



2026/2027 SIDFP Board of Directors

Nominees

Nominee Applications, Bios and Conflict & Confidentiality

Pledge

(in no particular order)

- 1. Jordyn Heal**
- 2. Mark Sherman**
- 3. Laura Asplin**
- 4. Maria (Manya) Sadouski**

2026-2028 Board Nominee Candidate-Dr. Jordyn Heal



Hello and ÍY, SŁÁCEL. My name is Jordyn Heal and I am a fifth-generation settler of English, Scottish, and Dutch ancestry, born and raised locally as an uninvited guest on Tsartlip territory. I attended Stelly's Secondary School and spent much of my youth riding horses at my grandparents' farm in Saanichton.

I studied Global Health and Public Health at McGill University, where a sociologist-turned-rural-family-physician helped point me toward family medicine. I returned home for UBC's Island Medical Program with the goal of becoming a family physician committed to rural medicine, Indigenous health, and health systems improvement. During medical school, Dr. Vanessa Young involved me in advocacy meetings with MLAs for the BCCFP BC Family Doctor Day campaign in 2022. That experience, which contributed to the development of the LFP model, showed me the value of family physician advocacy at regional and provincial levels.

I recently completed the UBC Indigenous Family Medicine Residency program in July 2026. As the South Island Division Board's Resident Representative for two years, I worked to strengthen resident engagement for recruitment and retention. I am especially proud of helping foster relationships between resident physicians and local First Nations through the annual Blanket Exercise and upcoming events paddling a traditional cedar canoe and weaving cedar birthing mats.

I hope to transition from Resident Representative to Board Member. As a 'new grad' family physician, I will continue advocating for a healthier systems environment and a supportive local community for early-career family physicians that will shape our future workforce.

Thank you and HÍ SW KE, SI,ÁM,

Dr. Jordyn Heal MD CCFP

DECLARATION OF COMPETING INTERESTS

Please answer the following questions:

1. Do you currently accept or have you in the past five years accepted funding from a pharmaceutical company, Information Technology company, Medical Supply company or community based medical organization for any of the following:

Funding Type:

Organization:

A fee for speaking?

n/a

A fee for organizing education?

n/a

Funds for research?

n/a

Financial support for a member of your staff?

n/a

Fees for Consulting?

n/a

Purchase of or maintenance of IT equipment

n/a

2. Do you hold any stocks or shares in any organization that may in any way gain or lose financially from your work with the Division?

YES: _____ NO: ^X_____

3. Do you hold a University appointment?

YES: ^X_____ NO: _____

UBC Clinical Faculty Appointment (to be a family medicine preceptor) is pending

4. Do you sit on any boards of health care organizations or community organizations or societies that may gain or lose financially from your work with the Division?

YES: _____ NO: ^X_____ IF YES, PLEASE SPECIFY: _____

DECLARATION OF COMPETING INTERESTS CONT'D

5. Do you hold any leadership positions in any health care organizations or community organizations or societies that may gain or lose from your work with the Division?
YES: _____ NO: X IF YES, PLEASE SPECIFY: _____

6. Do you have any other competing financial interests?
YES: _____ NO: X IF YES, PLEASE SPECIFY: _____

I, Dr. Jordyn Heal have read the above questions, understood them, and hereby certify that my answers are true and correct to the best of my knowledge. I understand that any misrepresentation, falsification, or omission of any facts, will render this pledge void.

SIGNATURE:

_____

WITNESS NAME:

Robert Stewart-Patterson

WITNESS SIGNATURE:

_____

DATE:

Aug.30, 2026

2026-2028 Board Nominee Candidate-Mark Sherman



I am excited for the opportunity of a fourth year on the SIDFP Board of Directors. I have been Co-Chair for the past two years, and have learned so much working with my fellow directors, SIDFP staff, physician community members, as well as Island Health, FPSC and Ministry colleagues. During my time I have been part of initiating Dips for Docs, The Pulse communication, the Wellbeing Index, the new Planetary Health Committee, and cultivating an Island and Provincial Division advocacy voice around Patient Access, Division funding flexibility and Admin Burden. I have been involved in developing our new Strategic Plan, hiring our new Executive Director, and establishing our PCN refresh. I have co-chaired the Joint Physician Wellness Committee, and have been involved in increasing cultural safety events in our region

I am a father, husband, physician leader, meditation teacher, and clinical instructor with UBC. I have been a family physician for 25 years working in emergency rooms, hospitals, long term care and team based care clinics. I have worked on 5 EMRs and 4 different payment models. I am a senior facilitator with the BC Association for Living Mindfully and teach workshops and meditation retreats for physicians, and other health care providers, in order to cultivate greater meaning, presence and wellbeing in the tough work we do. I know Family Medicine and I know Family Doctors. My time at SIDFP has given me the opportunity to work with incredible people to co-create real change in the lives of physician members and the communities we serve. It would be my privilege to continue this work.

DECLARATION OF COMPETING INTERESTS

Please answer the following questions:

1. Do you currently accept or have you in the past five years accepted funding from a pharmaceutical company, Information Technology company, Medical Supply company or community based medical organization for any of the following:

Funding Type:

Organization:

A fee for speaking?

No

A fee for organizing education?

No

Funds for research?

No

Financial support for a member of your staff?

No

Fees for Consulting?

No

Purchase of or maintenance of IT equipment

No

2. Do you hold any stocks or shares in any organization that may in any way gain or lose financially from your work with the Division?

YES: _____ NO: NO

3. Do you hold a University appointment?

YES: YES NO: _____

4. Do you sit on any boards of health care organizations or community organizations or societies that may gain or lose financially from your work with the Division?

YES: _____ NO: No IF YES, PLEASE SPECIFY: _____

5. Do you hold any leadership positions in any health care organizations or community organizations or societies that may gain or lose from your work with the Division?
YES: Yes NO: IF YES, PLEASE SPECIFY: facilitator with BC Association for L

6. Do you have any other competing financial interests?
YES: _____ NO: NO IF YES, PLEASE SPECIFY: _____

I, Mark Sherman have read the above questions, understood them, and hereby certify that my answers are true and correct to the best of my knowledge. I understand that any misrepresentation, falsification, or omission of any facts, will render this pledge void.

representation, falsification, or omission of any fact



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08/23/2026

2026-2028 Board Nominee Candidate-Laura Asplin



I am a dedicated family physician with twelve years of clinical experience and a deep commitment to advancing primary care on the South Island. In 2021, I co-founded a new family medicine clinic alongside two family physician colleagues. Together, we have built a thriving practice that has successfully recruited and supported three family physicians. I continue to co-manage the clinic, helping shape an efficient, sustainable, and supportive environment for both patients and providers.

My leadership extends beyond the clinic. I served on the Westshore Primary Care Network Physician Leadership Committee from 2020-2021, and have served as the Family Physician Representative of the South Island Primary Care Network Steering Committee since May 2025. I also served as the BC Family Doctors representative on the Doctors of BC Representative Assembly for three years, giving me insight into the broader systemic challenges and opportunities across the province.

I've held a strong interest in taking action to improve family medicine, and as part of this I co-created the Facebook group BC Family Doctors for Reform, which serves as a platform for family physician collaboration and advocacy. This initiative led to the formation of the BC Family Doctor Action Group, a grassroots collective of over 20 physicians working with patient advocates to engage directly with government leaders and advance meaningful change in family medicine.

As a board member, I aim to bring my experience in clinic operations, physician recruitment, grassroots advocacy and health system engagement to support initiatives that improve patient care, access, and physician wellness across the South Island.

DECLARATION OF COMPETING INTERESTS

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Funding Type:

Organization:

A fee for speaking?

no

A fee for organizing education?

no

Funds for research?

no

Financial support for a member of your staff?

no

Fees for Consulting?

no

Purchase of or maintenance of IT equipment

no

2. Do you hold any stocks or shares in any organization that may in any way gain or lose financially from your work with the Division?

YES: ☒ NO: ☐

I own shares in Three Cedars MD, a family medicine clinic in Sidney

3. Do you hold a University appointment?

YES: ☒ NO: ☐

4. Do you sit on any boards of health care organizations or community organizations or societies that may gain or lose financially from your work with the Division?

YES: ☐ NO: ☒ IF YES, PLEASE SPECIFY: _____

DECLARATION OF COMPETING INTERESTS CONT'D

5. Do you hold any leadership positions in any health care organizations or community organizations or societies that may gain or lose from your work with the Division?
YES: ☒ NO: ☐ IF YES, PLEASE SPECIFY: FP Representative- South Island PCN Steering Committee

6. Do you have any other competing financial interests?
YES: ☐ NO: ☒ IF YES, PLEASE SPECIFY: _____

I, Dr. Laura Asplin, MD, CCFP have read the above questions, understood them, and hereby certify that my answers are true and correct to the best of my knowledge. I understand that any misrepresentation, falsification, or omission of any facts, will render this pledge void.

SIGNATURE:



WITNESS NAME:

Dr. Matthew Asplin

WITNESS SIGNATURE:



DATE:

Aug 29, 2025

2026-2028 Board Nominee Candidate-Dr. Maria (Manya) Sadouski



Dr. Maria (Manya) Sadouski has been a South Island Division Board member for the last 2 years practicing as rural generalist MD on Salt Spring Island for the last 20 years with a broad scope of practice. Dr. Sadouski has held medical leadership positions with local medical staff organization and Rural and Remote Division. A graduate of Queen's University in Kingston for MD and Family medicine training thereafter did rural locums in Ontario before a move to Winnipeg where she had a variety of practice including teaching before moving to Salt Spring.

I see myself as a positive colleague with broad range of experience in primary care who brings knowledge of the complexities of the practice of family medicine and awareness of the systems that drive primary care.

DECLARATION OF COMPETING INTERESTS

Please answer the following questions:

1. Do you currently accept or have you in the past five years accepted funding from a pharmaceutical company, Information Technology company, Medical Supply company or community based medical organization for any of the following:

Funding Type:

Organization:

A fee for speaking?

No

A fee for organizing education?

No

Funds for research?

No

Financial support for a member of your staff?

No

Fees for Consulting?

No

Purchase of or maintenance of IT equipment

No

2. Do you hold any stocks or shares in any organization that may in any way gain or lose financially from your work with the Division?

YES: _____

NO: ☒

3. Do you hold a University appointment?

YES: ☒

NO: _____

4. Do you sit on any boards of health care organizations or community organizations or societies that may gain or lose financially from your work with the Division?

YES: ☒

NO: _____

IF YES, PLEASE SPECIFY:

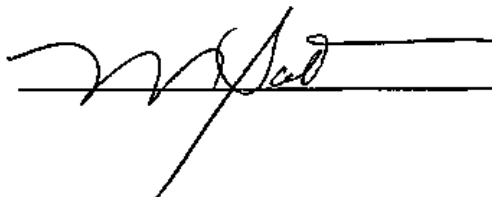
Saltspine Community
Clinic Society

DECLARATION OF COMPETING INTERESTS CONT'D

5. Do you hold any leadership positions in any health care organizations or community organizations or societies that may gain or lose from your work with the Division?
YES: _____ NO: ☒ IF YES, PLEASE SPECIFY: _____
6. Do you have any other competing financial interests?
YES: _____ NO: ☒ IF YES, PLEASE SPECIFY: _____

I, Mania Sadouski have read the above questions, understood them, and hereby certify that my answers are true and correct to the best of my knowledge. I understand that any misrepresentation, falsification, or omission of any facts, will render this pledge void.

SIGNATURE:



WITNESS NAME:

Robyn Scagel

WITNESS SIGNATURE:

RScagel

DATE:

31/8/26