

Service specials to Protect What Matters!

Atomic Auto Service & Autobody

\$99.99

Havoline® ProDS™ Full Synthetic SAE 5W-30

- Lube, Oil, Filter
- Tire Rotate
- Multi Point Inspection

REF PROMO CODE: AtomicProDS

\$79.99

Havoline® SynBlend SAE 5W-30

- Lube, Oil, Filter
- Tire Rotate
- Multi Point Inspection

REF PROMO CODE: AtomicHavoline

Havoline Motor Oil
Protect What Matters®

Every SGI claim over \$1000 receives \$25 fuel card for use at Railway Gas 225 Avenue B North • 306-244-6144 • atomicauto.ca

Remove darkness to make room for the light

(Continued from page 1)

“My definition of healing is the more you can get the darkness out, the more room you make for light.”

Kehler began his first go-round as a speaker when he sought help for his gambling addiction. He was hooked on online poker.

“I was living in Edmonton and Googled problem gambling assistance or whatever, and there was one organization that came up. So I drove right there, asked for the director and I said, ‘Let me be a face to this ... let me go and generate awareness.’”

“They actually had a couple of other speakers. I shadowed one and then I started to speak at schools, jails, treatment centres and I got 75 bucks for each one. I was over the moon that I would get paid for something that I had such a passion towards. I probably did 70 presentations in various venues.”

He openly talks about his addictions. “The first time I drank I became connected with something that finally made me feel free from shame and this is something I talk about a lot. It is not 99 per cent of people struggling with addiction that are in pain. It’s 100 per cent. We simply lack the tools to manage the pain. Gambling was just an escape from reality, as was alcohol. You mix that with the prescription pills and the lifestyle I was leading and it was a recipe for disaster.”

Much like the elder, a professor at the University of Alberta had a profound effect on Kehler.

“In 10 minutes the man changed my entire life. The reason I use the story is because it speaks to the fact we are always in a position to assist others.”

Kehler was sitting in a class with 300 students. Professor Ian McNeil approached him after his lecture one day.

“He said, ‘Come to my office, Al, let’s talk.’ I thought, ‘Why is he approaching me out of 300 students.’ That day I decided to take a risk and I went to his office on the third floor. His office door was wide open

so I walked in and he said have a seat.

“What he did when I sat in that chair is he said, ‘How are you doing today, Allan?’ It changes when you add the person’s name. And add the word ‘today.’ He was leaning forward, he was engaged, there was compassion and that was one of the first times in my life I took off the mask and said, ‘OK’ and I talked for 10 minutes and he listened.

“Then he put me at the fork in the road. He asked what I was going to do about it. And then he introduced me to resources. That fork in the road for me was, ‘if I don’t start asking for what I need, I will not make this academic journey.’”

“I had to choose what I wanted to do and that’s a great approach. We have two basic needs: one is see me and one is hear me. What he did is he said, ‘I see you,’ and he gave me that invitation to be heard. That is the foundation of one of my keynotes.”

Kehler dropped out of university but is grateful for McNeil and college dean Tom Hinch for what they did. They were an important part of his recovery.

“I realized I was running from self and this has to stop. The problem is not outside of self. I avoided mirrors for 13 years. We avoid mirrors because mirrors show us who we have become. It’s been a long journey to be comfortable with self.”

Kehler hasn’t had a drink in eight years, is married and has four children. He’s in a good place, he says.

“To stand in front of people and say life is good is pretty amazing for me. I have a picture when I end my keynote of my family and it’s so mindboggling for me because just over eight years ago I was still in my addiction, living on my own in Edmonton. I didn’t have friends. There were a lot of dark nights.”

Never would he have thought he would have a wife, four healthy children, two dogs and a cat.

When he moved to Saskatoon, he started working at Calder Centre as an addictions counsellor and teaching at various colleges. He wanted to keep sharing his story so he

created a speaking business — Out From The Shadows Consulting.

It wasn’t easy to get started, but he is busy now.

“I remember at one point I mailed 65 written letters to all different companies and I heard back from zero. But I was so committed and passionate and it slowly started to take off so I do a lot of work on reserves, I have done hundreds of schools, colleges, government, corporate, keynotes and safety events.”

Kehler is pleased that Clint Malarchuk, a former NHL goalie who is an advocate for mental health, wrote the foreword in Born Resilient.

“Who’s more resilient than Clint Malarchuk? I have been fortunate to get to know him because I speak all over the country and we have different events together around mental health. He is a great soul. He’s an optimist and believes he was spared (from a suicide attempt) so he could do what he does now.”

Malarchuk has a bullet lodged in his head as a reminder of a dark time in his life.

Kehler will be doing a reading and book

TRUE STORIES OF LIFE’S GREATEST CHALLENGES
with foreword by Clint Malarchuk



signing Jan. 27 at 1 p.m. at McNally Robinson. Six of those who shared their stories in the book are expected to accompany him.

Creativity helps in health struggle

(Continued from page 3)

A lump on her left lung looked like the size of an orange, and its size was gradually reducing. After radiation came her healing process, “a new normal” in her assessment, but ultimately she returned to a life she loved. She has even returned to visit friends in Europe.

It obviously helped that Sotnikow was “a happy-go-lucky, ever-smiling individual who considered myself just a big kid at times.”

She coveted “a pure belief in the things that make me smile and give me strength, including humour, a creative imagination and sparkles.”

“I notice sparkles everywhere . . . when sunlight shines on snowflakes on very cold days . . . on spider webs . . . in water drops. Sparkles make me smile and fill my heart with joy. I chose Sparkle as my word and live by the theme of ‘leave a little sparkle wherever you go.’”

Sparkles create warmth, healing, energy, strength and power. Use visualization, guided imagery and creativity.”

Sotnikow grew up in Saskatoon, attended W.P. Bate elementary school and then Bedford Road and Marion Graham collegiates. Her father, Ed, was a long-

time employee at Intercontinental Packers; her mother, Pauline, worked at Canadian Tire for 35 years. When Sotnikow entered the work force, she was employed in the transportation field for 11 years and in the mining industry for nine years. Between trips to Europe, she worked as a personal assistant to a family and still does.

“I kept my parents informed while protecting them from seeing me in my worst days of treatment. My folks were great and they were available for whatever I needed. It was my choice to always be open and honest about my health issues. I thank my mom and dad for their patience and understanding.”

The challenge of writing the book was appealing. The availability of all the blogs was a key factor because each one was dated. The blogs blended into her own unique approach as a storyteller. She met Jennifer Sparks, who offered self-publishing advice and it was another perfect fit.

The book is available through Amazon and is now at Indigo and McNally Robinson where there will soon be a reading. And given her experience as a survivor, she is willing to sit down with groups about creative life strategies. She can be reached at cynthia@sparkleon.ca.



WITH MARTIN JANOVSKY AND FRIENDS

SUNDAYS 11:30AM TO 4:00PM

JAN 14TH THRU FEB 25TH

FREE CHAMPAGNE WITH A TOUR OF THE VILLAGE

**SENIORS \$15.99
ADULTS \$20.99**



THE VILLAGE
AT STONEBRIDGE

250 Hunter Rd, Saskatoon For information call 306-664-0501 EXT. 273
Virtual tours at www.luthercarevillage.com