

MENTORING JUNIORS KIDS ORGANIZATION

[WWW.MJKO.CA](http://WWW.MJKO.CA)



# ANNUAL REPORT 2014



## MESSAGE FROM MIRANDA & IBRAHIM KAMAL

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2014 has been our biggest year yet! It finally feels like the seeds we planted in 2009 are starting to grow. It's hard to believe that some of our participants have been with us for almost 6 years now. The times between twelve and eighteen, for a young person, are filled with many emotions, challenges, successes and dreams. To know that MJKO has played a small part in helping some of these young people feel valued and accepted, means we are winning. It means we are doing what we set out to do.

I remember one student who hid under the table during our first ever boxing class. I wasn't sure what to do or if he would ever come back. But he did, come back that is. Week after week, he started to transform from a caterpillar into a butterfly. Punch after punch, skip after skip. A Toronto Police Officer from the 14 Division gave him the nickname, Lionheart because he never quit. Even though he was facing some pretty rocky roads, he never had a negative thing to say about anything or anyone. In my heart, I knew we were making a difference in this young man's life.

Week after week, turned into year after year. Now, six years later, he is still an important part of the MJKO family. He has graduated high school and received the prestigious Math Award. He's overcome some huge challenges in his personal life. This year he took part in our "Take the Lead" program and successfully gained his Level 1 Boxing Ontario Technical Coaching certification, CPR and First Aid certification, and FUNdamental Movements Skills through the Coaches Association of Ontario. In late 2014 he joined the Toronto Foundations movement called Playing for Keeps (P4Keeps). The P4Keeps initiative has given one thousand of Toronto's volunteers the capacity, training and skills needed to unite their communities together through play.

It is these success stories that has let Ibrahim and I know, we are on the right track. No sleep, no personal time, no problem!!! For us, as the leaders of MJKO, success happens by helping one young person at a time. We send a huge kudos to all of you, as we can't do it alone.

Lots love, *Ibrahim & Miranda*



# MENTORING JUNIORS KIDS ORGANIZATION

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## MISSION

MJKO is a charitable organization that promotes positive and healthy lifestyle choices through mentoring and leadership training in a safe and encouraging environment. Our goal is to create Community Champions through the sport of non-contact boxing.

## BACKGROUND

Mentoring Juniors Kids Organization (MJKO) was co-founded by Ibrahim and Miranda Kamal. Miranda, a survivor of a sexual assault at 16, took up the sport of boxing as part of her healing process. Later in life, she entered the ring as a competitive boxer before sustaining a serious spinal cord injury that was not boxing related. Unable to box again, Miranda decided to use everything she had learned to give back to the community. Together with Ibrahim Kamal, an eight time National Boxing Champion, they created the Toronto based charity, MJKO with the core principals of "Train, Prepare and Believe!" Ibrahim grew up in one of Toronto's priority neighborhoods and knows firsthand how sport can change one's life for the better. He has represented Canada in over 20 countries boxing and winning numerous medals. Since 2010, MJKO has operated as a volunteer-run organization under Miranda's leadership. They have provided free fitness and leadership classes to over 5000 youth throughout Toronto's priority neighbourhoods.



# TRAIN PREPARE BELIEVE

## MJKO'S PROGRAMS

We complete our mission by offering the Blueprint Program which delivers a multi-faceted curriculum focused on physical literacy, leadership, goal setting, and physical fitness. The curriculum focuses on:

1. Physical Activity (i.e. active participation in sport and recreation for all);
2. Social Skills Development (i.e. discipline, belief, commitment, self-esteem);
3. Mental Skills Training (Physical Literacy for life);
4. Nutrition (Healthy eating);
5. Commitment to community involvement (volunteer training and opportunities).

MJKO's *Blueprint Program* consists of weekly 120 minute classes focusing on physical activity and physical literacy. During this time, coaches focus on the skills acquired through *FUNDamental* movements, *Learn to Train* and *Active for Life* stages of the *Long Term Athlete Development Plan* as set under the Canadian Sport for Life Continuum such as:

- Body Control Skills (agility, balance and coordination);
- Body Movements (walk, run, hop, skip, jump);
- Object Manipulation (Catch, trap, receive, throw and strike);
- Learning boxing fundamentals (stance, balance, basic punches);
- Building motor skills (shadow-boxing, calisthenics); and,
- Decision making (decision making in all areas of life)
- Creating a blueprint for physical activity and healthy living for life

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. Each class engages participants in 90 minutes of vigorous physical activity and 30 minutes of life skills training. Although the class's structure is similar each week, the content changes based on the focus of the program that week.



## "I'M A CHAMP" FUNDED BY ONTARIO TRILLIUM FOUNDATION

This program promotes physical activity for personal betterment, while increasing community sport and recreation sector capacity. *I'M A CHAMP* focuses on the 3 stages of the Long Term Athlete Development Plan: FUNdamentals, Learning to Train and Active for Life. In the Fall of 2014 "I'M A CHAMP", was delivered at Parkdale Public School, Ryerson Community School and Harbourfront Community Centre and had over 170 students attend. In order to met the program goals of "I'M A CHAMP", we delivered 4 flagship programs:

1. Ace Your Interview;
2. Mind Your Manners (Ace Your Interview: Youth Addition);
3. My Turn to Coach;
4. Wave Your Flag TO2015.

*"Before joining MJKO, I was a not a very social person and I didn't like meeting new people. I hated getting out of my comfort zone, or just making new friends. MJKO has taught me to be the best I can be. To be a great leader and to appreciate learning new learning experiences." Z. Afghan*



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Un organisme du gouvernement de l'Ontario.



# I'M A CHAMP

## ACE YOUR INTERVIEW (AYI)

Many of the youth who take part in MJKO's programming come from marginalized areas where finding work can be a long and challenging experience. This is particularly true for students with English as a second or third language. Participants are coached throughout this challenge by Human Resource leaders on how to successfully ace a job interview by participating in a 3 minute mini-interviews. To end this challenge, students were guided through an afternoon of self discovery with guest facilitator Kerri Brock. They participated in skill building course called "*Who You are Matters*". This board game designed specifically for youth, gets participants thinking critically about what their needs are and what they desire. It helps them acknowledge their skills and strengthens their confidence.



## MIND YOUR MANNERS, (AYI YOUTH ADDITION)

Taught participants how to “Mind their Manners” while breaking a sweat learning non-contact boxing training. Research states that it takes only 7 seconds to create a good or bad impression. In boxing, athletes only have 6 minutes to win the judges over to their side of the score card. Things like first impressions, sportsmanship and fair play are important both in and outside the ring. This challenge helps show our participants how many transferable skills are acquired through sport. The education stations were focused on modern etiquette topics such as:

- Introducing Yourself: What to Do When You Meet Someone New;
- Please and Thank You: Why Are Good Manners So Important?;
- Appearance and Body Language: What You DON'T Say Tells People a Lot;
- Dining Etiquette: How to Eat Like a Lady or a Gentleman;
- Email Etiquette: How to Communicate to Ensure Respect/Understanding;
- Physical Hygiene: Look, Smell, and Feel like a Million Bucks!; and
- Sports Transferrable Skills – Learn it HERE...use it THERE!!!

Participants had a chance to try out what they learned during Mind Your Manner on a group field trip to the Elite Boxing Canada National Championships. They are pictured below with Boxing Canada President Pat Fiacco.



# MIND YOUR MANNERS

## MY TURN TO COACH

This challenge is a youth directed initiative where students become the coach and coaches become the students. This experience is designed to help long-term MJKO participants feel comfortable and confident delivering a 120 minute workout class from start to finish. Youth coaches are assigned to a MJKO mentor for support through their event. Each youth leader had to create a program outline; document the program for the MJKO training manual; research and prepare a snack for participants; create educational questions for group; and create an invoice for their class and reimbursement of the snacks. Youth had to promote their event and make sure the video was uploaded to the Playing for Keeps website.



What I learned from teaching Boxing ♥

This experience was great because I have always liked being the leader in things because it builds my confidence and strength to be a great leader. I was a little nervous because I didn't know if they (kids) would like what I had planned. I thought it would be boring for the younger ones. I feel like because I did not know what they were thinking that it was not very fun for everyone. I guess I am not used to being in-charge. Well enough about me, what about the kids? I think this was a lot of help for them because they learned new things about Jamaica and they learned a new game. I think their favorite thing that happened was the party. All and all it was a fun experience to do. Thanks!

Makden

My turn to Coach Report

On Tuesday it was me and armanis turn to Coach. We introduced our selves then we played soccer after soccer we played a game that I made up, so basically the people are to step on the lines and try to catch us, but the other people can only step on spaces. Then after we went to our Stations, and I was Education, our topic was Minecraft. after finished our stations, I don't really remember what we did but after the thing we did we did the quiz and had snack, the snack was crackers and dip also fruits. Most people thought the questions were hard but the prize went to Elijah and shamar, also the prizes were a \$5 Tim's card and a T shirt. I loved it!

Lisa





## WAVE YOUR FLAG TO2015 TEN WEEK CHALLENGE

In conjunction with the 2015 Pan American/ Para American Games being held in Toronto. MJKO held our annual Wave Your Flag TO2015, Boxing Challenge. Participants learned proper Pan Am Games Style Boxing and learned some interesting facts about some of the 41 countries boxing at the games . They also had a chance to enjoy snacks from those different cultures. On the first day of class participants took part in a mock opening games ceremony which included a parade of nations, singing of the National anthem, athletes/coaches/officials creed and meet and greet with Pan Am Games mascot PACHI the porcupine. Each week of the challenge, a gold medallion, was awarded to the participant who promoted overall inclusion, leadership and culture. We had a few very special visitors attend: NABF Lightweight Champion, WBC Continental Americas lightweight Champion Ghislain Maduma, 1988 Olympic Silver Medalist Egerton Marcus and of course our very own 8X National Champion Ibrahim "Firearm" Kamal. Special thanks to **Eye of the Tiger Management** for the signed gloves of Canada's top professional fighters. The overall challenge winner won the prized gloves.



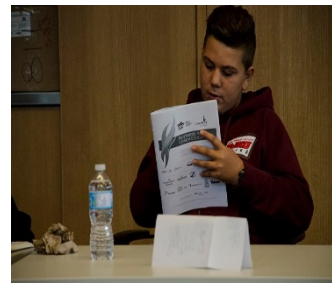
# WAVE YOUR FLAG TO2015

## TORONTO FOUNDATION VITAL YOUTH 2014: TAKE THE LEAD

Receiving the Vital Youth/Playing for Keeps grant provided MJKO with the means to train and certify fifteen Toronto youth with basic CRP/First Aid training, Level One Boxing Coaching and FUNdamentals Skills Movement Certification allowing them to gain additional skills to help them be successful in today's competitive job market. Each youth delivered one fun and high quality Neighborhood Games throughout the year.

### PROGRAM SUCCESSES:

- activated 197 youth as of December 5, 2014
- hosted 8 youth led Neighbourhood Games and created 8 videos of success
- 19 participants were certified in FUNdamentals Movements (in partnership with OTF).
- 15 participants were certified through the Boxing Ontario's Apprentice Coach program
- 17 participants were certified in Emergency First Aid training and CPR C.
- Improved relationships between community, cops and kids by creating meaningful long term partnership between service providers through the delivery of 8 Neighbourhood Games events.



# TAKE THE LEAD

## TORONTO FOUNDATION PLAYING FOR KEEPS (P4K) HUB

By having a play-centric program, Playing for Keeps is connecting communities with the excitement and athleticism of the 2015 Pan/Parapan American Games. The concept of P4K originated from the community. P4K is building the capacity of individuals to strengthen community organizations like MJKO through their participation as volunteers, which will build the capacity and vitality of the community. MJKO signed on as a hub in late November of 2014. In 2015, MJKO will help the Toronto Foundation reach their goal of training 1000 Volunteer Ambassadors. Being part of this movement is a huge honour for MJKO family. As a partner of the P4K program we are building MJKO's capacity by providing Leadership and Volunteer certification to 25 of our volunteers at George Brown College. These volunteers will go on to host 25 Neighbourhood Games Events.



## TORONTO FOUNDATION: VITAL PEOPLE

The Vital People grant supports Toronto's community leaders with grants for professional development. Miranda Kamal was selected as one of 13 Vital People award winners in 2015 and is using the funding to broaden her knowledge of American Sign Language, Mental Health Challenges in youth and continuing her National Coaching Certification.

*"This is a huge honour for me. Working with the kids of Toronto has been an amazing gift. I certainly receive much more than I could ever give. The Toronto Foundation has always been in my corner, MJKO's corner. With them supporting not just me but all the grant recipients, it is truly amazing. It's how you create change at a grassroots level. It all starts with one person and one dream. They are supporting all of our dreams,"*  
Miranda Kamal.



## HEARING THE DEAF

MJKO youth superstar, Anya Karir won the Rosedale United Youth Impact Award to create her own challenge called Hearing the Deaf. Anya has been boxing with MJKO for 3 years now. She feels boxing helped change her life for the better. Anya was nervous to start boxing all those years ago because she was born deaf and worried that she wouldn't fit in. Anya quickly learned that boxing was for anyone willing to try. In the three years she has been coming to boxing, Anya has become a MJKO volunteer helping with special needs kids at Brighton School. She helped teach boxing classes at Parkdale Public School and Cultural Link in Toronto. She is also a Boxing Ontario registered Official. Anya felt it was really important to invite other youth who are deaf/hard of hearing to come and learn boxing in a safe and caring space. She wants to bring the deaf and hearing worlds together - united through boxing. Anya's inspiring story was written about in Good News Toronto [Living-life-in-the-silent-world-of-the-deaf](#)



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## PHE CANADA: WE BELONG

This program focuses on physical activity as a means of welcoming newcomer youth and their families into their community. MJKO embraced assets in the community to engage newcomer youth, with the end goal of increased physical activity participation. We Belong ran at Carleton Village Wellness and Sports Academy in partnership with the Toronto Police 11 Division. Participants and volunteers took part in the filming of a mini public service announcement on the importance of these types of programs which will be available in 2015.

“With the financial support of the Ontario Trillium Foundation, PHE Canada is delighted to have witnessed the growth and development of MJKO’s Blueprint Afterschool program. MJKO’s physical activity programming promotes accessibility for newcomer youth in their community and is an important and timely initiative.”

Chris Jones , Executive Director & CEO, PHE Canada



# WE BELONG

## RBC SPORTS DAY IN CANADA GETS TORONTO RESIDENTS MOVING

MJKO was honoured to take part in National Sports Day for the third year in a row. This year's event was extra special as we passed the torch to one of our youth mentees, Michael Quach (20 years old). Michael applied and was successful at joining MJKO's *Take the Lead* project funded by the Toronto Foundation. This project is to help address youth unemployment in our city. Before teaching on Sports Day, Michael attained his certification in CPR, FUNdamental Sports Movements, and Boxing Ontario's Level 1 Coaching.

We are happy to report our Youth Coach, Michael did an amazing job hosting his first large event. With his team, he was able to keep the group active, engaged and having fun. To be just 20 years old and able to facilitate an event with a sport such as boxing is a huge accomplishment. He selected 3 other youth coaches to hold leadership positions at his event. From the outside, no one would ever know the youngest youth coach was from Hungary, just 13 years old and spoke very little English. These young leaders did an outstanding job working with all community members on *Sports Day*. From an organization standpoint this was truly an emotional day for us. It showed our team that MJKO and our partners are helping to equip these young people with work placement skills. No matter where in the world they end up, their invisible backpacks are filled with skills, self-esteem, and kindness. We had 3 media outlets attempt to cover our *RBC Sports Day* event and six amazing staff members from Rosenswig McRae Thorpe accounting firm join in the fun! This event was a *Playing for Keeps Community Event*. We would like to thank our partners: Harbourfront Community Centre, Toronto Foundation, Playing for Keeps, RBC Sports Day in Canada, CBC Sports, Ontario Trillium Foundation, Boxing Ontario, Teen ParticipACTION, our volunteers and our awesome photographer, the great RICK BENDER.



# NATIONAL SPORTS DAY

## TORONTO POLICE SERVICE

MJKO would not be the organization we are today without the support of the Toronto Police with special thanks to the 11 & 14 Divisions. They stand tall with us, week after week building strong, trusting relationships with the kids and the communities we serve.

MJKO is proud to announce that our very own Board of Director, P.C. Mark Borsboom was honored as one of the 2014 Toronto Police Service Officers of the Year by the Toronto Region Board of Trade. Mark was chosen based on the virtues of bravery, humanitarianism, superior investigative work and outstanding police skills.

In March 2014, Mark and his partner arrived at the scene of a burning building before the fire fighters. They acted fast and crawled up to the second floor where they found an unconscious lady. They were able to get her out quickly. "Two residents succumbed to injuries sustained in the fire and 15 others were rescued, including two children." The building was completely destroyed.

When talking with Mark about his award he had this to say: "I'm glad we were able to help some people that day. It was a team effort ,along with the amazing fire fighters and paramedics. The recognition is humbling and I thank all the people that are involved in putting together an event like the one by the Toronto Region Board of Trade. It's great for the morale of the Division. I have no doubt that the officers I serve with will continue to do their best to make the city a safer place without question."



Christopher Worth, President of the Toronto Region Board of Trade Jan de Silva .Alok Mukherjee, Constable's Erik Corba, David Ribarovic, Kristal McCullough , Daniel Macnab, Marcelinus Borsboom , Onforio Ferlisi, Chief Saunders and Michael McCormack  
(Picture takes from <http://tpsnews.ca/stories/2015/06/police-officers-year/>)

# P.C. MARK BORSBOOM



## DOES MJKO MAKE A DIFFERENCE?

How could teaching boxing help reduce crime?

Sometimes we ask ourselves the same question but we are assured each time something special happens that it does. Before a class last year, we were getting ready to start boxing at Ryerson Community School. We were all just hanging out wrapping our hands and chatting. The gym door opens and in comes Officer Nick Maicantis and Officer Kirstan Draper from 14 Division Toronto Police.

The kids were smiling and yelling with joy. One student said: " I know you. I took yoga with you last year at my school". Officer Nick blushed and shyly agreed, "I remember you too". Then another boy quickly runs over to Officer Maicantis and gives him a big hug. The same boy explains with pride while pointing to Nick, "he is my cousin you know...we are tight...like family"

I ask the boy: "oh really, you are related? Cool!"

He said: "well no, with his arm around the police officer. But we are close like family. I feel like he is my family. I really like him and trust him."



# TORONTO POLICE

## **HARBOURFRONT COMMUNITY CENTRE (HCC)**

MJKO is lucky to have the HCC in our corner. Since 2010, they have provided free space for MJKO to house our weekly Community Class. More recently they have also supported us with in-kind advertising space and shared outreach. Our relationship with their team is priceless.

## **TEEN PARTICIPATION**

We believe that the best way to serve Toronto's youth is through collaboration and teamwork. One of these partners is ParticipACTION. MJKO has worked closely with Teen ParticipACTION for the past year. Their micro grants have helped MJKO serve communities that could not otherwise afford to hire an outside specialized team such as ours. They often think of us for media and special youth opportunities.

## **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. The partnership we have with Kids Up Front Foundation is truly priceless. Not only do they provide opportunities for kids but there are our best co-promoting partner. They help us reach more kids. Last year, MJKO received approximately \$6,000 in donations for their wonderful team.

## **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. In just year two of this funding commitment, MJKO was able to leverage their donations and secure our first Ontario Trillium Grant. We truly believe that their belief in us, has allowed others to believe in us too. For that, we are truly thankful.

## **WORLD VISION**

MJKO had been working closely with World Vision Canada under the "Programs to End Child Poverty" division. This partnership has allowed the MJKO 's leadership team to continue their personal development in the not for profit sector. In 2014, World Vision delivered an amazing customised Board training session to help our team grow and plan strategic. We continue to work with them, as they help equip us with the skills needed to serve our clients.

## **RICK BENDER PHOTOGRAPHY**

Rick Bender works day in and day out, to make MJKO shine. His pictures capture all the smiles and emotions needed to tell our story. His pictures serve as a reminder of the friends and family who fall under the MJKO umbrella. Whether you came boxing once or week after week, Rick Benders pictures remind us of the family we have created through our grass roots charity MJKO. There are no words that could ever thank Rick enough for all the memories, smiles and laughter caught by snap shot.

## FUNDRAISING 2014

This year we decided to try something new. We wanted to keep costs low and give our volunteers a bit of a break from event planning. If you've ever heard the song by the alternative rock foursome, The Barenaked Ladies you'll recognize the homage to "If I Had A Million Dollars" as soon as you hear the first line of our first ever music video: <http://mjko.causevox.com/>

MJKO's video was directed by Mandeq Hassan, a 16 year old from Regent Park with a dream of working in the film industry and edited by Jimmy Zhang, a 20 year old with a goal of being a positive youth leader in Toronto. Unlike the Barenaked Ladies' quirky wish list of things to buy for an unnamed sweetheart, MJKO wishes but for a fraction of the amount to help keep Toronto's youth active through free non-contact boxing based programming. This online crowdsourcing campaign raised \$7,405. Even though we came up short of the \$50,000 goal, this was a great, fun way to build awareness and funds for MJKO.

## CORPORATE FUNDRAISING

Rosenswig McRae Thorpe LLP Chartered Accountants are an accounting firm who cares about Toronto's young people and want to make a difference. This amazing group of people not only come out and volunteer hands on with the kids but they also raise funds for us. In 2014. RTM donated \$3,100. Their team is a huge asset to our family.

## MAPLE LEAF SPORTS AND ENTERTAINMENT (MLSE)

We are humbled and honoured to join MLSE's team of charity partners selling 50/50 tickets at Raptors, Leafs, Marlies and TFC games. This partnership can really assist MJKO with daily operating costs and help us become financially viable for years to come.

## INDIVIDUAL FUNDRAISING

Past, MJKO Executive Board Member, Jaimie Burke set out to climb Africa's largest peak Mount Kilimanjaro. Each donation and note of motivation helped her reach the top of the 19,340 ft. tall mountain. Not only did Jaimie raise close to \$5,000 for MJKO to provide free fitness programs to Torontonians kids she came back with a story of bravery, hope and community that she shared with an all girls group in December 2015. Her message was clear: work hard and give back.



# DONORS 2014

## Revenue



- Receipted donations \$25,839 (21%)
- Non-receipted donations \$5,182 (4%)
- Gifts from other charities \$84,889 (69%)
- Government funding (0%)
- All other revenue \$7,832 (6%)

**Total revenue: \$123,742**

## Expenses



- Charitable program \$73,978 (89%)
- Management and administration \$9,539 (11%)
- Gifts to other registered charities and qualified donees (0%)
- Other \$0 (0%)  
(Including any fundraising and political activities)

**Total expenses: \$83,517**

## Compensation

Total compensation for all positions

Full-time employees

Part-time employees

Professional and consulting fees \$3,343

To view our full 2014  
Financial Statements use  
the following link:  
[Financial Statements 2014](#)

## Board of Directors

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### Chair

Brian Jollymore

### Treasurer

Michelle Fletcher

### Public Relations/Secretary

2014 Volunteer Toronto  
Legacy Award Winner

Randy Phipps

### Community Relations

2014 Toronto Police Officer of the Year

Mark Borsboom

### Director

Egerton Marcus

### Policies Director

Cathy Malta



Randy



Egerton



Mark



Brian



Michelle



Cathy



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