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COMMENTARY

Leading by Example: Generosity, Collaboration, and Community Building Kristen Taunton^{1,*}, Carla Taunton^{2,3}

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Abstract

This essay is a tribute to Dr. Jack Taunton and Cheryl Taunton. A reflective response to over 40 years of work and contributions. The authors, their daughters, commemorate the impact and influence their parents' generosity, drive, and support has had on their lives and professional practice. **Health & Fitness Journal of Canada 2020;13(3):5-6.**

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Introduction

First, we would like to thank Dr. Darren Warburton and Dr. Shannon Bredin for putting together this incredible tribute to our parents. We know how much they will appreciate this honour.

It is impossible for us to summarize the impact that our parents have had on our lives, their friends' lives as well as the local and national sporting and medical communities. We are incredibly proud of the contributions they have made. These have been a source of inspiration for us throughout our lives, and we continue to learn from their past, current, and future initiatives, projects, and collaborations.

We are grateful for the values they have taught us. They have shown us the importance of hard work, determination, perseverance, teamwork, respect, and passion as well as the importance of giving

back, volunteering, and putting team before self. We witnessed their grassroots practices and trailblazing vision time and time again which resulted in new races, organizations, partnerships, research, amateur sport clubs, councils, among other things. In doing so, they showed us the value of contributing to your communities. We have had countless opportunities to see how they have advanced sport, exercise physiology, and medicine by championing their colleagues, students, and elders. Our parents' collaborative approaches are grounded in long standing local, national, and international relationships and networks and in a commitment towards mentorship, an ethic of generosity, and a drive for excellence. We bring these principles into our daily lives as professional women and as mothers.

Jack embodies the true meaning of having passion for what you do. He taught us about having dreams, setting goals, and making them a reality. He is an eternal optimist who doesn't take no for an answer. He is quick to help a friend in need. He has always been our number one fan and most recently has continued his "loudest and proudest" cheering at his grandchildren's sports events.

Cheryl is the humble rock behind all of our accomplishments. She is the epitome of selflessness and giver. She is part of all of Jack's projects and has put us ahead of her own personal aspirations while still managing so many of her own accomplishments that should be recognized and celebrated. She has been an incredible volunteer and board member for countless sports teams, councils, and sporting and community organizations. She is a constant support system for us and incredible Nana to our children.

Jack and Cheryl have surrounded themselves with incredible people. These relationships have shaped us, inspired us, and supported us. Mom and Dad - we are so proud to be your daughters. You have given us a lifetime of love, support, and opportunities for which we are forever grateful. We love you so much.

Authors' Qualifications

The authors' qualifications are as follows: Kristen Taunton BSc, MD, FRCSC, Orthopaedic Specialist, Richmond Orthopaedics and Sports Medicine; Carla Taunton BA Honours, MA, PhD, Associate Professor, Art History and Contemporary Culture, Nova Scotia College of Art and Design University, Special Advisor to the Provost, Decolonization and Social Justice, Nova Scotia College of Art and Design University.