Form 5500-SF Department of the Treasury Internal Revenue Service Department of Labor Employee Benefits Security Administration		Short Form Annual R	OMB Nos. 1210-0110 1210-0089								
		Benefit Plan This form is required to be filed under sections 104 and 4065 of the Employed Retirement Income Security Act of 1974 (ERISA), and section 6058(a) of the Internal Revenue Code (the Code).				2009					
						This Form is Open to Public					
	ension Benefit Guaranty Corporation		dance with the instructions to the Form 5500-SF.			Inspection					
-	Part I Annual Report Identification Information										
For	calendar plan year 2009 or fisca	7 7 7 7		and ending	12/31/2						
	This return/report is for:	single-employer plan	•	mployer plan (not multiemployer)		one-participant plan					
Β	This return/report is for:	first return/report an amended return/report	final retur	n/report year return/report (less than 12 m							
•	Check box if filing under:	onths)									
C	DFVC program										
De	special extension (enter description)										
	Part II       Basic Plan Information—enter all requested information         1a Name of plan       1b Three-digit										
		IONING AND SHEET METAL 401K	PLAN			plan number (PN) ▶ 001					
						Effective date of plan					
2a	Plan sponsor's name and addre	ess (employer, if for single-employer	plan)		2b	01/01/2007 Employer Identification Number					
		IONING AND SHEET METAL, LLC	. ,			(EIN) 20-0943806					
1523	9 NE 90TH STREET				2c	Plan sponsor's telephone number 425-885-1224					
REDI	MOND, WA 98052			2d	Business code (see instructions)						
3a OVE	Plan administrator's name and RLAKE HEATING, AIR CONDIT	address (if same as Plan sponsor, er TONING AND SHEET 15239 NE 90	nter "Same	?") T	3b	Administrator's EIN 20-0943806					
MET	AL, LLC	REDMOND, V		3c	Administrator's telephone number 425-885-1224						
<b>4</b> I	f the name and/or EIN of the pla	n sponsor has changed since the las	st return/re	port filed for this plan, enter the	4b	EIN					
I	name, EIN, and the plan numbe	r from the last return/report. Sponso	r's name		40	PN					
5a	Total number of participants at	the beginning of the plan year			-	9					
b						11					
С	<b>c</b> Total number of participants with account balances as of the end of the plan year (defined benefit plans do not					9					
62	complete this item)	uring the plan year invested in eligibl		(Sac instructions)	. <b>5c</b>	Yes No					
		le annual examination and report of a			 ΩΡΑ)						
	,	See instructions on waiver eligibility a		,		Yes No					
Pa	rt III Financial Informa	er 6a or 6b, the plan cannot use Fo ation	orm 5500-	SF and must instead use Form 5	500.						
7	Plan Assets and Liabilities			(a) Beginning of Year		(b) End of Year					
а		Fotal plan assets		5592	22	138319					
b	Total plan liabilities		7b	44	10	0					
С	Net plan assets (subtract line 7b from line 7a)		7c	5548	32	138319					
8	Income, Expenses, and Transf	ers for this Plan Year		(a) Amount		(b) Total					
а	Contributions received or recei (1) Employers	vable from:	8a(1)	1436	88						
			8a(2)	4208							
			8a(3)		0						
b	., ,		8b	2638	34						
С	Total income (add lines 8a(1),	8a(2), 8a(3), and 8b)	8c			82837					
d		ollovers and insurance premiums	8d		0						
е		ive distributions (see instructions)	8e		0						
f	Administrative service providers (salaries, fees, commissions)		8f		0						
g			8g		0						
h	Total expenses (add lines 8d, 8	Be, 8f, and 8g)	8h			0					
i		8h from line 8c)				82837					
j	Transfers to (from) the plan (se	e instructions)	8j		0						

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## Part IV Plan Characteristics

9a If the plan provides pension benefits, enter the applicable pension feature codes from the List of Plan Characteristic Codes in the instructions:

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2A 2E 2F 2G 2J 2K 3D
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**b** If the plan provides welfare benefits, enter the applicable welfare feature codes from the List of Plan Characteristic Codes in the instructions:

Part	V Compliance Questions						
10	During the plan year:		Yes	No		Amount	t
а	Was there a failure to transmit to the plan any participant contributions within the time period described in 29 CFR 2510.3-102? (See instructions and DOL's Voluntary Fiduciary Correction Program)	10a		x			
b	Were there any nonexempt transactions with any party-in-interest? (Do not include transactions reported on line 10a.)	10b		x			
С	Was the plan covered by a fidelity bond?	10c		Х			
d	Did the plan have a loss, whether or not reimbursed by the plan's fidelity bond, that was caused by fraud or dishonesty?	10d		Х			
е	Were any fees or commissions paid to any brokers, agents, or other persons by an insurance carrier, insurance service or other organization that provides some or all of the benefits under the plan? (See instructions.)				791		
f	Has the plan failed to provide any benefit when due under the plan?	10f		Х			
g	Did the plan have any participant loans? (If "Yes," enter amount as of year end.)	10g		Х			
h	If this is an individual account plan, was there a blackout period? (See instructions and 29 CFR 2520.101-3.)	10h		x			
i	If 10h was answered "Yes," check the box if you either provided the required notice or one of the exceptions to providing the notice applied under 29 CFR 2520.101-3	10i					
Part	VI Pension Funding Compliance						
11							
<ul> <li>12 Is this a defined contribution plan subject to the minimum funding requirements of section 412 of the Code or section 302 of ERISA? Yes No (If "Yes," complete 12a or 12b, 12c, 12d, and 12e below, as applicable.)</li> <li>a If a waiver of the minimum funding standard for a prior year is being amortized in this plan year, see instructions, and enter the date of the letter ruling granting the waiver</li></ul>							
b	<b>b</b> Enter the minimum required contribution for this plan year						
c							
d	Subtract the amount in line 12c from the amount in line 12b. Enter the result (enter a minus sign to the left negative amount)		12d				
е	Will the minimum funding amount reported on line 12d be met by the funding deadline?				Yes	No	N/A
Part	VII Plan Terminations and Transfers of Assets						
13a	Has a resolution to terminate the plan been adopted during the plan year or any prior year?		······			Ye	es X No
	If "Yes," enter the amount of any plan assets that reverted to the employer this year			13a			
b	Were all the plan assets distributed to participants or beneficiaries, transferred to another plan, or brought under the control of the PBGC?						es 🗙 No
С	If during this plan year, any assets or liabilities were transferred from this plan to another plan(s), identify the which assets or liabilities were transferred. (See instructions.)						
13c(1) Name of plan(s):				<b>13c(2)</b> EIN(s)			<b>(3)</b> PN(s)
		1					

## Caution: A penalty for the late or incomplete filing of this return/report will be assessed unless reasonable cause is established.

Under penalties of perjury and other penalties set forth in the instructions, I declare that I have examined this return/report, including, if applicable, a Schedule SB or Schedule MB completed and signed by an enrolled actuary, as well as the electronic version of this return/report, and to the best of my knowledge and belief, it is true, correct, and complete.

SIGN	Filed with authorized/valid electronic signature.	07/12/2010	ROBERT RICE					
HERE	Signature of plan administrator	Date	Enter name of individual signing as plan administrator					
SIGN								
HERE	Signature of employer/plan sponsor	Date	Enter name of individual signing as employer or plan sponsor					