WHITEHEAD ROY M

Form 4

November 28, 2012

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

OMB 3235-0287 Number:

5. Relationship of Reporting Person(s) to

Check this box if no longer subject to

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF **SECURITIES**

January 31, Expires: 2005

0.5

OMB APPROVAL

Section 16. Form 4 or Form 5 obligations

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

burden hours per response...

Estimated average

may continue. See Instruction

1(b).

Common

stock

(Print or Type Responses)

1. Name and Address of Reporting Person *

11/26/2012

1. Name and Address of Reporting Person * WHITEHEAD ROY M			bol	Ticker or Trading	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
			SHINGTON AFD]	FEDERAL INC				
(Last)	(First) (M		nte of Earliest Ti nth/Day/Year)	ransaction	_X_ Director _X_ Officer (give	e titleOthe	Owner er (specify	
425 PIKE ST		11/2	26/2012		below) below) Chairman, President & CEO			
(Street)			Amendment, Da	ate Original	6. Individual or Joint/Group Filing(Check			
		Filed	(Month/Day/Year	r)	Applicable Line) _X_ Form filed by 0	1 0		
SEATTLE	, WA 98101				Form filed by N Person	More than One Re	porting	
(City)	(State)	(Zip)	Table I - Non-I	Derivative Securities Acq	uired, Disposed of	f, or Beneficial	ly Owned	
1.Title of	2. Transaction Date		3.	4. Securities Acquired	5. Amount of	6. Ownership		
Security	(Month/Day/Year)	Execution Date		on(A) or Disposed of (D)	Securities	Form: Direct	Indirect	
(Instr. 3)		any	Code	(Instr. 3, 4 and 5)	Beneficially	(D) or	Beneficial	
		(Month/Day/Y	ear) (Instr. 8)		Owned	Indirect (I)	Ownership	
					Following	(Instr. 4)	(Instr. 4)	
				(A)	Reported			
				(11)	Transaction(s)			

Code V

Α

Amount

60,000

(1)

(D)

Price

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

Persons who respond to the collection of SEC 1474 information contained in this form are not (9-02)required to respond unless the form displays a currently valid OMB control number.

(Instr. 3 and 4)

 $275,297 \frac{(2)}{2}$

D

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

Edgar Filing: WHITEHEAD ROY M - Form 4

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transactic Code (Instr. 8)	5. orNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3,		ate	Amou Under Securi	7. Title and Amount of Underlying Securities (Instr. 3 and 4)	9. Nu Deriv Secur Bene Owne Follo Repo Trans (Instr
					4, and 5)	Date	Expiration		Amount	
				Code V	(A) (D)	Exercisable	Date	Title	Number of Shares	

Reporting Owners

Reporting Owner Name / Address	Relationships						
1 8	Director	10% Owner	Officer	Other			
WHITEHEAD ROY M 425 PIKE ST SEATTLE, WA 98101	X		Chairman, President & CEO				

Signatures

Roy M.
Whitehead 11/28/2012

**Signature of Reporting Person Date

Explanation of Responses:

- * If the form is filed by more than one reporting person, see Instruction 4(b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).
- (1) Stock vests as follows: 24,000 vests ratably over 3 years. 36,000 vests over 3 years based on the achievement of certain performance criteria related to total shareholder return.
- (2) Mr. Whitehead also owns 17,738 shares indirectly through the 401(k) plan.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.

Reporting Owners 2