Form 5500-SF		Short Form Annual R	OMB Nos. 1210-0110 1210-0089								
Department of the Treasury Internal Revenue Service		Benefit Plan This form is required to be filed under sections 104 and 4065 of the Employee				2010					
Department of Labor Retirement Income Security A			Act of 1974 (ERISA), and section 6058(a) of the Inployee I Revenue Code (the Code).			This Form is Open to Public					
P	Pension Benefit Guaranty Corporation Complete all entries in accordance with the instructions to the Form 5500-SF.										
	Part I Annual Report Identification Information										
For calendar plan year 2010 or fiscal plan year beginning 01/01/2010 and ending						12/31/2010					
	This return/report is for:		final retur	mployer plan (not multiemployer)	) one-participant plan						
В	This return/report is for:	first return/report									
~	 	Image: A start of the star									
C	C Check box if filing under:										
De	rt II Basia Blan Inform	special extension (enter descriptio	,								
	Part II Basic Plan Information—enter all requested information   1a Name of plan 1b Three-digit										
		ION 401(K) & RETIREMENT PLAN				plan number 001					
						(PN) ►					
			1c Effective date of plan 01/01/2004								
	Plan sponsor's name and addre	ess (employer, if for single-employer	plan)		2b	Employer Identification Number (EIN) 91-6033679					
	STEWART STREET SUITE 220				2c	Plan sponsor's telephone number 206-285-6355					
SEATTLE, WA 98101						Business code (see instructions) 561210					
3a WAS	Plan administrator's name and HINGTON HEALTH FOUNDAT	3b	Administrator's EIN 91-6033679								
		3c	Administrator's telephone number 206-285-6355								
	4 If the name and/or EIN of the plan sponsor has changed since the last return/report filed for this plan, enter the 4b EIN										
I	name, EIN, and the plan numbe	4c	<b>4c</b> PN								
5a Total number of participants at the beginning of the plan year						48					
b	Total number of participants at	5b	33								
С	Total number of participants wi	5c	32								
6a	complete this item)		le assets?	(See instructions.)		X Yes No					
	<b>b</b> Are you claiming a waiver of the annual examination and report of an independent qualified public accountant (IQPA)										
	under 29 CFR 2520.104-46? (See instructions on waiver eligibility and conditions.) Yes No										
If you answered "No" to either 6a or 6b, the plan cannot use Form 5500-SF and must instead use Form 5500.     Part III   Financial Information											
7	Plan Assets and Liabilities			(a) Beginning of Year		(b) End of Year					
a			7a	1973961		2211745					
b	otal plan liabilities		7b								
C	Net plan assets (subtract line 7	'b from line 7a)	7c	1973961		2211745					
8	Income, Expenses, and Transf	ers for this Plan Year		(a) Amount		(b) Total					
а	Contributions received or recei	vable from:	8a(1)	70832	2						
			8a(2)	55614	1						
	( <i>)</i>	)	8a(3)								
b	.,			262871							
с	( )	8a(2), 8a(3), and 8b)				389317					
d	Benefits paid (including direct i	nefits paid (including direct rollovers and insurance premiums provide benefits)		151215	5						
е	· ,	ive distributions (see instructions)	8d 8e								
f		s (salaries, fees, commissions)									
g	Other expenses	· · · · · · · · · · · · · · · · · · ·	8g								
h	Total expenses (add lines 8d, 8	xpenses (add lines 8d, 8e, 8f, and 8g)				151533					
i	Net income (loss) (subtract line	e 8h from line 8c)	8i		23						
j	Transfers to (from) the plan (se	e instructions)	8j								

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

## Plan Characteristics Part IV

- If the plan provides pension benefits, enter the applicable pension feature codes from the List of Plan Characteristic Codes in the instructions: 9a 2E 2K 2S 2T 2G 2F 2J 3D
- **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		Amo	unt	
а				х				
b	Were there any nonexempt transactions with any party-in-interest? (Do not include transactions reported on line 10a.)	10b		х				
с	Was the plan covered by a fidelity bond?	10c	Х				1	000000
d	Did the plan have a loss, whether or not reimbursed by the plan's fidelity bond, that was caused by fraud or dishonesty?							
e	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.)							
f	Has the plan failed to provide any benefit when due under the plan?			Х				
g	Did the plan have any participant loans? (If "Yes," enter amount as of year end.)		Х					5354
h	If this is an individual account plan, was there a blackout period? (See instructions and 29 CFR 2520.101-3.)	10h		х				
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	Is this a defined benefit plan subject to minimum funding requirements? (If "Yes," see instructions and complete Schedule SB (Form 5500))							
12								× No
а	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							
lf y	ou completed line 12a, complete lines 3, 9, and 10 of Schedule MB (Form 5500), and skip to line 13.		-					
b	Enter the minimum required contribution for this plan year		🗋	12b				
С	Enter the amount contributed by the employer to the plan for this plan year							
d								
е	Will the minimum funding amount reported on line 12d be met by the funding deadline?				Yes	Ν	lo	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?					Π	Yes	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?							
C	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.)							
1	3c(1) Name of plan(s):		130	:(2) EII	۷(s)		3c(3)	PN(s)
Caut	ا on: A penalty for the late or incomplete filing of this return/report will be assessed unless reasonable	e cau	se is (	establi	shed.	I		

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.	07/14/2011	KRISTI BUCKLIN					
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					