

409 – 100 Lakeway Boulevard  
Sylvan Lake, Alberta  
Phone: 403-506-9485  
E-Mail: [fjanke@ualberta.ca](mailto:fjanke@ualberta.ca)

December 3, 2015

Dr. Pat Smith (chair)  
Terri Potter (Executive Director)  
Alberta College of Family Physicians  
Nominating and Awards Committee

Dear Pat / Terri:

At the last Nominating and Awards Committee meeting I was asked if I would consider letting my name stand for the position of President Elect. I have been asked before and have turned down the offer because of my on-going workload. I take this position very seriously and feel that the person undertaking this role must come with the best interests of the College overall in mind. After considerable thought and reflection, I am pleased to let the committee know that I am willing to stand. Please accept this letter as my expression of interest.

The College has some interesting years ahead including the transition to a new governance structure, collaborating with a new government and a new Alberta Health ministry, many changes in the delivery of primary care, an ongoing need to communicate and reach out to our members and last but not least the need to develop a further strategic plan. I hope that I can bring leadership and clarity to all of these endeavours. Attached is a current CV. Thank you for considering me for this position.

Sincerely,

Fred Janke,

Assoc Professor, Department of Family Medicine and Director of Rural and Regional Health, University of Alberta  
BSc, MSc, MD, FCFP, FRRMS

# FRED H. JANKE

Associate Professor, Director of Rural and Regional Health  
Division of Community Engagement  
Faculty of Medicine and Dentistry, University of Alberta

2- 115 Edmonton Clinic Health Academy      Phone: (780) 492-0678  
Edmonton, Alberta, Canada      Fax: (780) 248-116  
T6G 1C9

Sylvan Family Health Centre  
101 – 190 Pelican Place      Phone: (403) 887-2224  
Sylvan Lake, AB      Fax: (403) 887-2261  
T4S 1K2

Home  
409 – 100 Lakeway Boulevard  
Sylvan Lake, AB  
T4S 0A4

Date of Birth:      December 23, 2955; Calgary, Alberta

## Curriculum Vitae

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### Education

- Centre for Higher Education, Research and Development, University of Manitoba, University Manager's Course - 2012
- CMA Physician Manager Institute, Courses I – IV 2007
- Five Weekend National Family Medicine Fellowship Program 2002
- Certification, Canadian College of Family Physicians 1984
- Family Medicine Residency, University of Calgary 1982-1984
- Doctor of Medicine, University of Calgary 1979-1982
- Master of Science, University of Calgary, Division of Community Health Science 1977-1979
- Bachelor of Science, University of Calgary 1973-1977

### Family Medicine Experience

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- Family Practice at Sylvan Family Health Centre including urgent care, hospital care, obstetrical care, pediatrics and geriatrics.
  - Group Practice 1994-present
  - Solo Practice 1988-1994
- Sylvan Lake Medical Clinic 1984-1988      Sylvan Lake, AB

### Medical Staff Appointments

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- Civil Aviation Medical Examiner June 2001 – 2011
- Sylvan Lake Community Health Centre – Laboratory liaison physician 2001- present
- Associate staff Bentley Heath Centre 1996-present

- Full time staff Red Deer Regional Hospital 1984-present

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### Academic Appointments

- Associate Adjunct Professor, Division of Community Engagement; January 2014 - present
  - Associate Professor, Department of Family Medicine, University of Alberta; July 2008 to present
  - **Director, Office of Rural and Regional Health,  
Division of Community Engagement, University of Alberta  
October 2011 - present**
  - Director of Rural Programs, Department of Family Medicine, University of Alberta; July 2008 - present
  - Unit Director of Rural Alberta North (the rural stream family medicine residency program of the University of Alberta) 2005 – July 2008
  - Clinical Associate Professor, Department of Family Medicine, University of Alberta 2007 - 2008
  - Clinical Assistant Professor, Department of Family Medicine, University of Alberta 2005 - 2006
  - **Clinical Lecturer in the Department of Family Medicine at the University of Alberta 2001-2005**
  - Regional Site Coordinator – Red Deer Alberta Rural Family Medicine Network November 2001 – 2005
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### Teaching

- Interprofessional Education Modules for undergraduate nursing students and third year medical students 2014
  - Student project presentations for Undergraduate Students, 2010 - present
  - Structured Learning Sessions for Undergraduate Students, 2008 - present
  - Structured Learning Sessions for Family Medicine Residents, 2000 - present
  - Unit Director, Rural Alberta North as above
  - Site Director, Rural Alberta North as above
  - **Family Medicine Community Preceptor IMG MCAP assessments, 2006 - 2012**
  - Family Medicine Community Preceptor IMG pre-residency orientation, 2001 - 2010
  - Family Medicine Community Preceptor Family medicine residents, (3-4 residents/ year) 2001– present
  - Community Preceptor Undergraduate medical students (6-8 students/year), 2000 - present
  - Mentor to medical students at University of Calgary CMDS 2000-2001
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### *Committee Activities*

- International
    - AAMC – Group on Regional Medical Campuses: Task Force on The Impact of Regional Medical Campuses on the Community, 2012 - 2013
  - National
    - Membership Advisory Committee, College of Family Physicians of Canada, 2013 - present
    - National Working Group for Enhanced Surgical Skills national curriculum (to support maternity and surgical care in rural communities) 2012 - present
    - Enhanced Surgical Skills Working Party, Committee for Special Interests or Focused Practices, College of Family Physicians of Canada 2013 – present
    - Collaborative Committee on Rural Education between the Society of Rural Physicians of Canada and the College of Family Physicians of Canada 2008 – 2014
    - AFMC – Resource Group for Distributed Medical Education: Task Force on sharing resources for Faculty Development 2012-2013
    - Planning Committee for Rural and Remote (Annual Conference of the Society of Rural Physicians of Canada) 2007 – 2010, 2013
    - The College of Family Physicians of Canada National Committee for geriatrics 1987-1990
  - Provincial
    - Honorary Treasurer, Executive, Alberta Chapter, College of Family Physicians of Canada 2009 - present
    - Planning Committee for Cabin Fever (Faculty Development Workshop for rural preceptors, Department of Family Medicine from the University of Calgary) 2005 – 2010, 2012 - present
    - Planning Committee for Fall Harvest (Faculty Development Workshop for the Department of Family Medicine at the University of Alberta) 2006 – present
    - Alberta Chronic Pain Ambassador Guideline Development Group for Headache 2010 - 2012
    - Alberta Chronic Pain Ambassador Program, Working Group on Back Pain 2007 – 2009
    - Alberta Scientific Assembly Planning Committee 2006- 2009
    - Care of the Elderly Committee, Alberta Chapter, College of Family Physicians of Canada 2001- 2006
    - AdHoc Committee AMA Evaluation and responses to long-term care initiative 2000
    - AMA Committee for Public Health 1986 – 1996
  - Local
    - Pharmacy and Therapeutics Committee, Red Deer Regional Hospital 1999-2000
    - Committee for Geriatric Care (Sylvan Lake Extended Care Society). Spear-headed society and chair 1987-1992
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### Community Activities

- Tour Doctor: Red Deer Royals 1998-2002
- Coordinator and Volunteer Physician Medical Missions to Jamaica 1997-2008
- Volunteer Physician, Refugee camps - Belize April 2001
- Elder – Memorial Presbyterian Church, Sylvan Lake 1993-2012
- Red Deer Symphonic Winds, Alto sax, soprano sax 1996- 2004
- Red Deer Community Jazz Band, Alto sax 2005 - 2014
- Saxophone quartet (Sax-A-Lot) 1998-2005
- Marriage Preparation Course Coordinator – Memorial Presbyterian Church 1984-1994

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### Publications

- Peer Reviewed Journals
  - Janke FH, Dobbs B, McKay R, Lindsell M, Babenko O, Family medicine residents' risk of adverse motor vehicle events: a comparison between rural and urban placements, CMEJ 2013, 4(2):e28-e40
  - Turgeon R, Janke FH, Kolber M, Omega-3 for patients with cardiovascular disease, Can Fam Physician November 2012 58: 1225
  - Ross S, Poth CN, Donoff M, Humphries P, Steiner I, Shipper S, Janke F, Nichols D. Competency-based achievement system: using formative feedback to teach and assess family medicine residents' skills. Can Fam Physician 57(9):e323-30, 2011 Sep.
- Peer Reviewed Posters and Abstracts
  - Janke FH, Denga E, Konkin J, A new family medicine residency program at a remote regional site inspires local medical community, Poster Presentation, AMEE 2014, Milan, Italy, September 2014
  - Janke FH, Denga E, Konkin J, Building a Community of Teachers: Relationships are still important in the digital age, Poster Presentation, International Conference on Resident Education, Toronto, October 2014
  - Janke F, Cockell J, Jackman D, Konkin J, Myrick F, Yonge O, Before This, Separate Lives: Interprofessional Rural Preceptorship with Nursing and Medical Students, Poster, Family Medicine Forum, Quebec City, November 2014
  - Janke FH, Denga E, Huber H, Initiating a New Fully Intergrated Family Medicine Residency Program at a Remote Regional Site (Poster) Family Medicine Forum, November 2013; Alberta Scientific Assembly February 2014
  - Konkin J, Vestemean R, Hillier T, Fisher B, Huber H, Janke F, Hamilton P. (2013). Field Notes for Learning. Oral Presentation. Canadian Conference on Medical Education, Quebec City, Quebec.
  - Konkin J, Huber H, Hamilton P, Janke F, Suddards C, Nicholl D. (2013). Field Notes for Learning: An innovation to enhanced learning. Poster Presentation. Consortium of Longitudinal Integrated Clerkships, Big Sky Montana.
  - Janke FH, Ross S, The value of the rural experience in Urban Based Family Medicine Programs, (Poster) Alberta Scientific Assembly, February 2013

- Janke FH, Ross S, Review of the mandatory rural rotation in postgraduate Family Medicine, (Poster) Canadian Conference on Medical Education, April 2012
- Janke FH, Ross S. Facebook and Professionalism: What Effect is Social Media Having on Professional Boundaries? (Poster) Canadian Conference on Medical Education. May 2011
- Janke FH, Ross S. Ten Years, Rural Alberta North: Lessons Learned, and Future Goals. (Poster) Family Medicine Forum, October 2010 and Rural and Remote, May 2011.
- Janke FH, Dobbs B, McKay R. Institutional Barriers to National Postgraduate Medical education Research in Canada. [poster] Canadian Conference on Medical Education, May 2010 and Alberta Scientific Assembly, February 2011
- Janke FH, Dobbs B, McKay R. Family Medicine Residents – Risk of Adverse Motor Vehicle Events, Comparison between Rural and Urban Placements. (Poster) Alberta Scientific Assembly. February 2011
- Janke FH, Hood S, Szafran O, Nardelli A, Duerksen K. Intensive Single Session Hypnotherapy for Smoking Cessation. [poster] Alberta Scientific Assembly. February 2010
- Janke FH, Bromley J, Millar B, Ross S. Examining Resident Engagement in the Practice Quality Improvement Project during Second Year of Residency. [poster] Family Medicine Forum 2009
- Janke FH, Bromley J, Millar B, Ross S. Development of an Online Curriculum to Teach Professionalism to Family Medicine Residents. [poster] Family Medicine Forum 2009
- Bromley J, Lindblad A, Janke FH, Millar B, Ross S, Developing a Therapeutics Curriculum in a Residency Program. [poster] Family Medicine Forum 2009
- Janke FH, Pocock J. Email Your Patient – Has the Time Come. [poster] Family Medicine Forum. November 2002.
- Non- Peer Reviewed
  - Janke FH, Foreword in “Hypnotic Women Present a Collection of Therapeutic Stories, Scripts, Poems and Inductions”. Edited by Kelly Woods. 2014: 7-10
  - Janke FH, Hood SM. Lighting the Research Fire Within, Unlimited Human, Fall 2014: 26-28
  - JankeFH, Hood SM. An Interview with Dr. Janke and Sherry Hood, Unlimited Human. Summer 2014: 27-30
  - Janke FH, Hood SM. Hypnotherapy and Neuropathy, Unlimited Human, Spring 2014: 21-24
  - Janke FH, Hood SM. Hypnotherapy and Surgery, Unlimited Human, Spring 2013: 16-18
  - Hood SM, Janke FH. Hypnotherapy and Family Medicine, How Hypnotherapy can complement clinical work in family medicine, Unlimited Human, Fall 2012: 8-10
  - Janke FH, Hood SM. Hypnotherapy and Evidence (How the Medical Profession thinks about Evidence-Based Medicine), Unlimited Human, Summer 2012: 17-21
  - Janke FH, Hood SM. Collaboration between Physician and Hypnotherapist for the Treatment of a Patient Chronic Depression and Social Phobia, Unlimited Human, Spring 2012: 11-13

- Janke FH, Hood SM. Hypnotherapy Done by Phone to aid in a Family Physician's Office, Unlimited Human, Fall 2011:6-8
- Janke FH, Hood SM. Hypnotherapy, A Tool for the Modern Medicine Cabinet, Family Health, Fall 2010: 4-7

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## Research

- Current:
  - Banner-Lukaris D, Janke FH, Clark A, MacLeod M, King-Shier K. Atrial Fibrillation in Rural and Northern Canada, CIHR funded, in progress
  - Jackman D, Yonge O, Konkin J, Janke F, Myrick A. Inter professional Rural Preceptorship: A Pilot Study with Nursing and Medical Students, funded by the Government of Alberta and Covenant Health, in progress
- Previous
  - Janke FH, Hood S, Szafran O, Nardelli A, Duerksen K. Intensive Single Session Hypnotherapy for Smoking Cessation, Pilot Study. Funded by the Department of Family Medicine (Poster and Private Communication)
  - Janke FH, Dobbs B, McKay R. Family Medicine Residents – Risk of Adverse Motor Vehicle Events – Comparison between Rural and Urban Placements. Grant from the Rural Physician Action Plan
  - Janke FH. Strategies to improve recruitment of family medicine preceptors for community based programs. Grant from the Rural Physician Action Plan. Private Communication (2002)
  - Janke FH, Schipper S. Pap Smears – Is it time for a Change. Unfunded. (2002)
  - Janke FH, Renchko P. Sylvan Lake – RDRH Emergency Study. Funded by the Rural Physician Action Plan. Unpublished. (2000)

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## Workshops and Presentations given in the past 5 years

- National
  - Janke FH, Koppula S. Review of the Current Medical Education Literature, Family Medicine Forum, Quebec City, November 2014 (overall ratings 4.6/5)
  - Janke FH, Koppula S. Hot Med Ed Lit, a Review of the Current Medical Education Literature, Rural and Remote (Annual Conference of the SRPC), Banff, March 2014 (overall ratings 4.8/5) (invited to return as a speaker)
  - Janke FH, Koppula S. Hot Med Ed Lit (a review of current medical education literature), Family Medicine Forum, Vancouver, Nov 2013 (overall ratings 3.5/4)
  - Janke FH, Koppula S. Teaching the Millennial Generation: or “Don’t Dis my Nose Ring”, Family Medicine Forum, Vancouver, Nov 2013 (overall ratings 3.6/4)
  - Janke FH, Ross S. Oral Presentation: “The Value of Rural Experience in Family Medicine” at Canadian Conference on Medical Education, Quebec, April 2013

- Janke FH. Workshop: “Update in Nutrition and Supplements” at Rural and Remote, Society of Rural Physicians of Canada, Victoria, April 2013
- Janke FH, Hood SM. Workshop: “Hypnotherapy and Pain Management” at Rural and Remote, Society of Rural Physicians of Canada, Victoria, April 2013
- Janke FH. Workshop: “Herbs, what is the evidence” at Rural and Remote, Society of Rural Physicians of Canada, Whistler, April 2012
- Janke FH, Hood SM. Workshop: “Hypnotherapy and Family Medicine” at Rural and Remote, Society of Rural Physicians of Canada, Whistler, April 2012
- Donoff M, Humphries P, Shipper S, Janke FH, Ross S. Workshop: “A Program Director’s Perspective on the Utility of a Novel Competency-Based Achievement System (CBAS) for Assessing Resident Progress”) at CCME, Toronto, May 2011.
- Janke FH. Oral Presentation: Postgraduate Medical Education in Family Medicine; “Ten years of Rural Alberta North: Lessons learned and goals to strive for” at CCME, Toronto, May 2011.
- Janke FH. Workshop, Problem Based Small Group Learning Module, “Developing Professionalism in our Learners”, given at Rural and Remote (Society of Rural Physicians of Canada) Blue Mountain Resort, Ontario, May 2011. Evaluations 4.5-5.0/ 5.0
- Janke FH. Workshop, Problem Based Small Group Learning Module, “Evaluation of Learner Performance”, given at Rural and Remote (Society of Rural Physicians of Canada) Blue Mountain Resort, Ontario, May 2011. Evaluations 4.5-5.0/ 5.0
- Janke FH. Workshop, Time efficient teaching; “Microskills and SNAPPS”, given at Rural and Remote (Society of Rural Physicians of Canada) Blue Mountain Resort, Ontario, 2011. Evaluations 4.5-5.0/ 5.0
- Janke FH, Ross S. Facilitated Poster Session: “Facebook and Professionalism: What Effect is Social Media Having on Professional Boundaries?” at CCME, Toronto, May 2011.
- Donoff M, Shipper S, Janke FH. Workshop on the Competency Based Achievement System, “Where the rubber hits the road: How the Competency Based Achievement System (CBAS) helps program directors sleep better,” (co-presenter) Family Medicine Forum, Vancouver, October 2010.
- Donoff M, Shipper S, Nichols D, Janke FH. Workshop on the Competency Based Achievement System, “Catch of the Day: CBAS (Competency Based Achievement System) in resident training” (co-presenter) Family Medicine Forum, Vancouver, October 2010.



- Provincial
  - Janke FH. Review of the Current Medical Education Literature, Fall Harvest (Faculty Development Workshop), Jasper, October 2014
  - Janke FH. The Office of Rural and Regional Health and Physician Workforce Development, Creating Rural Connections, Workforce Development, Grande Prairie, May 2014
  - Janke FH, Koppula S. Hot Med Ed Lit: Review of the Current Medical Education Literature, Cabin Fever (Faculty Development Workshop, U of C), Kananaskis February 2014 (overall ratings 6.31 and 6.34/7) (invited to return as speaker)
  - Janke FH. Workshop: "Update on Nutrition and Supplements" at Alberta Scientific Assembly, Banff, February 2013
  - Humphries P, Janke FH, Bahler B. Workshop: "The Medical Home, Making it Work" at Alberta Scientific Assembly, Banff, February 2013
  - Janke FH. Workshop: "Nutrition made clear" at Alberta Scientific Assembly, Banff, February 2012
  - Janke FH. Workshop: "Herbs, what is the evidence?" at Alberta Scientific Assembly, February 2012
- Faculty of Medicine and Dentistry, Department of Family Medicine
  - Humphries P, Janke FH. Workshop: "The Medical Home, making it work in practice." Winter Education Retreat, Jasper, March 2013
  - Humphries P, Janke FH. Workshop: "CBAS, Competency and Field Notes" Faculty Development Fort McMurray, February 2013
  - Janke FH. Workshop: "ECBAS, Field Notes and Assessment" Faculty Development Fort McMurray, July 2012
  - Janke FH. Workshop: "Don't Dis My Nose Ring, Teaching the Generation ME Learner," presented at Red Deer Faculty Development Session, May 2011 and at Winter Education Retreat, Jasper, March 2011
  - Janke FH. Academic Rounds, presentation on the Culture of Generations, "Don't Dis My Nose Ring, Dealing with the Generation ME Learner," Family Medicine Rounds, Red Deer Regional Hospital, June 2011.
  - Janke FH. Workshop: "Don't Dis My Nose Ring, Dealing with the Generation ME Learner" at Fall Harvest (Faculty Development Workshop for Rural Preceptors), Edmonton, November, 2010
  - Janke FH. Workshop, "Feedback is Coaching," Faculty Development, Fall Harvest; Edmonton, November 2010.
  - Janke FH. Oral Presentation, "Family Medicine Residents' Risk of Adverse Motor Vehicle Events – Comparison between Urban and Rural Placements," Family Medicine Research Day, Department of Family Medicine, University of Alberta, June 2010
  - Janke FH. Numerous smaller faculty development sessions provided at rural site visits on "Micro-skills," "SNAPPS" and "Feedback."

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#### Associations

- Canadian College of Family Physicians
- Alberta Medical Association
- Christian Medical & Dental Society
- Society of Rural Physicians of Canada
- Canadian Association for Medical Education
- International Association for Medical Education

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#### Awards

- Fellowship in Rural and Remote Medicine (FRRMS), Society of Rural Physicians of Canada 2010
- Award: Clinical Teaching Award of Excellence 2002-2003; awarded by Professional Association of Residents of Alberta
- Fellowship, College of Family Physicians of Canada 2002

- Outstanding Clinician of the Year 2000 David Thompson Health Region
- Citizen of the Year 2000 Sylvan Lake

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**Interests:**

Music (played saxophone in a community jazz band), water color painting, digital art, reading, kayaking

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# Nomination Paper


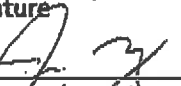


## President-Elect

We, the undersigned, being eligible to vote in Alberta and members in good standing of the Alberta College of Family Physicians, hereby nominate,

Fred H Janke  
(print name)

of 409 - 100 Lakeway Boulevard, Sylvan Lake, Alberta, T4S 0A4  
(complete address)

for election as President-Elect of the Alberta College of Family Physicians.

1. Name (please print) <u>DR BRAD BARTER</u>	Signature 
Complete street address <u>Road 25, Site 7, R.R.#1</u>	City/town/postal code <u>Red Deer, AB, T4N 5E1</u>
2. Name (please print) <u>Jessica Maciejko</u>	Signature 
Complete street address <u>441 Rozier Close</u>	City/town/postal code <u>Sylvan Lake, AB T4S 0B8</u>
3. Name (please print) <u>Dr. Stephen Whinger</u>	Signature 
Complete street address <u>Stamberg Place</u>	City/town/postal code <u>Sylvan Lake, AB T4S 2P9</u>
4. Name (please print) <u>Julie Hernberger</u>	Signature 
Complete street address <u>174 Alberts Close Red D</u>	City/town/postal code <u>Red Deer AB T4R 3S6</u>
5. Name (please print)	Signature
Complete street address	City/town/postal code

I, Fred H Janke of Sylvan Lake, Alberta, having a mailing address in Alberta and being a member in good standing of the Alberta College of Family Physicians, accept the nomination and hereby authorize the Executive Director of the Alberta College of Family Physicians to place my name on the ballot paper for the March 2016 election for President-Elect.

Signed  Date Dec 8 / 2015

This information along with your CV will be circulated to all members of the Alberta College of Family Physicians.

FAX 780 488-2396

# Nomination Paper

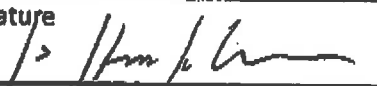
## President-Elect

We, the undersigned, being eligible to vote in Alberta and members in good standing of the Alberta College of Family Physicians, hereby nominate,

Fred H Janke  
(print name)

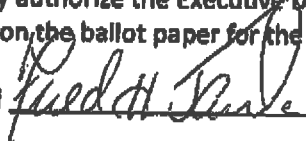
of 409 - 100 Lakeway Boulevard, Sylvan Lake, Alberta, T4S 0A4  
(complete address)

for election as President-Elect of the Alberta College of Family Physicians.

1. Name (please print) Dr Paul Humphries	Signature 
Complete street address 10240 Kingsway Ave	City/town/postal code Edm AB T5H 3V9
2. Name (please print)	Signature
Complete street address	City/town/postal code
3. Name (please print)	Signature
Complete street address	City/town/postal code
4. Name (please print)	Signature
Complete street address	City/town/postal code
5. Name (please print)	Signature
Complete street address	City/town/postal code

I, Fred H Janke of Sylvan Lake, Alberta, having a mailing address in Alberta and being a member in good standing of the Alberta College of Family Physicians, accept the nomination and hereby authorize the Executive Director of the Alberta College of Family Physicians to place my name on the ballot paper for the March 2016 election for President-Elect.

Signed



Date

Dec 8/15

This information along with your CV will be circulated to all members of the Alberta College of Family Physicians.