

# LIFE TRANSITIONS CAN BE RISKY, BUT REWARDING

**COURAGE CANNOT EXIST WITHOUT FEAR, WRITES NADIA ALAM**



**NADIA ALAM**  
Column

It was a sunny afternoon. Sheep-like clouds dotted a robin's-egg blue sky. We were all in T-shirts and jeans.

Day after day of falling and faltering, all of a sudden, something clicked. My two oldest boys, wobbling on their bikes, pedalled down the street. Their first bike ride: A nod toward

freedom and independence.

My heart raced with them in that incredible moment, one that crystallized how far they've come and how far they have yet to go.

I looked at my kids and wondered what's next: Their first car. Their first job. Their first love. University and all the amazing things that follow. I look at how hard they've worked to be where they are and I know, life only gets harder.

Transitions can be free-falling or taking flight. But it is all an act of becoming something else, someone else, someone more. Each transition becomes more complex, more demanding, more risky and yet the rewards are greater.

I spoke recently at a conference about this concept. Like my kids, I'm in transition: My term as president of the Ontario Medical Association is over, and I'm contemplating what I will do with the next phase of my life.

At the same time, I can hear that voice in my head - you know, the one with all the reasons why something can't be done.

Poor self-esteem or necessary self-preservation, it's the voice that questions our every move. Particularly moves that require a leap of faith.

However, each transition is a leap of faith - that something disastrous won't happen, that you won't falter, fall or fail.

Or even if all that does happen, you will still succeed because you rise up again and again. You do your best, overcome whatever limitations there are, and become a better version of yourself.

I'm not the same person I was a year ago when I first started the presidency. Much like my kids, I've grown, changed, become ... more.

My perspective has transitioned and I now approach things differently than I did before.

As I move forward, I'm nervous, yet I am convinced that I must make the jump and take that leap of faith. Courage cannot exist without fear.

As Audre Lorde said, "When I dare to be powerful, to use my strength in the service of my vision, then it becomes less and less important whether I am afraid."

*Nadia Alam is a Georgetown physician and past president of the Ontario Medical Association. She can be reached at [nadia.alam@oma.org](mailto:nadia.alam@oma.org).*



**By Cory Soal**  
R.H.A.D.

**... Lend Me Your Ears**

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The following few tips, if followed correctly, will prolong the benefits and enjoyment of better hearing:

- Do not get the hearing aid wet
- Do not leave the instrument where it is too hot or cold
- Try not to drop the hearing aid
- Do not spray cleaning solution or hair spray on the instrument
- Keep the instrument and batteries out of the reach of small children and especially pets

If any of the above problems do occur, please don't hesitate to call.

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