

Name Stephan G. Frank
 APFC Trustee / Employee

Individual Investment Transaction Disclosure
 [per AS 37.13.110(b)]

File: (1) upon hire/appointment, within 30 days of receiving policy, and (2) annually by March 15 of reportable investments hold at December 31.

FIXED INCOME: Government, Agency, Corporate Securities; Certificates of Deposit report only those institutions within the APFC has a CDs. (Wells Fargo and Northrim Banks)

MONEY MARKET FUNDS: Are you invested in Fidelity Institutional Cash Portfolios, U. S. Treasury Portfolio III - Class B
 No other Money Market Funds require disclosure.

yes no

Name of Owner	Relationship to You & Why you are reporting*	Buy or Sell	Instrument Type, Security, Par Value, Coupon Rate, Maturity date	Trade/settlement date or date first notified of transaction**

STOCKS: If none, check box

Name of Owner	Relationship to You & Why you are reporting*	Buy/Sell Dividend/ Split	Name of Security, Number of Shares	Trade/settlement date or date first notified of transaction **
Stephan G. Frank	Self	buy	SYSCO Corporation, 100 sh	11-Nov-05
Stephan G. Frank	Self	sell	Great Plains Energy, 100 sh	22-Nov-05

INSTITUTIONAL REAL ESTATE AND ALTERNATIVE INVESTMENTS: - Report only the private equity real estate in which the APFC is invested. Report only alternative investments with Crestline and Pathway or their affiliates.

Name of Owner	Relationship to You & Why you are reporting*	Buy or Sell	Property/Account Type, Name & Address; Number of shares or % interest	Trade/settlement date or date first notified of transaction**

Investor or Contractor Relationships: Report ownership interest in or investment with any business or firm with which the APFC does business.

Contact with corporate officers and/or employees of companies in which the employee or trustee is invested

Discloser's Signature

11-25-05

Date

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Received By:		11-28-05
Compliance Officer Review:		11/29/05
Dates Reported to Board:	_____	_____
	mthly rpt memo	brd mtg

*Examples of "Why You Are Reporting" Self, Family Member, Power of Attorney, Trustee or Custodian (investing for other individual or entity)

**If disclosing outside 30-day period requirement, please explain why on reverse side.