

Bass River - Stayed Dear to Author’s Heart



By Linda Harrington

Some of us might not be able to remember much from our early childhood years but Elizabeth Dillman-Hutchinson says these years hold some of her best memories, so much so, she felt a call to return to Nova Scotia and the community of Bass River.

Elizabeth moved out west after the age of twenty and worked in the social sector for eighteen years as a Live Skills Coach, Employment Counsellor and Victim Services Practitioner. She always kept in touch with her Bass River Elementary School Grade Primary /One teacher Mary Sharpe, until she passed away. Elizabeth lived in Alberta and then Williams Lake, BC. She eventually found herself burnt out and left her job, then sold her house and moved into a travel trailer. She says she had no plans to write a book but one morning she awoke hearing the words “God are you listening” in her mind and decided to write these words down, thinking she would record the moment.

“I began to write, and continued non-stop for eight hours. Every day after, I honoured this call to write, first thinking it was therapy for

myself, but later I realized it was much bigger than that,” she says with a smile, “And I continued to write every day for five weeks, until it was finished.”

The main title of the book God, Are You Listening?, was an easy choice, reflecting the start to her journey and the subtitle Free Yourself from What is Holding You Back helps reference the self-help nature of the book.

Elizabeth Hutchinson hopes to provide the inspiration one needs to find meaning and purpose in their life by sharing her own story and the process she undertook to arrive at “heart consciousness”.

This nondenominational spiritual self-help book is intended for people of all faiths, religions and belief systems, as well as nonbelievers.

The book was released by Turning Stone Press in March, 2012 and Elizabeth has been on somewhat of a book tour/promotion across Canada ever since, with a book signing at Coles in Truro, on Sept. 8th.

During Elizabeth’s many years in the social sector she found people in crisis were often looking for an immediate fix and it was not until

sometime afterwards that they would often find themselves stuck in the victimization or tragedy. It is then they would realize not everything could be fixed. She hopes her book will help people to release the negative energy holding them back.

The book is written with a review at the end of each chapter, making it suitable for group study in addition to individual reading and the author says it can be helpful for all ages. “I was surprised to be contacted from people in their 70’s and 80’s, who had read the book and who said they had finally been released from the pain they had been holding on to. There are all kinds of pain we must learn to work through,” says Elizabeth. “Men have also found the book an easy read. The practical techniques are very easy to entertain.”

God, Are You Listening? Free Yourself from What is Holding You Back is filled with practical real life stories, from real people and how they have overcome life’s challenges. “I am not promising, if you follow the steps outlined in the book, life will be perfect,” says Elizabeth. “We will always encounter challenges, but our response can be different. It is really up to the individual to put forth the effort.”

While writing the book, Elizabeth initially thought this was something people could turn to for help after a crisis but now she is finding many people are finding it very helpful during times of crisis. “It is also a great “prevention” book,” she says, “especially for the youth. A good way for them to gain skills to help them deal with challenges life can through at them.”

As for settling down any time soon, Elizabeth says it is too soon to tell. She has been enjoying spending time with family and friends such as Jim and Teresa Tanner and Keith and Darlene Smith and visiting areas in Bass River where her father Carl Dillman used to work in the logging camps. “I guess we will travel until it feel like we are done,” she laughs.

God, Are You Listening? Free Yourself from What is Holding You Back is available at any Coles store and you can find Elizabeth online at www.godandelizabeth.com.

Bob White
Candidate for Councilor – District 9

What in your opinion are the three most challenging issues facing the Municipality?
Waste Water and what is being dumped into the Municipal system.
Recycling, composting and waste diversion.
Residential and Commercial tax rate.

If you had the sole responsibility to solve them what would you do?
-Monitors need to be placed in the outflow pipes of industries and businesses that may use chemicals that are not healthy for our treatment plant to ensure everyone complies to the regulations for proper disposal.
Education to help everyone understand the importance and the effect on the tax rate.
Promote residential and commercial growth to help maintain the current and possibly help lower the current tax rate.

What is the most difficult topic you expect to come before council in the next year, which will have voters upset?
Disposal of fracking fluids in the Debert Industrial Park for treatment.

Since rural areas are declining in population and the residents are getting older, how will you help community groups in your district to develop plans to bring younger families to your electoral district?
Through CoRDA and the County Recreation Department we will continue to develop Parks and work with Community groups to keep our Rural areas attractive for families.

Why do you think you are the best candidate to represent the residents on Municipal Council?
With my business, Council and Volunteer experience I feel that I can relate with the issues that are brought forward with an open mind. The important thing to remember is that some issues may not be of interest to certain Districts but Council still has to think of the County as a whole unit and work with each Councilor to ensure representation for all.

What types of businesses do you think are most appropriate for your district and what will you do to attract them?
Debert is the best location for Warehousing and small industries. We need to increase the marketing of our central location and strong, reliable work force we have in Colchester County.

What are the most critical problems being faced by your constituents?
The high price of gas, home heat, electricity and groceries.

If you are elected to council, how will you communicate with residents to understand their problems and what you are doing to solve them?
Council has an open door policy for presentations and meetings. The County newsletter gives lots of information to residents about issues brought to light by Councilors. I am always available to listen to concerns and do my best to pass them along and get answers back. Unfortunately the answers we get aren’t always what our residents want to hear. When Councilors get issues dealing with roads and culverts they compile a list for the Mayor who takes them to quarterly meetings and tries to resolve as many as possible. Council needs to continue to lobby the Provincial Government along with all of the other Municipal units to find a way to lower fuel and electricity prices.



Bob White

911 CIVIC ADDRESS PROGRAM

In an effort to provide visible signage of civic address's for emergency response units we are continuing with the O.B.F.B. 911 Civic address program. The signs include the civic address assigned to your home. They are located at the end of the driveways in a clearly visible location so they can be easily seen. The civic numbers are the numbers that the Fire Brigade, Police & Ambulance look for when called to your home, so they are very important. If you wish to purchase one please clip this application and bring or mail it to the fire hall or call 897-6025.

The cost of the signs is \$25.00 installed
Cheques should be made payable to Onslow - Belmont Fire Brigade, Civic Numbers

Civic Sign Application

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The **Shoreline** Journal

Deadline for the November issue of **Shoreline** is October 23

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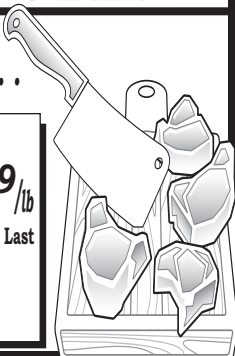
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