adult volunteers.

The Blueprint program was successfully delivered on a weekly bases to three different host locations. Small, four-week Blueprint workshops we delivered with the help of Teen Participation to Cultural Link and Harbord Collegiate Girls Only Program.

We also ran the following one-time workshops: TO2015 IGNITE Program Launch, TO2015 Two Year Count Down, RBC Sports Day in Canada, KidSport Aboriginal Camp, Oakville Family Day, The Peer Project Girls Only (2 classes), MaRS Future Leaders Camps, Access Alliance Multicultural Health and Community Services.

Our success stories have been documented in various media outlets in 2013, including Global News, CTV News, CBC Metro Morning, CBC As it Happens, CBC Sports, The Global and Mail, Toronto Star and Good News Toronto.



OVER 4000 YOUTHS SERVED

MENTORING JUNIORS KIDS ORGANIZATION

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MY TURN TO COACH

My Turn to Coach is a youth-led Initiative, which allows students become the coach and the coaches become the students. This experience is designed to help long-term MJKO students to feel comfortable and confident delivering a 90 minute workout class from start to finish. Students are responsible for planning and delivering the class, with the help of a mentor.



FLAGSHIP PROGRAMS

"My Turn to Coach: A Testimonial from Calvin and Kiara"

My sister and myself had a very exciting and nervous experience coaching the class. We got a chance to combine our years of training in karate with basics in boxing. Though karate and boxing are different types of sports there are things in common. Both of the sports help cultivate discipline in life and self-defence.

We started the training program with stretches and warm up. Then we moved into punches in a karate stance and shadow boxing. After that we split up the class to do relays and then boxing combos. Later on we did group exercises and finally we gave spot prizes and a snack for the whole class to enjoy.

We both enjoyed ourselves tremendously. It was something new to us as we have never done this before. Hence, at first we were both nervous, but later on we became more confident in coaching the class. In the class everybody was very supportive, which made us comfortable and relaxed to enjoy this experience. The best part of the class was the shadow boxing while doing weird stuff, listening to The Fox. Everybody came out with some very creative and funny moves.

In conclusion, coaching the class was one of the best and most nervous but yet memorable moments in our lives. We thank you MJKO for giving us this opportunity to develop ourselves and build our self-confidence.



WAVE YOUR FLAG TO 2015 TEN WEEK CHALLENGE

On the first day of class each participant choose a country from one of the 41 competing countries at the Pam American games and receive a flag badge to wear. They took part in a Parade of Nations, singing of *Oh Canada*, a creeds ceremony and a special visit from PACHI the games mascot.

Over the 10 weeks, participants learned proper Pan Am Games Style Boxing. Each week, a youth member ran a three minute station teaching the other participants as much as they can about their chosen country. Snacks and languages from the chosen countries were also highlighted. A Community Champion medal was awarded each week for the student who demonstrated hard work, inclusion, and sportsmanship. The true spirit of the Pam Am/Parapam Am Games.



ACE YOUR INTERVIEW

Many of the youth who take part in MJKO's programming come from marginalized areas and finding work can be a long and challenging experience. This is particularly true for MJKO students with English as a second or third language. Throughout this challenge participants are coached by Human Resource leaders on how to successfully ace a job interview by participating in a 20 minute mini-course at the beginning of each class. This four week challenge ends with an awards ceremony and one student being awarded \$50. The winner was chosen based on attitude, preparation and coachability.

736 CORPORATION

This funding allowed us to keep the Parkdale Blueprint running after our previous funding had expired. In 2013, 25 students from the Parkdale community attended non-contact boxing based leadership classes every Monday after school. With the help of the Toronto Police 11 Division we had police officers attend as mentors on a regular basis which created harmony between the kids and police. By the end of the year, students in the program were able to demonstrate basic knowledge of their school motto Parkdale PRIDE – Parkdale Respects Individuals Developing Excellence and were able to demonstrate knowledge of SMART goal setting - Specific, Measurable, Attainable, Realistic and Time Sensitive.

Parkdale Blueprint Program: A Testimonial from: Phillip Van Andel, Staff Sergeant Toronto Police 11 Division Community Response Unit

"This program at Parkdale Elementary School has now been running for the past 7 months and has been a great success. In discussion with my officers who actually work with the children, I was advised that there has been a real improvement in their discipline and demeanour. Children who were previously withdrawn and lacked respect for authority were now enthusiastic, attentive and respectful to adult figures including the police.

This program allowed the officers to appear "human-like" in the eyes of the participants and some wonderful relationships have been established. The majority of children attending Parkdale Elementary school are from immigrant families where finances are very limited and the role of police is suspect. Many of these barriers have since been eliminated."



MENTORING JUNIORS KIDS ORGANIZATION

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NATIONAL SPORTS DAY

RBC Sports Day in Canada offers all Canadians a fun way to get moving and reminds us all to get active on a daily basis. In anticipation of this occasion, MJKO hosted a boxing "Try It" event in November at the Harbourfront Community Centre to encourage Torontonians to lace up their gloves and feel the empowerment of non-contact boxing! MJKO had some very special guests attend the event, sharing their love of sport with the 70+ participants, volunteers and local police officers that came out to play:

- Ibrahim "Firearm" Kamal– Eight Time National Champion & Professional Fighter
- Arthur Birvarslanov– Cabbagetown Boxing Club - Olympic Hopeful
- Jonathan Bochner– Former Canadian National Boxing Team Member

This event would not have been a success without our wonderful partners: Toronto Community Foundation, Rick Bender Photographer, RBC National Sports Day, Kids Up Front Foundation, 14/11 Division Toronto Police, ParticipACTION Teen Challenge, Harbourfront Community Centre, CultureLink, UrbanPromise, ParticipACTION and CBC Sports. We are grateful for everyone that came out to support us for this very special celebration of sports in our community! Thousands across the nation took part in the sporting event.



NATIONAL SPORTS DAY

100 WOMEN WHO CARE

Donated \$6600 in 2013 which helped support 33 weeks of programming at Ryerson Public School. The program currently has 27 registered participants. The funding was spent on snacks, equipment, clothing (shorts and t-shirts for all students), weekly prizes and MJKO Community Champion medals. Each week, the students piled in along side officers from Toronto Police 14 Division united by a love of boxing. When asked what the kids like best, many responded they loved the boxing education station. They enjoyed learning about great Canadian boxers and facts about Canada.

Ryerson Community School Blueprint Program: A Testimonial from Vice Principal Mark Bell

“MJKO has been offering a weekly after-school non-contact boxing program for boys and girls in our school. It has been very well received by our students and they are excelling in all aspects of the program. We are seeing a definite change in the students in terms of their leadership within our school community

Another exciting aspect of the program in our school has been the participation of the liaison officers from the Toronto Police Service who are participating in the weekly sessions. This partnership is very positive for our students and their families and we thank the police officers for giving of their time to this very worthwhile endeavor.”

*Mark Bell
Vice Principal*



RYERSON COMMUNITY SCHOOL

TORONTO COMMUNITY FOUNDATION

MJKO honoured with Vital Youth/Playing for Keeps award at Vital Toronto 2014.

On June 18, 2014, MJKO was honoured for its receipt of a Vital Youth/Playing for Keeps grant awarded by the Toronto Community Foundation. Vital Youth enhances youth leadership through grants to organizations offering high-quality recreation programs. The awards were distributed at the Toronto Community Foundation's annual Vital Toronto event, recognizing the achievements of a remarkable group of people and organizations who are working to make Toronto an even better city. Vital Toronto was hosted by Matt Galloway at CBC's Glenn Gould Studio.



Toronto Community Foundation President & CEO, Rahul K. Bhardwaj(L) with Board Chair, John presented a commemorative award to Miranda Kamal

Photo credit: Used with permission from Allan Kosmajac/44media

ParticipACTION Teen Challenge



The ParticipACTION Teen Challenge is breaking down barriers preventing teens from getting active. Working with community organizations like MJKO, they support teens who need to find an activity that motivates them to get moving. Teen ParticipACTION has provided micro grants to support MJKO's work in the community. On top of the funding they have provided us in 2013, MJKO was chosen as the recipient of a Meet and Greet session with Toronto Blue Jays own Jose Bautista. Thirteen lucky MJKO students got an all access pass to the dugout, Blue Jays gear and a question/answer period with their favourite player Jose. Each participant got a professional shot with Mr. Bautista so they could have the memory for years to come courtesy of Coca Cola. Thank you Teen ParticipACTION for your commitment to MJKO.



ParticipACTION

KIDS UP FRONT FOUNDATION (KUF)

Thanks to the generous support of the Kids Up Front Foundation, MJKO participants have been able to attend sports, arts, and cultural events throughout Toronto. Dreams come from all sorts of places. Many of MJKO students don't get a chance to dream big or attend pricey events like musicals, Leafs games or various concerts. The partnership we have with Kids Up Front Foundation is truly priceless. Last year MJKO received 80 plus tickets from KUF, totalling approximately \$6,200 in donations.

The donations are just one part of our awesome relationship. KUF has been instrumental in helping MJKO reach more youth. Each challenge we ran in 2013 was promoted in part by the Kids Up Front Foundation. This promotion allowed youth organizations across Toronto to hear about the free programming we were offering and how to get registered. This not only allowed us to serve more youth, it helped us save money in marketing and bring communities together through sport participation.

ROSEDALE UNITED CHURCH

MJKO was blown away after hearing the news that Rosedale United Church Agency Outreach committee pledged \$21,000 over 3 years of unrestricted funds. Earlier in the year a team of MJKO youth along with Team Kamal were invited by Jennifer Wootton Regan, the founder of 100 Women Who Care Toronto, to present to the Outreach committee. The youth talked about what being apart of MJKO meant to them and how they want to help more youth. When the news came in, the crew was overwhelmed with joy. This funding will be used on operational items like insurance, program costs such as supplies, coaching and equipment. MJKO would like to send a huge thank you to the outreach team for believing in the work we are doing.

RICK BENDER

They say one picture tells a thousands words. Well, Rick Bender 's photography has told many stories for the MJKO family. He volunteers his time working for very small honorariums to help capture Toronto's youth in action. His commitment to helping the community has helped MJKO share our work with partners and possible funders. 99% of the pictures highlighted in this report are thanks to the wonderful Rick Bender. We are so thankful and honoured to have Rick as one of our volunteers. To learn more about Rick visit: (<http://rickbenderphotography.wordpress.com/>)



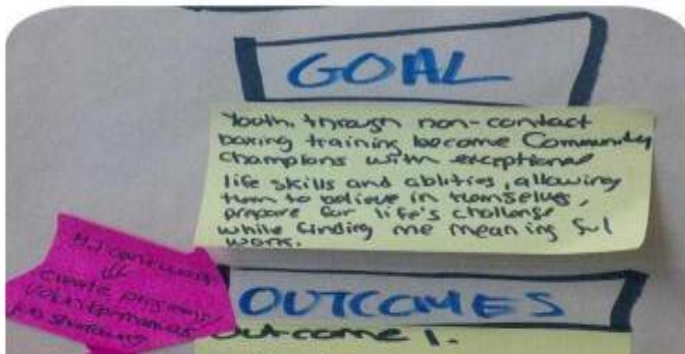
WORLD VISION

MJKO had been working closely with World Vision Canada under the “Programs to End Child Poverty (PECP) division. This partnership has allowed the MJKO’s leadership team to continue their personal development in the not for profit sector. World Vision’s goal for the PECP program are quoted below:

1. **Equip** the leadership teams of community-based organizations to grow their capacity in programming, financial and human resources, and the systems required to fulfill the organization’s distinct purpose in the community.
2. **Build** sustainable strategies and networks with neighbourhoods, community-based organizations, and churches to end child poverty in Canada.
3. **Fund** innovative approaches that cultivate resiliency in children, youth, families and the communities in which they live.
4. **Research** the root causes and present dynamics of Canadian child poverty to identify strategic responses.
5. **Advocate** for the peace and well-being of children living in poverty.

In 2013 MJKO leaders have completed the following training sessions compliments of World Visions “Programs to End Child Poverty “

1. LEAP 1 & 2 (Learning through Evaluation with Accountability and Planning)
2. Managing a Successful Volunteer Program
3. Financial Management for Not for Profit Leaders (Masters Course)



WALK THE WALK – GLOBAL TV DOCUMENTARY

MJKO was featured in a 30 minute nationally televised documentary produced by Enter The Picture for Global TV called Walk the Walk. The show honored the good work being done by everyday community heroes by surprising them with a visit from a star from Canada's Walk of Fame.

The show honoured Team Kamal and the whole MJKO family for using boxing to reach out to and help youth. The show along with a little help from HUF's own Olga Heron, arranged to have George Chuvalo honour Ibrahim and Miranda.

In 93 fights, George had never been knocked down. He is known as one of Canada's toughest boxers. His most famous two fights were against Muhammad Ali. Chuvalo was inducted into Canada's Walk of Fame in 2005. When George heard about the great and selfless work Miranda & Ibrahim were doing to help the kids, he jumped at the opportunity to honour them with a surprise visit and inspiring meeting.



GEORGE CHUVALO

ANNUAL FUNDRAISER

Friday, October 18, 2013, marked the second Rings, Ropes and Raising Hope Annual Benefit, bringing smiles, laughter and a few tears of joy to the MJKO community. We'd like to send a heartfelt thank you to all the supporters of this event. And of course, a huge thank you to the Marquis of Granby, for hosting such a lovely evening. We are pleased to announce that through generous donations, ticket purchases and silent auction sales, MJKO raised \$4,475!

Beyond raising the funds needed to keep providing free MJKO programming, the evening's presentations demonstrated the impact MJKO has on individuals and the community at large. I know I was not the only one shedding a few tears when Kristina shared her feelings on how MJKO has touched her life. She recalled her emotional journey of coming to Canada, unable to speak English and being subject to bullying by her peers for so many years. Despite her initial concerns that she was "too fat to box", she joined the MJKO community and hasn't looked back. In the past 2 years, Kristina has become a Boxing Ontario Certified Coach, a Level One Boxing Official and won a scholarship for her commitment to Bloor Collegiate Institute. Did you know that she'll also be starting at George Brown College in September 2014. Kristina's achievements are a testament to the impact you are all making with your generous contributions.

We would like to recognize Jason Piekarcz, the owner of The Centre for Sport and Recreation Medicine (<http://www.torontosportsmedicine.ca/>), as he was our biggest donor of the night. We cannot emphasize enough how much your generosity has positively impacted our community. MJKO is especially grateful as we know there are so many great causes out there to support.

COMMUNITY SUPPORTERS

- HUF Boxing Club
- Stockyards Boxing Club
- Harbourfront Community Centre
- Rick Bender Photography
- Michelle Sampson
- Hanieh Akbari
- Jill Dawn MacDonald
- Dennis Miles Photography
- Shoppers Drug Mart
- SNAP Downtown



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INDIVIDUAL DONORS 2013

Jaimie Burke
Mr. Philip Bergerson
Brian Jollymore
Lauri Reesor
Amanda Ashton
Linda Thibodeau
Gaile Johnstone
Arvind Karir
Joanne Taylor
Marc Gaudett
Erik Espinola

Jane O'Donnell
Laura Mair
Khalilah L Brooks
Sumi Nageswaran
Hilary Roche
Azadeh Abdollahi
Beverley Slopen
Sonia Persaud

FUNDERS 2013

Rosedale United Church
Toronto Community Foundation
736 Outreach Corporation
MC Motivate Canada (SOGO ACTIVE)
Sport4Ontario
Brooks Artist & Management
Coaches Ontario
The Centre For Sport & Recreation
Medicin
Cdn Ass/ for the advancement of
Women&Sport
Upside Foundation
LoyaltyOne

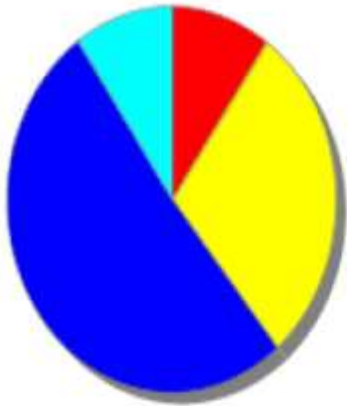
IN-KIND FUNDERS 2013

Harbourfront Community Centre

Toronto Police Services 11 & 14 Divisions



DONORS 2013



Revenue

- Receipted donations \$5,732 (10%)
- Non-receipted donations \$17,167 (29%)
- Gifts from other charities \$30,169 (51%)
- Government funding (0%)
- All other revenue \$5,686 (10%)

Total revenue: \$58,754



Expenses

- Charitable program \$32,659 (80%)
- Management and administration \$8,217 (20%)
- Gifts to other registered charities and qualified donees (0%)
- Other \$0 (0%)
(Including any fundraising and political activities)

Total expenses: \$40,876

Compensation

Total compensation for all positions

Full-time employees

Part-time employees

Professional and consulting fees \$3,301

Board of Directors

Chair

Brian Jollymore

Treasurer

Michelle Fletcher

Public Relations/Secretary

Randy Phipps

Community Relations

Mark Borsboom

Director

Egerton Marcus

Policies Director

Cathy Malta



Randy



Egerton



Mark



Brian



Michelle



Cathy



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