



Name: Tom Dyas

Tell us about yourself: I am President of TD Benefits, a local family-run business that specializes in Employee Group Benefit and Pension plans for local businesses. We have been in operation in BC for 35 years.

I am passionate about our community and getting involved in different community initiatives. When I was asked to participate in Swinging with the Stars to raise money for COHA, I was honored and very happy to do so.

What was your style of dance and why did you choose that one? This was a hip-hop dance. We danced to an Elvis song; One for the Money. I believe my dance partner/instructor chose that dance for me probably because she thought it would be the easiest style for me to learn. My dance instructor, Maddie, did an amazing job of putting together a routine for us within 2 months.

How did you first learn about Swinging with the Stars? I have been a supporter of Swinging with the Stars for many years and always wondered if I would have the courage to ever be a participant.

What was your connection to COHA at that time? I had attended events in previous years, and at that time I knew Nica, and they had asked if I would look at dancing in 2019's event.

What is your favourite memory from your performance? That natural high that I felt after our performance, the applause from the audience, knowing that I had put myself out there doing something that was completely outside of my comfort zone. It was truly a great feeling, and one that I won't soon forget.

Are you still dancing today? The odd time when I'm cooking in the kitchen, but other than that, no. But you never know, maybe in the future I will dust my shoes off and bring them out again.

What backstage moments stand out to you today? I think it was that mixed feeling of nerves and excitement right before we were about to go on, knowing that in a moment I was going to be dancing in front of hundreds of people.

Has this experience inspired you to do other life changing things? I have always been a huge supporter of our community, but knowing that I was able to raise several thousand dollars for such a worthy cause has definitely inspired me to keep supporting our community in any way that I can. I am a huge advocate for any type of fundraiser that can help support the people of our great city.

Is there anything else you'd like to share? I would like to share that this experience was very special to me because I am the first to admit that I am not a dancer, so I really enjoyed learning something new, challenging myself, and stepping outside of my comfort zone for an extremely worthy cause.