

Public Appearances

Contributed by toma Grubb
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Would you like to have Pam or Toma speak to your group?
Both Pam Edgar and Toma Grubb are experienced public speakers comfortable in front of an audience.

Pam is a Master Trainer for the Chronic Disease Self Management Program sponsored and managed by the University of Victoria. Pam has been doing public presentations for them since . Pam also does public appearances for CHLY and has been an active member of CHLY for over 3 years. Pam is an active member of the Mid-Island MS Society and has been the M.C. for their events as well as perform her own original songs.

Pam's topics include:

- Living with MS
- Self management of Chronic Diseases.

Toma's public speaking training began when he was 7. The church he was a member of at the time had all it's boys do talks in front of the congregation. His first Television appearance was when he was 9. Other public presentations were regular occurrences through High School and College. In the US Army he was an instructor at the US Army South East Signal School prior to becoming a helicopter pilot. In the mid 70s he was a singer with "The rising Sound" which performed at Disneyland, Knott's Berry Farm and other popular venues in Southern California. He did many seminars as a real estate broker for century 21 and was a national spokes person for Century 21 on the Jerry Lewis Telethon. This was followed by a stint as a regional training director for Century 21 for a five state region presenting Weekly training classes to 300-500 people. In the late 80s he was a dance instructor in the Denver Area and a competition dancer on the US National Country Western Dance Circuit and head Judge of the British Country Western Dance Competition. Toma has performed and spoken to crowds as large as 80,000 with the average size being between 200-700.

Toma's topics include:

- Managing type 2 Diabetes with Diet
- Health and Nutrition (Healthy Diet)
- The Vietnam experience as a non-Combatant (Toma was a highly decorated rescue pilot on Vietnam)
- Selling yourself (Toma was a top salesman for Century 21 realestate.)
- Discipline and Goal setting
- Toma is informed and conversant on several additional topics.

Pam and Toma are available on fairly short notice to address meetings in the Nanaimo and Mid-Island area. They are also available with proper planning for events across North America. Events outside the immediate Nanaimo area require travel, lodging expenses and an honorarium. An honorarium is appreciated but not required for local events.

Contact us at the Station, by email through our contact us form or by calling 250 585 4224. Pam and Toma are also available as guest on other Radio and TV shows.