FORM	5
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Г	Check this box if no longer
	subject to Section 16. Form 4
	or Form 5 obligations may
	continue. See Instruction 1(b).
	Form 3 Holdings Reported

Form 4 Transactions

Reported

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

OMB APPROVAL OMB Number: 3235-0362 Estimated average burden hours per response... 1.0

SEC 2270 (9-02)

ANNUAL STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

1. Name and Address CHAPADOS GF		2. Issuer Name and GENERAL CO [GNCMA]				-	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director X_Officer (give title below) Other (specify below)				
(Last)	(First)	(Middle)	3. Statement for Iss (Month/Day/Year)	uer's Fiscal Yea	r Ended		SR VP FED. AFFAIRS	& BUS. DE	V.		
2550 DENALI STREET, SUITE 1000			12/31/2009								
	(Street)	4. If Amendment, Date Original Filed(Month/Day/Year)					6. Individual or Joint/Group Reporting (check applicable line)				
ANCHORAGE,	AK 99503					-	_X_Form Filed by One Reporting Person Form Filed by More than One Reporting Person				
(City)	(State)	(Zip)	Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned								
1. Title of Security 2. Transaction (Instr. 3) Date (Month/Day/Year)			2A. Deemed Execution Date, if any	(Instr. 8)	4. Securi (A) or Di (Instr. 3,	isposed	of (D)	5. Amount of Securities Beneficially Owned at end of Issuer's Fiscal Year	6. Ownership Form:	Beneficial	
			(Month/Day/Year)		Amount	(A) or (D)	Price	(Instr. 3 and 4)	Direct (D) or Indirect (I) (Instr. 4)	Ownership (Instr. 4)	
Class A Commo	n Stock	03/13/2009 ⁽¹⁾		Ι	1,572	D	\$ 4.90	4,425	Ι	by Trust (2)	
Class A Commo	n Stock	12/31/2009 ⁽³⁾		Ι	10,051	А	\$ 5.74	14,476	Ι	by Trust (2)	
Class A Common	n Stock							151,719	D		

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

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned

(e.g., puts, calls, warrants, options, convertible securities)														
1. Title of	2.	3. Transaction	3A. Deemed	4.	5.		6. Date Exercisable		7. Title and		8. Price of	9. Number	10.	11. Nature
Derivative	Conversion	Date	Execution Date, if	Transaction	Numb	mber and Expiration Date		Amount of		Derivative	of	Ownership	of Indirect	
Security	or Exercise	(Month/Day/Year)	any	Code	of	of (Month/Day/Year) U		Unde	rlying	Security	Derivative	Form of	Beneficial	
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Deriva	ative	ve		Secur	rities	(Instr. 5)	Securities	Derivative	Ownership
	Derivative				Securi				(Instr	. 3 and		Beneficially	2	(Instr. 4)
	Security				Acqui				4)				Direct (D)	
					(A) or								or Indirect	
					Disposed								(I)	
					of (D)							Fiscal Year	(Instr. 4)	
					(Instr. 3,							(Instr. 4)		
					4, and 5)									
										Amount				
							Date	Expiration		or				
							Exercisable		Title	Number				
							Excicisable	Date		of				
					(A)	(D)				Shares				

Reporting Owners

Depositing Owner Name /	Relationships									
Reporting Owner Name / Address	Director	10% Owner	Officer	Other						
CHAPADOS GREGORY F 2550 DENALI STREET SUITE 1000 ANCHORAGE, AK 99503			SR VP FED. AFFAIRS & BUS. DEV.							

Signatures

**Signature of Reporting Person

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) Required corrective distribution and associated forefeiture of excess aggregate contributions and income allocable to those contributions for the 2008 plan year.
- (2) All shares owned by virtue of participation in the Company's Employee Stock Purchase Plan through December 31, 2009.
- (3) Purchases made on behalf of the reporting person by the Company's Employee Stock Purchase Plan during the period January 1, 2009 to December 31, 2009.

Note: File three copies of this Form, one of which must be manually signed. If space provided 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.