Form 5500	Annual Return/Report of Employee Benefit Plan	OMB Nos. 1210-0110 1210-0089			
Department of the Treasury	This form is required to be filed for employee benefit plans under sections 104 and 4065 of the Employee Retirement Income Security Act of 1974 (ERISA) and				
Internal Revenue Service	sections 6047(e), and 6058(a) of the Internal Revenue Code (the Code).	2010			
Department of Labor Employee Benefits Security	Complete all entries in accordance with				
Administration Pension Benefit Guaranty Corporation	the instructions to the Form 5500.				
Pension Benefit Guaranty Corporation		This Form is Open to Public Inspection			
Part I Annual Report Ider	tification Information				
For calendar plan year 2010 or fiscal		2010			
A This return/report is for:	a multiemployer plan; a multiple-employer plan; or				
	🛛 a single-employer plan; 🛛 🗌 a DFE (specify)				
B This return/report is:	the first return/report; the final return/report;				
·	an amended return/report; a short plan year return/report (less t	than 12 months).			
C If the plan is a collectively-bargain	ed plan, check here				
D Check box if filing under:	Form 5558; automatic extension;	the DFVC program;			
3	special extension (enter description)				
Part II Basic Plan Inform	nation—enter all requested information				
1a Name of plan		1b Three-digit plan 001			
FIRST HERITAGE BANK PROFIT SH	IARING 401(K) PLAN	number (PN) ►			
		1c Effective date of plan 10/01/1989			
2a Plan sponsor's name and addres	s (employer, if for a single-employer plan)	2b Employer Identification			
(Address should include room or s	suite no.)	Number (EIN)			
FIRST HERITAGE BANK		91-1122534			
		2c Sponsor's telephone number 360-568-0536			
P.O. BOX 550 SNOHOMISH, WA 98291-0550	167 LINCOLN AVENUE SNOHOMISH, WA 98291-0550	2d Business code (see instructions) 522110			

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 accompanying schedules, statements and attachments, 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. Signature of plan administrator	05/12/2011	SHELLY THOMAS
HERE		Date	Enter name of individual signing as plan administrator
SIGN	Filed with authorized/valid electronic signature.	05/12/2011	SHELLY THOMAS
HERE		Date	Enter name of individual signing as employer or plan sponsor
SIGN HERE	Signature of DFE	Date	Enter name of individual signing as DFE

For Paperwork Reduction Act Notice and OMB Control Numbers, see the instructions for Form 5500.

	Plan administrator's name and address (if same as plan sponsor, enter "Same") RST HERITAGE BANK	3b Administrator's EIN 91-1122534				
	D. BOX 550 OHOMISH, WA 98291-0550	nu	ministrator's telephone Imber 0-568-0536			
4	If the name and/or EIN of the plan sponsor has changed since the last return/report filed for this plan, enter the name, EIN the plan number from the last return/report:	and	4b EIN			
а	Sponsor's name		4c PN			
5	Total number of participants at the beginning of the plan year	5	78			
6	Number of participants as of the end of the plan year (welfare plans complete only lines 6a, 6b, 6c, and 6d).					
а	Active participants	6a	60			
b	Retired or separated participants receiving benefits	6b	0			
С	Other retired or separated participants entitled to future benefits	6c	16			
d	Subtotal. Add lines 6a, 6b, and 6c	6d	76			
е	Deceased participants whose beneficiaries are receiving or are entitled to receive benefits	6e	0			
f	Total. Add lines 6d and 6e	6f	76			
g	Number of participants with account balances as of the end of the plan year (only defined contribution plans complete this item)	6g	73			
	Number of participants that terminated employment during the plan year with accrued benefits that were less than 100% vested	6h	1			
7	Enter the total number of employers obligated to contribute to the plan (only multiemployer plans complete this item)	7				

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8a If the plan provides pension benefits, enter the applicable pension feature codes from the List of Plan Characteristic Codes in the instructions: 2E 2F 2G 2J 2K 2S 2T

b If the plan provides welfare benefits, enter the applicable welfare feature codes from the List of Plan Characteristic Codes in the instructions:

9a Plan funding arrangement (check all that apply)						efit a	arrangement (check all that apply)
	(1)		Insurance		(1)		Insurance
	(2)		Code section 412(e)(3) insurance contracts		(2)		Code section 412(e)(3) insurance contracts
	(3)	X	Trust		(3)	Х	Trust
	(4)		General assets of the sponsor		(4)		General assets of the sponsor
10	Check a	all ap	plicable boxes in 10a and 10b to indicate which schedules are a	ttache	d, and, w	here	e indicated, enter the number attached. (See instructions)
	a Pension Schedules						
а	Pensio	n Scl	hedules	b	General	Scł	hedules
а	Pensio (1)	n Scl	hedules R (Retirement Plan Information)	b	General (1)	Scł	hedules H (Financial Information)
а		n Sci		b		Scł	
а	(1)	n Scl	 R (Retirement Plan Information) MB (Multiemployer Defined Benefit Plan and Certain Money Purchase Plan Actuarial Information) - signed by the plan 	b	(1)	Scł	H (Financial Information)
а	(1)	n Scl	R (Retirement Plan Information)MB (Multiemployer Defined Benefit Plan and Certain Money	b	(1) (2)	Scł	H (Financial Information)I (Financial Information – Small Plan)
а	(1)	n Scl	 R (Retirement Plan Information) MB (Multiemployer Defined Benefit Plan and Certain Money Purchase Plan Actuarial Information) - signed by the plan 	b	(1) (2) (3)	Scł X	 H (Financial Information) I (Financial Information – Small Plan) A (Insurance Information)

	SCHEDULE I	Financial In	ation—Small Plan		OMB No. 1210-0110					
	(Form 5500)									
	Department of the Treasury Internal Revenue Service	Retirement Income Security A	Act of 19	I under section 104 of the Employee 74 (ERISA), and section 6058(a) of the Code (the Code).		2010				
E	Department of Labor mployee Benefits Security Administration Pension Benefit Guaranty Corporation			ment to Form 5500.	This I	Form is Open to Public Inspection				
For c	alendar plan year 2010 or fiscal p	an year beginning 01/01/20	10	and ending 12	2/31/2010	mspeetion				
A N	ame of plan T HERITAGE BANK PROFIT SHA			B Three-digit plan number (PN)	►	001				
FIRS	lan sponsor's name as shown on I T HERITAGE BANK			D Employer Identificat 91-1122534		· · ·				
Com small	plete Schedule I if the plan covered I plan under the 80-120 participant	fewer than 100 participants as of rule (see instructions). Complete S	the begi Schedule	nning of the plan year. You may also com H if reporting as a large plan or DFE.	plete Schedu	ile I if you are filing as a				
asse [:] bene	ort below the current value of asse ts held in more than one trust. Do	ts and liabilities, income, expense not enter the value of the portion me and expenses of the plan inc	of an in	iers and changes in net assets during the surance contract that guarantees during by trust(s) or separately maintained fund	this plan yea	r to pay a specific dollar				
1	Plan Assets and Liabilities:			(a) Beginning of Year		(b) End of Year				
а	Total plan assets		. 1a	2705738		2780195				
b	Total plan liabilities		1b							
С	Net plan assets (subtract line 1b fi	om line 1a)	1c	2705738		2780195				
2	Income, Expenses, and Transfe	rs for this Plan Year:		(a) Amount		(b) Total				
а	Contributions received or receivab	le:								
	(1) Employers		2a(1)	0	7					
	(2) Participants		2a(2)	167794						
	., .			14168	1					
	Noncash contributions				1					
С	Other income			203285	1					
	Total income (add lines 2a(1), 2a(385247				
	Benefits paid (including direct rollo			289250						
	Corrective distributions (see instru				-					
	Certain deemed distributions of pa (see instructions)	articipant loans		19290	-					
h	Administrative service providers (s	alaries, fees, and commissions).	_							
				2250						
	Other expenses		2i							
i	Other expenses Total expenses (add lines 2e, 2f, 2					310790				
i j		2g, 2h, and 2i)	. 2j			310790 74457				
i j k	Total expenses (add lines 2e, 2f, 2 Net income (loss) (subtract line 2j	2g, 2h, and 2i) from line 2d)	2j 2k							
i j k <u> </u> 3	Total expenses (add lines 2e, 2f, 2 Net income (loss) (subtract line 2j Transfers to (from) the plan (see in Specific Assets: If the plan held as	2g, 2h, and 2i) from line 2d) nstructions) ssets at anytime during the plan yea f the plan year. Allocate the value o	. 2j . 2k . 2l ar in any f the plar			74457 rent value of any assets more than one plan on a line-				
i j k 1 3	Total expenses (add lines 2e, 2f, 2 Net income (loss) (subtract line 2j Transfers to (from) the plan (see in Specific Assets: If the plan held as remaining in the plan as of the end o by-line basis unless the trust meets of	2g, 2h, and 2i) from line 2d) nstructions) ssets at anytime during the plan yea f the plan year. Allocate the value o one of the specific exceptions descr	2j 2k 2l ar in any f the plar ibed in th	's interest in a commingled trust containing e instructions.		74457 rent value of any assets				
i j k I 3 a	Total expenses (add lines 2e, 2f, 2 Net income (loss) (subtract line 2j Transfers to (from) the plan (see in Specific Assets: If the plan held as remaining in the plan as of the end o by-line basis unless the trust meets of Partnership/joint venture interests	2g, 2h, and 2i) from line 2d) nstructions) ssets at anytime during the plan yea f the plan year. Allocate the value o one of the specific exceptions descr	2j 2k 2l ar in any f the plar ibed in th	's interest in a commingled trust containing e instructions. Yes No 3a X		74457 rent value of any assets more than one plan on a line-				
i j k J 3 a b	Total expenses (add lines 2e, 2f, 2 Net income (loss) (subtract line 2j Transfers to (from) the plan (see in Specific Assets: If the plan held as remaining in the plan as of the end o by-line basis unless the trust meets of Partnership/joint venture interests Employer real property	2g, 2h, and 2i) from line 2d) nstructions) ssets at anytime during the plan yea f the plan year. Allocate the value o one of the specific exceptions descr	2j 2k 2l ar in any f the plar ibed in th	's interest in a commingled trust containing e instructions. Yes No 3a X 3b X		74457 rent value of any assets more than one plan on a line-				
i j k] 3 a b c	Total expenses (add lines 2e, 2f, 2 Net income (loss) (subtract line 2j Transfers to (from) the plan (see in Specific Assets: If the plan held as remaining in the plan as of the end o by-line basis unless the trust meets of Partnership/joint venture interests Employer real property Real estate (other than employer in	2g, 2h, and 2i) from line 2d) nstructions) ssets at anytime during the plan yea f the plan year. Allocate the value o one of the specific exceptions descr	2j 2k 2l ar in any f the plar ibed in th	's interest in a commingled trust containing e instructions. Yes No 3a X 3b X 3c X		74457 rent value of any assets more than one plan on a line- Amount				
i j k] 3 a b c	Total expenses (add lines 2e, 2f, 2 Net income (loss) (subtract line 2j Transfers to (from) the plan (see in Specific Assets: If the plan held as remaining in the plan as of the end o by-line basis unless the trust meets of Partnership/joint venture interests Employer real property	2g, 2h, and 2i) from line 2d) nstructions) ssets at anytime during the plan yea f the plan year. Allocate the value o one of the specific exceptions descr	2j 2k 2l ar in any f the plar ibed in th	's interest in a commingled trust containing e instructions. Yes No 3a X 3b X 3c X		74457 rent value of any assets more than one plan on a line-				

Schedule I (F	⁻ orm 5500)	2010
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			Yes	No	Amount
3f	Loans (other than to participants)	3f		Х	
g	Tangible personal property	3g		Х	

P	art II Compliance Questions				
4	During the plan year:		Yes	No	Amount
а	Was there a failure to transmit to the plan any participant contributions within the time period described in 29 CFR 2510.3-102? Continue to answer "Yes" for any prior year failures until fully corrected. (See instructions and DOL's Voluntary Fiduciary Correction Program.)	4a		x	
b	Were any loans by the plan or fixed income obligations due the plan in default as of the close of plan year or classified during the year as uncollectible? Disregard participant loans secured by the participant's account balance.	4b		x	
С	Were any leases to which the plan was a party in default or classified during the year as uncollectible?	4c		X	
d	Were there any nonexempt transactions with any party-in-interest? (Do not include transactions reported on line 4a.)	4d		X	
е	Was the plan covered by a fidelity bond?	4e	Х		500000
f	Did the plan have a loss, whether or not reimbursed by the plan's fidelity bond, that was caused by fraud or dishonesty?	4f		X	
g	Did the plan hold any assets whose current value was neither readily determinable on an established market nor set by an independent third party appraiser?	4g		X	
h	Did the plan receive any noncash contributions whose value was neither readily determinable on an established market nor set by an independent third party appraiser?	4h		X	
i	Did the plan at any time hold 20% or more of its assets in any single security, debt, mortgage, parcel of real estate, or partnership/joint venture interest?	4i	Х		611000
j	Were all the plan assets either distributed to participants or beneficiaries, transferred to another plan, or brought under the control of the PBGC?	4j		x	
k	Are you claiming a waiver of the annual examination and report of an independent qualified public accountant (IQPA) under 29 CFR 2520.104-46? If "No," attach an IQPA's report or 2520.104-50 statement. (See instructions on waiver eligibility and conditions.)	4k	X		
Т	Has the plan failed to provide any benefit when due under the plan?	41		Х	
m	If this is an individual account plan, was there a blackout period? (See instructions and 29 CFR 2520.101-3.)	4m			
n	If 4m was answered "Yes," check the "Yes" box if you either provided the required notice or one of the exceptions to providing the notice applied under 29 CFR 2520.101-3	4n			
5a	Has a resolution to terminate the plan been adopted during the plan year or any prior plan year? If "Yes," enter the amount of any plan assets that reverted to the employer this year	. 🗌 Ye	s XN	lo Amo	ount:

5b If, during this plan year, any assets or liabilities were transferred from this plan to another plan(s), identify the plan(s) to which assets or liabilities were transferred. (See instructions.)

5b(1) Name of plan(s)

5b(3) PN(s) 5b(2) EIN(s)

	SCH	EDULE R	tion			ON	1B No. 12	10-0110)				
	Departn	rm 5500) nent of the Treasury	the			201	0						
	Interna	I Revenue Service		tirement Income Securit 58(a) of the Internal Rev			ction						
E	mployee Bene	fits Security Administration		This Form is Open to Public Inspection.									
For		lan year 2010 or fiscal p	olan year beginning	01/01/2010		and endir	ng 12	2/31/2	010				
	lame of pla T HERITA	n GE BANK PROFIT SHA	ARING 401(K) PLAN			В	Three- plan r (PN)	•	er ▶	(001		_
	lan sponso T HERITA	or's name as shown on I GE BANK	line 2a of Form 5500)		D		yer Id 1225:	entificatio	on Numb	er (EIN)	
Ра	rt I D	stributions											
All	references	to distributions relate	e only to payments	of benefits during the	e plan year.		_						
1		ie of distributions paid in ns						1					0
2		EIN(s) of payor(s) who			pants or benefici	aries during t	he year (if mor	e than tw	vo, enter	EINs o	f the t	wo
		no paid the greatest doll 65-1214236	lar amounts of benef	itts):									
	EIN(s):		nd stock honus pla	—				_					
3		aring plans, ESOPs, ai	•	•	in a aingle aum	during the pla	- L		1				
3		of participants (living or c						3					
Pa	art II	Funding Informat ERISA section 302, skip		ot subject to the minimu	um funding requi	ements of se	ction of 4	12 of	the Inter	nal Reve	enue Co	ode or	
4	Is the plar	administrator making an	n election under Code	section 412(d)(2) or ER	ISA section 302(d)(2)?			Yes	1	No		N/A
	If the pla	n is a defined benefit p	plan, go to line 8.										
5		r of the minimum fundin , see instructions and er				e: Month _		_ Da	ay	Y	′ear		
	-	mpleted line 5, comple			-				hedule.				
6		the minimum required of						6a 6b					
		the amount contributed						00					
		act the amount in line 6k a minus sign to the left						6c					
	lf you co	mpleted line 6c, skip li	ines 8 and 9.										
7	Will the m	ninimum funding amount	t reported on line 6c	be met by the funding of	deadline?				Yes		lo		N/A
8	automatio	ge in actuarial cost meth approval for the chang hange?	e or a class ruling le	etter, does the plan spor	nsor or plan adm	nistrator agre	e		Yes	۱ []	10		N/A
Pa	art III	Amendments											
9		defined benefit pensior	n plan, were any ame	endments adopted duri	ng this plan								
Ū	year that	increased or decreased f no, check the "No" box	the value of benefits	s? If yes, check the app	propriate	Increase		Decre	ease	Both	n	N	lo
Pa	rt IV	ESOPs (see instr skip this Part.	ructions). If this is no	ot a plan described unde	er Section 409(a)	or 4975(e)(7) of the Ir	nterna	l Revenu	e Code,			
10	Were una	allocated employer secu	irities or proceeds fro	om the sale of unallocat	ed securities use	ed to repay ar	ny exemp	t loan	?	[Yes		No
11	_	s the ESOP hold any pr								[Yes		No
		e ESOP has an outstand e instructions for definition	0 1								Yes		No
12		ESOP hold any stock th									Yes		No
For	Paperwoi	k Reduction Act Notic	e and OMB Contro	I Numbers, see the ins	structions for F	orm 5500.			Sch	edule R	(Form	5500) 2010

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Pa	rt V	Ad	ditional Inforn	nation for N	lultiemplo	oyer	Defined Benef	it Pe	nsion Pl	ans			
13		Enter the following information for each employer that contributed more than 5% of total contributions to the plan during the plan year (measured in dollars). See instructions. <i>Complete as many entries as needed to report all applicable employers.</i> a Name of contributing employer											
	а	Name of cor	tributing employe	r									
	b	EIN					c Dollar amour	t cont	tributed by	employer			
	d		0 0 0				tributes under more e, enter the applica			tive bargaining agreement, check box			
	e	<i>complete ite</i> (1) Contri	ms 13e(1) and 13 oution rate (in dolla	e(2).)	ne rate appli	es, ch	neck this box and	see ii	_	regarding required attachment. Otherwise,			
	_												
	a		Name of contributing employer										
	b	EIN					C Dollar amour						
	d		0 0 0	•			tributes under more e, enter the applicat			tive bargaining agreement, check box			
	e	<i>complete ite</i> (1) Contri	ms 13e(1) and 13 oution rate (in dolla	e(2).)	ne rate appli	es, ch	neck this box and	see ii	_	regarding required attachment. Otherwise,			
	а	Name of cor	tributing employe	r									
	b	EIN					C Dollar amour	t cont	tributed by	employer			
	d		0 0 0				tributes under more e, enter the applical			tive bargaining agreement, check box			
	e	<i>complete ite</i> (1) Contri	ms 13e(1) and 13 oution rate (in dolla	e(2).)	ne rate appli	es, ch	neck this box and	see ii	_	regarding required attachment. Otherwise,			
	а	Name of cor	tributing employe	r									
	b	EIN					C Dollar amour	t con	tributed by	employer			
	d		0 0 0	•				than	one collec	tive bargaining agreement, check box			
_	e	<i>complete ite</i> (1) Contri	ms 13e(1) and 13 oution rate (in dolla	e(2).)	ne rate appli	es, ch	neck this box and	see ii	Other (s	regarding required attachment. Otherwise,			
	а	Name of cor	tributing employe	r									
	b	EIN					C Dollar amour	t con	tributed by	employer			
	d		0 0 0	•			tributes under more e, enter the applicat			tive bargaining agreement, check box			
	e	<i>complete ite</i> (1) Contri	ms 13e(1) and 13 oution rate (in dolla	e(2).)	ne rate appli	es, ch	neck this box and	see ii	_	regarding required attachment. Otherwise,			
	а	Name of cor	tributing employe	r									
	b	EIN	· ·				c Dollar amour	t con	tributed by	employer			
	d						tributes under more e, enter the applical			tive bargaining agreement, check box			
	e	<i>complete ite</i> (1) Contri	ms 13e(1) and 13 oution rate (in dolla	e(2).)	ne rate appli	es, ch	neck this box and	see ii	nstructions	regarding required attachment. Otherwise,			

participant for:			
	a The current year	_ 14a	
	b The plan year immediately preceding the current plan year	14b	
	C The second preceding plan year	14c	
15	Enter the ratio of the number of participants under the plan on whose behalf no employer had an obligation to make an employer contribution during the current plan year to:		
	a The corresponding number for the plan year immediately preceding the current plan year	15a	
	b The corresponding number for the second preceding plan year	15b	
16	Information with respect to any employers who withdrew from the plan during the preceding plan year.	•	
	a Enter the number of employers who withdrew during the preceding plan year	16a	
	b If item 16a is greater than 0, enter the aggregate amount of withdrawal liability assessed or estimated to be assessed against such withdrawn employers	16b	
17 If assets and liabilities from another plan have been transferred to or merged with this plan during the plan year, check box and see instructions regarding supplemental information to be included as an attachment.			
Part VI Additional Information for Single-Employer and Multiemployer Defined Benefit Pension Plans			
18 If any liabilities to participants or their beneficiaries under the plan as of the end of the plan year consist (in whole or in part) of liabilities to such participants and beneficiaries under two or more pension plans as of immediately before such plan year, check box and see instructions regarding supplemental information to be included as an attachment			
19 If the total number of participants is 1,000 or more, complete items (a) through (c)			
	 a Enter the percentage of plan assets held as: Stock:% Investment-Grade Debt:% High-Yield Debt:% Real Estate:% Other:% b Provide the average duration of the combined investment-grade and high-yield debt: 		
	🗌 0-3 years 🔲 3-6 years 🗌 6-9 years 🗌 9-12 years 🗌 12-15 years 🗌 15-18 years 🗌 18-21 years 🗌 21 years or more		
	C What duration measure was used to calculate item 19(b)? Effective duration Macaulay duration Other (specify):		