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**Return of Private Foundation
or Section 4947(a)(1) Nonexempt Charitable Trust
Treated as a Private Foundation****Note.** The foundation may be able to use a copy of this return to satisfy state reporting requirements

OMB No 1545-0052

2011**For calendar year 2011 or tax year beginning** 10/1/2011 **, and ending** 9/30/2012

Name of foundation Capital One Foundation, Inc		A Employer identification number 11-3276603
Number and street (or P O box number if mail is not delivered to street address)	Room/suite	B Telephone number (see instructions) (703) 720-1000
1680 Capital One Drive		
City or town, state, and ZIP code McLean VA 22102		C If exemption application is pending, check here ☐
G Check all that apply ☐ Initial return ☐ Initial return of a former public charity ☐ Final return ☐ Amended return ☐ Address change ☐ Name change		D 1. Foreign organizations, check here ☐ 2. Foreign organizations meeting the 85% test, check here and attach computation ☐
H Check type of organization ☒ Section 501(c)(3) exempt private foundation ☐ Section 4947(a)(1) nonexempt charitable trust ☐ Other taxable private foundation		E If private foundation status was terminated under section 507(b)(1)(A), check here ☐
I Fair market value of all assets at end of year (from Part II, col (c), line 16) \$ 44,430,113	J Accounting method ☐ Cash ☒ Accrual ☐ Other (specify) _____	F If the foundation is in a 60-month termination under section 507(b)(1)(B), check here ☐

Part I Analysis of Revenue and Expenses (The total of amounts in columns (b), (c), and (d) may not necessarily equal the amounts in column (a) (see instructions))		(a) Revenue and expenses per books	(b) Net investment income	(c) Adjusted net income	(d) Disbursements for charitable purposes (cash basis only)
Revenue	1 Contributions, gifts, grants, etc., received (attach schedule)	3,000,000			STATEMENT 1
	2 Check ☐ if the foundation is not required to attach Sch. B				
	3 Interest on savings and temporary cash investments	808	808		
	4 Dividends and interest from securities	998,329	998,329		
	5 a Gross rents				
	b Net rental income or (loss)				
	6 a Net gain or (loss) from sale of assets not on line 10	2,235,272			
	b Gross sales price for all assets on line 6a	11,739,004			
	7 Capital gain net income (from Part IV, line 2)		2,235,272		
	8 Net short-term capital gain				
	9 Income modifications				
	10 a Gross sales less returns and allowances				
b Less Cost of goods sold					
c Gross profit or (loss) (attach schedule)					
11 Other income (attach schedule)					
12 Total. Add lines 1 through 11	6,234,409	3,234,409	0		
Operating and Administrative Expenses	13 Compensation of officers, directors, trustees, etc				
	14 Other employee salaries and wages				
	15 Pension plans, employee benefits				
	16 a Legal fees (attach schedule)				
	b Accounting fees (attach schedule)				
	c Other professional fees (attach schedule)	114,000			64,000
	17 Interest				STATEMENT 2
	18 Taxes (attach schedule) (see instructions)	23,306			STATEMENT 3
	19 Depreciation (attach schedule) and depletion				
	20 Occupancy				
	21 Travel, conferences, and meetings				
	22 Printing and publications				
	23 Other expenses (attach schedule)	172,068	172,068		STATEMENT 4
	24 Total operating and administrative expenses. Add lines 13 through 23	309,374	172,068		64,000
	25 Contributions, gifts, grants paid	4,149,722			4,205,000
26 Total expenses and disbursements. Add lines 24 and 25	4,459,096	172,068	0	4,269,000	
27 Subtract line 26 from line 12					
a Excess of revenue over expenses and disbursements	1,775,313				
b Net investment income (if negative, enter -0-)		3,062,341			
c Adjusted net income (if negative, enter -0-)			0		

Part II Balance Sheets Attached schedules and amounts in the description column should be for end-of-year amounts only (See instructions)		Beginning of year	End of year	
		(a) Book Value	(b) Book Value	(c) Fair Market Value
Assets	1 Cash—non-interest-bearing	413,088	21,178	21,178
	2 Savings and temporary cash investments	104,191	12,467	12,467
	3 Accounts receivable ▶			
	Less allowance for doubtful accounts ▶			
	4 Pledges receivable ▶			
	Less allowance for doubtful accounts ▶			
	5 Grants receivable			
	6 Receivables due from officers, directors, trustees, and other disqualified persons (attach schedule) (see instructions)			
	7 Other notes and loans receivable (attach schedule) ▶			
	Less allowance for doubtful accounts ▶			
	8 Inventories for sale or use			
	9 Prepaid expenses and deferred charges		27,749	27,749
	10 a Investments—U S. and state government obligations (attach schedule)			
	b Investments—corporate stock (attach schedule)			
	c Investments—corporate bonds (attach schedule)			
	11 Investments—land, buildings, and equipment basis ▶			
Liabilities	Less accumulated depreciation (attach schedule) ▶			
	12 Investments—mortgage loans			
	13 Investments—other (attach schedule) STATEMENT 5	39,068,927	44,340,201	44,340,201
	14 Land, buildings, and equipment basis ▶			
	Less accumulated depreciation (attach schedule) ▶			
	15 Other assets (describe ▶ STATEMENT 6)	29,298	28,518	28,518
	16 Total assets (to be completed by all filers—see the instructions. Also, see page 1, item I)	39,615,504	44,430,113	44,430,113
	17 Accounts payable and accrued expenses			
Net Assets or Fund Balances	18 Grants payable	192,999	188,041	
	19 Deferred revenue			
	20 Loans from officers, directors, trustees, and other disqualified persons			
	21 Mortgages and other notes payable (attach schedule)			
	22 Other liabilities (describe ▶ DUE TO RELATED PARTY)	107,840	50,000	
	23 Total liabilities (add lines 17 through 22)	300,839	238,041	
Foundations that follow SFAS 117, check here and complete lines 24 through 26 and lines 30 and 31. ☒	24 Unrestricted	39,314,665	44,192,072	
	25 Temporarily restricted			
	26 Permanently restricted			
	Foundations that do not follow SFAS 117, check here and complete lines 27 through 31. ☐			
	27 Capital stock, trust principal, or current funds			
	28 Paid-in or capital surplus, or land, bldg, and equipment fund			
	29 Retained earnings, accumulated income, endowment, or other funds			
	30 Total net assets or fund balances (see instructions)	39,314,665	44,192,072	
	31 Total liabilities and net assets/fund balances (see instructions)	39,615,504	44,430,113	

Part III Analysis of Changes in Net Assets or Fund Balances

1 Total net assets or fund balances at beginning of year—Part II, column (a), line 30 (must agree with end-of-year figure reported on prior year's return)	1	39,314,665
2 Enter amount from Part I, line 27a	2	1,775,313
3 Other increases not included in line 2 (itemize) ▶ STATEMENT 7	3	3,102,094
4 Add lines 1, 2, and 3	4	44,192,072
5 Decreases not included in line 2 (itemize) ▶	5	
6 Total net assets or fund balances at end of year (line 4 minus line 5)—Part II, column (b), line 30	6	44,192,072

Part IV Capital Gains and Losses for Tax on Investment Income

(a) List and describe the kind(s) of property sold (e.g., real estate, 2-story brick warehouse, or common stock, 200 shs. MLC Co.)		(b) How acquired P—Purchase D—Donation	(c) Date acquired (mo., day, yr.)	(d) Date sold (mo., day, yr.)
1a STATEMENT 8				
b				
c				
d				
e				
(e) Gross sales price	(f) Depreciation allowed (or allowable)	(g) Cost or other basis plus expense of sale	(h) Gain or (loss) (e) plus (f) minus (g)	
a				
b				
c				
d				
e				
Complete only for assets showing gain in column (h) and owned by the foundation on 12/31/69			(i) Gains (Col. (h) gain minus col. (k), but not less than -0-) or Losses (from col. (h))	
(i) F.M.V. as of 12/31/69	(j) Adjusted basis as of 12/31/69	(k) Excess of col. (i) over col. (j), if any		
a				
b				
c				
d				
e				
2 Capital gain net income or (net capital loss) { If gain, also enter in Part I, line 7 If (loss), enter -0- in Part I, line 7 }		2	2,235,272	
3 Net short-term capital gain or (loss) as defined in sections 1222(5) and (6) If gain, also enter in Part I, line 8, column (c) (see instructions). If (loss), enter -0- in Part I, line 8 }		3		

Part V Qualification Under Section 4940(e) for Reduced Tax on Net Investment Income

(For optional use by domestic private foundations subject to the section 4940(a) tax on net investment income.)

If section 4940(d)(2) applies, leave this part blank.

Was the foundation liable for the section 4942 tax on the distributable amount of any year in the base period? ☐ Yes ☐ No
 If "Yes," the foundation does not qualify under section 4940(e). Do not complete this part.

(a) Base period years Calendar year (or tax year beginning in)	(b) Adjusted qualifying distributions	(c) Net value of noncharitable-use assets	(d) Distribution ratio (col. (b) divided by col. (c))
2010	3,216,171	44,698,530	0.071953
2009	4,107,977	39,658,194	0.103585
2008	3,946,475	34,339,481	0.114925
2007	4,250,428	38,887,708	0.109300
2006	5,642,405	42,134,085	0.133915
2 Total of line 1, column (d)			2 0.533678
3 Average distribution ratio for the 5-year base period—divide the total on line 2 by 5, or by the number of years the foundation has been in existence if less than 5 years			3 0.106736
4 Enter the net value of noncharitable-use assets for 2011 from Part X, line 5			4 44,367,966
5 Multiply line 4 by line 3			5 4,735,659
6 Enter 1% of net investment income (1% of Part I, line 27b)			6 30,623
7 Add lines 5 and 6			7 4,766,282
8 Enter qualifying distributions from Part XII, line 4 If line 8 is equal to or greater than line 7, check the box in Part VI, line 1b, and complete that part using a 1% tax rate. See the Part VI instructions.			8 4,269,000

Part VI Excise Tax Based on Investment Income (Section 4940(a), 4940(b), 4940(e), or 4948—see instructions)

1 a Exempt operating foundations described in section 4940(d)(2), check here ☐ and enter "N/A" on line 1 Date of ruling or determination letter _____ (attach copy of letter if necessary—see instructions)			
b Domestic foundations that meet the section 4940(e) requirements in Part V, check here ☐ and enter 1% of Part I, line 27b	1	61,247	
c All other domestic foundations enter 2% of line 27b. Exempt foreign organizations enter 4% of Part I, line 12, col (b)			
2 Tax under section 511 (domestic section 4947(a)(1) trusts and taxable foundations only. Others enter -0-)	2		
3 Add lines 1 and 2	3	61,247	
4 Subtitle A (income) tax (domestic section 4947(a)(1) trusts and taxable foundations only. Others enter -0-)	4		
5 Tax based on investment income. Subtract line 4 from line 3. If zero or less, enter -0-	5	61,247	
6 Credits/Payments			
a 2011 estimated tax payments and 2010 overpayment credited to 2011	6a	63,598	
b Exempt foreign organizations—tax withheld at source	6b		
c Tax paid with application for extension of time to file (Form 8868)	6c	15,000	
d Backup withholding erroneously withheld	6d		
7 Total credits and payments. Add lines 6a through 6d	7	78,598	
8 Enter any penalty for underpayment of estimated tax. Check here ☐ if Form 2220 is attached	8		
9 Tax due. If the total of lines 5 and 8 is more than line 7, enter amount owed	9		
10 Overpayment. If line 7 is more than the total of lines 5 and 8, enter the amount overpaid	10	17,351	
11 Enter the amount of line 10 to be Credited to 2012 estimated tax ☐ 17,351 Refunded ☐	11		

Part VII-A Statements Regarding Activities

	Yes	No
1 a During the tax year, did the foundation attempt to influence any national, state, or local legislation or did it participate or intervene in any political campaign?		X
b Did it spend more than \$100 during the year (either directly or indirectly) for political purposes (see page 19 of the instructions for definition)? <i>If the answer is "Yes" to 1a or 1b, attach a detailed description of the activities and copies of any materials published or distributed by the foundation in connection with the activities</i>		X
c Did the foundation file Form 1120-POL for this year?		X
d Enter the amount (if any) of tax on political expenditures (section 4955) imposed during the year: (1) On the foundation ☐ \$ _____ (2) On foundation managers ☐ \$ _____		
e Enter the reimbursement (if any) paid by the foundation during the year for political expenditure tax imposed on foundation managers ☐ \$ _____		
2 Has the foundation engaged in any activities that have not previously been reported to the IRS? <i>If "Yes," attach a detailed description of the activities</i>		X
3 Has the foundation made any changes, not previously reported to the IRS, in its governing instrument, articles of incorporation, or bylaws, or other similar instruments? <i>If "Yes," attach a conformed copy of the changes</i>		X
4 a Did the foundation have unrelated business gross income of \$1,000 or more during the year?		X
b If "Yes," has it filed a tax return on Form 990-T for this year?	N/A	
5 Was there a liquidation, termination, dissolution, or substantial contraction during the year? <i>If "Yes," attach the statement required by General Instruction T</i>		X
6 Are the requirements of section 508(e) (relating to sections 4941 through 4945) satisfied either: • By language in the governing instrument, or • By state legislation that effectively amends the governing instrument so that no mandatory directions that conflict with the state law remain in the governing instrument?	X	
7 Did the foundation have at least \$5,000 in assets at any time during the year? <i>If "Yes," complete Part II, col (c), and Part XV</i>	X	
8 a Enter the states to which the foundation reports or with which it is registered (see instructions) ☐ New York		
b If the answer is "Yes" to line 7, has the foundation furnished a copy of Form 990-PF to the Attorney General (or designate) of each state as required by General Instruction G? <i>If "No," attach explanation</i>	X	
9 Is the foundation claiming status as a private operating foundation within the meaning of section 4942(j)(3) or 4942(j)(5) for calendar year 2011 or the taxable year beginning in 2011 (see instructions for Part XIV)? <i>If "Yes," complete Part XIV</i>		X
10 Did any persons become substantial contributors during the tax year? <i>If "Yes," attach a schedule listing their names and addresses</i>		X

Part VII-A Statements Regarding Activities (continued)

11	At any time during the year, did the foundation, directly or indirectly, own a controlled entity within the meaning of section 512(b)(13)? If "Yes," attach schedule (see instructions)	11		X
12	Did the foundation make a distribution to a donor advised fund over which the foundation or a disqualified person had advisory privileges? If "Yes," attach statement (see instructions)	12		X
13	Did the foundation comply with the public inspection requirements for its annual returns and exemption application? Website address ▶	13	X	
14	The books are in care of ▶ CAPITAL ONE FOUNDATION, INC Telephone no ▶ (703) 720-1000 Located at ▶ 1680 CAPITAL ONE DRIVE, MCLEAN, VA ZIP+4 ▶ 22102			
15	Section 4947(a)(1) nonexempt charitable trusts filing Form 990-PF in lieu of Form 1041—Check here and enter the amount of tax-exempt interest received or accrued during the year ▶ 15			
16	At any time during calendar year 2011, did the foundation have an interest in or a signature or other authority over a bank, securities, or other financial account in a foreign country? See the instructions for exceptions and filing requirements for Form TD F 90-22.1 If "Yes," enter the name of the foreign country ▶	16	Yes	No
				X

Part VII-B Statements Regarding Activities for Which Form 4720 May Be Required

File Form 4720 if any item is checked in the "Yes" column, unless an exception applies.

		Yes	No
1a	During the year did the foundation (either directly or indirectly)		
(1)	Engage in the sale or exchange, or leasing of property with a disqualified person? ☐ Yes ☒ No		
(2)	Borrow money from, lend money to, or otherwise extend credit to (or accept it from) a disqualified person? ☐ Yes ☒ No		
(3)	Furnish goods, services, or facilities to (or accept them from) a disqualified person? ☐ Yes ☒ No		
(4)	Pay compensation to, or pay or reimburse the expenses of, a disqualified person? ☐ Yes ☒ No		
(5)	Transfer any income or assets to a disqualified person (or make any of either available for the benefit or use of a disqualified person)? ☐ Yes ☒ No		
(6)	Agree to pay money or property to a government official? (Exception. Check "No" if the foundation agreed to make a grant to or to employ the official for a period after termination of government service, if terminating within 90 days) ☐ Yes ☒ No		
b	If any answer is "Yes" to 1a(1)–(6), did any of the acts fail to qualify under the exceptions described in Regulations section 53.4941(d)-3 or in a current notice regarding disaster assistance (see instructions)? Organizations relying on a current notice regarding disaster assistance check here ▶ ☐	1b	N/A
c	Did the foundation engage in a prior year in any of the acts described in 1a, other than excepted acts, that were not corrected before the first day of the tax year beginning in 2011?	1c	X
2	Taxes on failure to distribute income (section 4942) (does not apply for years the foundation was a private operating foundation defined in section 4942(j)(3) or 4942(j)(5))		
a	At the end of tax year 2011, did the foundation have any undistributed income (lines 6d and 6e, Part XIII) for tax year(s) beginning before 2011? ☐ Yes ☒ No If "Yes," list the years ▶ 20____, 20____, 20____, 20____		
b	Are there any years listed in 2a for which the foundation is not applying the provisions of section 4942(a)(2) (relating to incorrect valuation of assets) to the year's undistributed income? (If applying section 4942(a)(2) to all years listed, answer "No" and attach statement—see instructions)	2b	
c	If the provisions of section 4942(a)(2) are being applied to any of the years listed in 2a, list the years here ▶ 20____, 20____, 20____, 20____		
3a	Did the foundation hold more than a 2% direct or indirect interest in any business enterprise at any time during the year? ☐ Yes ☒ No		
b	If "Yes," did it have excess business holdings in 2011 as a result of (1) any purchase by the foundation or disqualified persons after May 26, 1969, (2) the lapse of the 5-year period (or longer period approved by the Commissioner under section 4943(c)(7)) to dispose of holdings acquired by gift or bequest, or (3) the lapse of the 10-, 15-, or 20-year first phase holding period? (Use Schedule C, Form 4720, to determine if the foundation had excess business holdings in 2011)	3b	N/A
4a	Did the foundation invest during the year any amount in a manner that would jeopardize its charitable purposes?	4a	X
b	Did the foundation make any investment in a prior year (but after December 31, 1969) that could jeopardize its charitable purpose that had not been removed from jeopardy before the first day of the tax year beginning in 2011?	4b	X

Part VII-B Statements Regarding Activities for Which Form 4720 May Be Required (continued)

5a During the year did the foundation pay or incur any amount to				
(1) Carry on propaganda, or otherwise attempt to influence legislation (section 4945(e))?	☐ Yes ☒ No			
(2) Influence the outcome of any specific public election (see section 4955), or to carry on, directly or indirectly, any voter registration drive?	☐ Yes ☒ No			
(3) Provide a grant to an individual for travel, study, or other similar purposes?	☐ Yes ☒ No			
(4) Provide a grant to an organization other than a charitable, etc., organization described in section 509(a)(1), (2), or (3), or section 4940(d)(2)? (see instructions)	☐ Yes ☒ No			
(5) Provide for any purpose other than religious, charitable, scientific, literary, or educational purposes, or for the prevention of cruelty to children or animals?	☐ Yes ☒ No			
b If any answer is "Yes" to 5a(1)–(5), did any of the transactions fail to qualify under the exceptions described in Regulations section 53.4945 or in a current notice regarding disaster assistance (see instructions)? Organizations relying on a current notice regarding disaster assistance check here		☐	5b	N/A
c If the answer is "Yes" to question 5a(4), does the foundation claim exemption from the tax because it maintained expenditure responsibility for the grant? If "Yes," attach the statement required by Regulations section 53.4945–5(d)		☐ Yes ☐ No		
6a Did the foundation, during the year, receive any funds, directly or indirectly, to pay premiums on a personal benefit contract?		☐ Yes ☒ No		
b Did the foundation, during the year, pay premiums, directly or indirectly, on a personal benefit contract? If "Yes" to 6b, file Form 8870			6b	X
7a At any time during the tax year, was the foundation a party to a prohibited tax shelter transaction?		☐ Yes ☒ No		
b If "Yes," did the foundation receive any proceeds or have any net income attributable to the transaction?			7b	

Part VIII Information About Officers, Directors, Trustees, Foundation Managers, Highly Paid Employees, and Contractors

1 List all officers, directors, trustees, foundation managers and their compensation (see instructions).				
(a) Name and address	(b) Title, and average hours per week devoted to position	(c) Compensation (If not paid, enter -0-)	(d) Contributions to employee benefit plans and deferred compensation	(e) Expense account, other allowances
SEE STATEMENT 9				
2 Compensation of five highest-paid employees (other than those included on line 1—see instructions). If none, enter "NONE."				
(a) Name and address of each employee paid more than \$50,000	(b) Title, and average hours per week devoted to position	(c) Compensation	(d) Contributions to employee benefit plans and deferred compensation	(e) Expense account, other allowances
NONE				
Total number of other employees paid over \$50,000				

Part VIII Information About Officers, Directors, Trustees, Foundation Managers, Highly Paid Employees, and Contractors (continued)**3 Five highest-paid independent contractors for professional services (see instructions). If none, enter "NONE."**

(a) Name and address of each person paid more than \$50,000	(b) Type of service	(c) Compensation
HIROTA AND ASSOCIATES 735 BISHOP ST, HONOLULU, HI 96813	CONSULTING	64,000

Total number of others receiving over \$50,000 for professional services

**Part IX-A Summary of Direct Charitable Activities**

List the foundation's four largest direct charitable activities during the tax year. Include relevant statistical information such as the number of organizations and other beneficiaries served, conferences convened, research papers produced, etc.

Expenses

1 N/A	
2	
3	
4	

Part IX-B Summary of Program-Related Investments (see instructions)

Describe the two largest program-related investments made by the foundation during the tax year on lines 1 and 2

Amount

1 N/A	
2	
All other program-related investments See instructions	
3	

Total. Add lines 1 through 3



Part X Minimum Investment Return (All domestic foundations must complete this part. Foreign foundations, see instructions.)

1	Fair market value of assets not used (or held for use) directly in carrying out charitable, etc., purposes		
a	Average monthly fair market value of securities	1a	44,843,771
b	Average of monthly cash balances	1b	199,849
c	Fair market value of all other assets (see instructions)	1c	
d	Total (add lines 1a, b, and c)	1d	45,043,620
e	Reduction claimed for blockage or other factors reported on lines 1a and 1c (attach detailed explanation)	1e	
2	Acquisition indebtedness applicable to line 1 assets	2	
3	Subtract line 2 from line 1d	3	45,043,620
4	Cash deemed held for charitable activities. Enter 1 1/2 % of line 3 (for greater amount, see instructions)	4	675,654
5	Net value of noncharitable-use assets. Subtract line 4 from line 3. Enter here and on Part V, line 4	5	44,367,966
6	Minimum investment return. Enter 5% of line 5	6	2,218,398

Part XI Distributable Amount (see instructions) (Section 4942(j)(3) and (j)(5) private operating foundations and certain foreign organizations check here ☐ and do not complete this part.)

1	Minimum investment return from Part X, line 6	1	2,218,398
2a	Tax on investment income for 2011 from Part VI, line 5	2a	61,247
b	Income tax for 2011 (This does not include the tax from Part VI)	2b	
c	Add lines 2a and 2b	2c	61,247
3	Distributable amount before adjustments. Subtract line 2c from line 1	3	2,157,151
4	Recoveries of amounts treated as qualifying distributions	4	
5	Add lines 3 and 4	5	2,157,151
6	Deduction from distributable amount (see instructions)	6	
7	Distributable amount as adjusted. Subtract line 6 from line 5. Enter here and on Part XIII, line 1	7	2,157,151

Part XII Qualifying Distributions (see instructions)

1	Amounts paid (including administrative expenses) to accomplish charitable, etc., purposes		
a	Expenses, contributions, gifts, etc.—total from Part I, column (d), line 26	1a	4,269,000
b	Program-related investments—total from Part IX-B	1b	
2	Amounts paid to acquire assets used (or held for use) directly in carrying out charitable, etc., purposes	2	
3	Amounts set aside for specific charitable projects that satisfy the		
a	Suitability test (prior IRS approval required)	3a	
b	Cash distribution test (attach the required schedule)	3b	
4	Qualifying distributions. Add lines 1a through 3b. Enter here and on Part V, line 8, and Part XIII, line 4	4	4,269,000
5	Foundations that qualify under section 4940(e) for the reduced rate of tax on net investment income. Enter 1% of Part I, line 27b (see instructions)	5	
6	Adjusted qualifying distributions. Subtract line 5 from line 4	6	4,269,000

Note. The amount on line 6 will be used in Part V, column (b), in subsequent years when calculating whether the foundation qualifies for the section 4940(e) reduction of tax in those years.

Part XIII Undistributed Income (see instructions)

	(a) Corpus	(b) Years prior to 2010	(c) 2010	(d) 2011
1 Distributable amount for 2011 from Part XI, line 7				2,157,151
2 Undistributed income, if any, as of the end of 2011				
a Enter amount for 2010 only				
b Total for prior years 20____, 20____, 20____				
3 Excess distributions carryover, if any, to 2011				
a From 2006	3,205,613			
b From 2007	2,384,372			
c From 2008	2,254,744			
d From 2009	2,198,826			
e From 2010	1,054,037			
f Total of lines 3a through e	11,097,592			
4 Qualifying distributions for 2011 from Part XII, line 4 ▶ \$ 4,269,000				
a Applied to 2010, but not more than line 2a				
b Applied to undistributed income of prior years (Election required—see instructions)				
c Treated as distributions out of corpus (Election required—see instructions)				
d Applied to 2011 distributable amount				2,157,151
e Remaining amount distributed out of corpus	2,111,849			
5 Excess distributions carryover applied to 2011 (If an amount appears in column (d), the same amount must be shown in column (a))				
6 Enter the net total of each column as indicated below:				
a Corpus Add lines 3f, 4c, and 4e Subtract line 5	13,209,441			
b Prior years' undistributed income Subtract line 4b from line 2b				
c Enter the amount of prior years' undistributed income for which a notice of deficiency has been issued, or on which the section 4942(a) tax has been previously assessed				
d Subtract line 6c from line 6b Taxable amount—see instructions				
e Undistributed income for 2010 Subtract line 4a from line 2a Taxable amount—see instructions				
f Undistributed income for 2011 Subtract lines 4d and 5 from line 1 This amount must be distributed in 2012				
7 Amounts treated as distributions out of corpus to satisfy requirements imposed by section 170(b)(1)(F) or 4942(g)(3) (see instructions)				
8 Excess distributions carryover from 2006 not applied on line 5 or line 7 (see instructions)	3,205,613			
9 Excess distributions carryover to 2012. Subtract lines 7 and 8 from line 6a	10,003,828			
10 Analysis of line 9				
a Excess from 2007	2,384,372			
b Excess from 2008	2,254,744			
c Excess from 2009	2,198,826			
d Excess from 2010	1,054,037			
e Excess from 2011	2,111,849			

Part XIV Private Operating Foundations (see instructions and Part VII-A, question 9)**N/A**

1 a If the foundation has received a ruling or determination letter that it is a private operating foundation, and the ruling is effective for 2011, enter the date of the ruling ▶

b Check box to indicate whether the foundation is a private operating foundation described in section ☐ 4942(j)(3) or ☐ 4942(j)(5)

2 a Enter the lesser of the adjusted net income from Part I or the minimum investment return from Part X for each year listed

Tax year	Prior 3 years			(e) Total
(a) 2011	(b) 2010	(c) 2009	(d) 2008	
b 85% of line 2a				
c Qualifying distributions from Part XII, line 4 for each year listed				
d Amounts included in line 2c not used directly for active conduct of exempt activities				
e Qualifying distributions made directly for active conduct of exempt activities. Subtract line 2d from line 2c				
3 Complete 3a, b, or c for the alternative test relied upon				
a "Assets" alternative test—enter				
(1) Value of all assets				
(2) Value of assets qualifying under section 4942(j)(3)(B)(i)				
b "Endowment" alternative test—enter 2/3 of minimum investment return shown in Part X, line 6 for each year listed				
c "Support" alternative test—enter				
(1) Total support other than gross investment income (interest, dividends, rents, payments on securities loans (section 512(a)(5)), or royalties)				
(2) Support from general public and 5 or more exempt organizations as provided in section 4942(j)(3)(B)(iii)				
(3) Largest amount of support from an exempt organization				
(4) Gross investment income				

Part XV Supplementary Information (Complete this part only if the foundation had \$5,000 or more in assets at any time during the year—see instructions.)**1 Information Regarding Foundation Managers:**

- a** List any managers of the foundation who have contributed more than 2% of the total contributions received by the foundation before the close of any tax year (but only if they have contributed more than \$5,000) (See section 507(d)(2))

NONE

- b** List any managers of the foundation who own 10% or more of the stock of a corporation (or an equally large portion of the ownership of a partnership or other entity) of which the foundation has a 10% or greater interest

NONE

2 Information Regarding Contribution, Grant, Gift, Loan, Scholarship, etc., Programs:

Check here ☒ if the foundation only makes contributions to preselected charitable organizations and does not accept unsolicited requests for funds. If the foundation makes gifts, grants, etc. (see instructions) to individuals or organizations under other conditions, complete items 2a, b, c, and d. **STATEMENT 10**

- a** The name, address, and telephone number of the person to whom applications should be addressed

- b** The form in which applications should be submitted and information and materials they should include

- c** Any submission deadlines

- d** Any restrictions or limitations on awards, such as by geographical areas, charitable fields, kinds of institutions, or other factors

Part XV Supplementary Information (continued)**3 Grants and Contributions Paid During the Year or Approved for Future Payment**

Recipient	If recipient is an individual, show any relationship to any foundation manager or substantial contributor	Foundation status of recipient	Purpose of grant or contribution	Amount
Name and address (home or business)				
a <i>Paid during the year</i> SEE STATEMENT 11				4,205,000
Total			▶ 3a	4,205,000
b <i>Approved for future payment</i>				
Total			▶ 3b	0

Part XVI-A Analysis of Income-Producing Activities

Enter gross amounts unless otherwise indicated

Enter gross amounts unless otherwise indicated	Unrelated business income		Excluded by section 512, 513, or 514		(e) Related or exempt function income (See instructions)
	(a) Business code	(b) Amount	(c) Exclusion code	(d) Amount	
1 Program service revenue					
a _____					
b _____					
c _____					
d _____					
e _____					
f _____					
g Fees and contracts from government agencies					
2 Membership dues and assessments					
3 Interest on savings and temporary cash investments			14	808	
4 Dividends and interest from securities			13	998,329	
5 Net rental income or (loss) from real estate					
a Debt-financed property					
b Not debt-financed property					
6 Net rental income or (loss) from personal property					
7 Other investment income					
8 Gain or (loss) from sales of assets other than inventory			18	2,235,272	
9 Net income or (loss) from special events					
10 Gross profit or (loss) from sales of inventory					
11 Other revenue a _____					
b _____					
c _____					
d _____					
e _____					
12 Subtotal. Add columns (b), (d), and (e)				3,234,409	
13 Total. Add line 12, columns (b), (d), and (e)				13	3,234,409

Part XVI-B Relationship of Activities to the Accomplishment of Exempt Purposes

[illegible]

Part XVII Information Regarding Transfers To and Transactions and Relationships With Noncharitable Exempt Organizations

- | 1 Did the organization directly or indirectly engage in any of the following with any other organization described in section 501(c) of the Code (other than section 501(c)(3) organizations) or in section 527, relating to political organizations? | | Yes | No |
|--|-------|-----|----|
| a Transfers from the reporting foundation to a noncharitable exempt organization of: | | | |
| (1) Cash | 1a(1) | | X |
| (2) Other assets | 1a(2) | | X |
| b Other transactions: | | | |
| (1) Sales of assets to a noncharitable exempt organization | 1b(1) | | X |
| (2) Purchases of assets from a noncharitable exempt organization | 1b(2) | | X |
| (3) Rental of facilities, equipment, or other assets | 1b(3) | | X |
| (4) Reimbursement arrangements | 1b(4) | | X |
| (5) Loans or loan guarantees | 1b(5) | | X |
| (6) Performance of services or membership or fundraising solicitations | 1b(6) | | X |
| c Sharing of facilities, equipment, mailing lists, other assets, or paid employees | 1c | | X |
| d If the answer to any of the above is "Yes," complete the following schedule. Column (b) should always show the fair market value of the goods, other assets, or services given by the reporting foundation. If the foundation received less than fair market value in any transaction or sharing arrangement, show in column (d) the value of the goods, other assets, or services received. | | | |

[illegible]

- 2a** Is the foundation directly or indirectly affiliated with, or related to, one or more tax-exempt organizations described in section 501(c) of the Code (other than section 501(c)(3)) or in section 527? ☐ Yes ☒ No
- b** If "Yes," complete the following schedule.

(a) Name of organization	(b) Type of organization	(c) Description of relationship

**Sign
Here**

Under penalties of perjury, I declare that I have examined this return, including accompanying schedules and statements, and to the best of my knowledge and belief, it is true, correct, and complete. Declaration of preparer (other than taxpayer) is based on all information of which preparer has any knowledge.

Signature of officer or trustee

Date _____

President
Title

May the IRS discuss this return with the preparer shown below (see instructions)? ☒ Yes ☐ No

**Paid
Preparer
Use Only**

Print/Type preparer's name

Preparer's signature

Date _____

Check ☐ if
self-employed

PTIN

Firm's name ▶

Firm's EIN ▶

Firm's address ►

Phone no

Schedule of Contributors

OMB No 1545-0047

2011

▶ Attach to Form 990, Form 990-EZ, or Form 990-PF.

Name of the organization

Employer identification number

Capital One Foundation, Inc

11-3276603

Organization type (check one)

Filers of:

Section:

Form 990 or 990-EZ

☐ 501(c)() (enter number) organization

☐ 4947(a)(1) nonexempt charitable trust **not** treated as a private foundation

☐ 527 political organization

Form 990-PF

☒ 501(c)(3) exempt private foundation

☐ 4947(a)(1) nonexempt charitable trust treated as a private foundation

☐ 501(c)(3) taxable private foundation

Check if your organization is covered by the **General Rule** or a **Special Rule**.

Note. Only a section 501(c)(7), (8), or (10) organization can check boxes for both the General Rule and a Special Rule. See instructions.

General Rule

- ☒ For an organization filing Form 990, 990-EZ, or 990-PF that received, during the year, \$5,000 or more (in money or property) from any one contributor. Complete Parts I and II.

Special Rules

- ☐ For a section 501(c)(3) organization filing Form 990 or 990-EZ that met the 33 1/3% support test of the regulations under sections 509(a)(1) and 170(b)(1)(A)(vi) and received from any one contributor, during the year, a contribution of the greater of (1) \$5,000 or (2) 2% of the amount on (i) Form 990, Part VIII, line 1h, or (ii) Form 990-EZ, line 1. Complete Parts I and II.
- ☐ For a section 501(c)(7), (8), or (10) organization filing Form 990 or 990-EZ that received from any one contributor, during the year, total contributions of more than \$1,000 for use *exclusively* for religious, charitable, scientific, literary, or educational purposes, or the prevention of cruelty to children or animals. Complete Parts I, II, and III.
- ☐ For a section 501(c)(7), (8), or (10) organization filing Form 990 or 990-EZ that received from any one contributor, during the year, contributions for use *exclusively* for religious, charitable, etc., purposes, but these contributions did not total to more than \$1,000. If this box is checked, enter here the total contributions that were received during the year for an *exclusively* religious, charitable, etc., purpose. Do not complete any of the parts unless the **General Rule** applies to this organization because it received nonexclusively religious, charitable, etc., contributions of \$5,000 or more during the year. ▶ \$

Caution. An organization that is not covered by the General Rule and/or the Special Rules does not file Schedule B (Form 990, 990-EZ, or 990-PF), but it **must** answer "No" on Part IV, line 2, of its Form 990, or check the box on line H of its Form 990-EZ or on Part I, line 2, of its Form 990-PF, to certify that it does not meet the filing requirements of Schedule B (Form 990, 990-EZ, or 990-PF).

Name of organization Capital One Foundation, Inc	Employer identification number 11-3276603
--	---

Part I Contributors (see instructions) Use duplicate copies of Part I if additional space is needed.

(a) No.	(b) Name, address, and ZIP + 4	(c) Total contributions	(d) Type of contribution
1	CAPITAL ONE, NATIONAL ASSOCIATION 1680 CAPITAL ONE DRIVE MCLEAN VA 22102 Foreign State or Province _____ Foreign Country _____	\$ 3,000,000	Person ☒ Payroll ☐ Noncash ☐ (Complete Part II if there is a noncash contribution)
2	_____ _____ _____ Foreign State or Province _____ Foreign Country _____	\$ _____	Person ☐ Payroll ☐ Noncash ☐ (Complete Part II if there is a noncash contribution)
3	_____ _____ _____ Foreign State or Province _____ Foreign Country _____	\$ _____	Person ☐ Payroll ☐ Noncash ☐ (Complete Part II if there is a noncash contribution)
4	_____ _____ _____ Foreign State or Province _____ Foreign Country _____	\$ _____	Person ☐ Payroll ☐ Noncash ☐ (Complete Part II if there is a noncash contribution)
5	_____ _____ _____ Foreign State or Province _____ Foreign Country _____	\$ _____	Person ☐ Payroll ☐ Noncash ☐ (Complete Part II if there is a noncash contribution)
6	_____ _____ _____ Foreign State or Province _____ Foreign Country _____	\$ _____	Person ☐ Payroll ☐ Noncash ☐ (Complete Part II if there is a noncash contribution)

Name of organization
Capital One Foundation, Inc

Employer identification number
11-3276603

Part II **Noncash Property** (see instructions) Use duplicate copies of Part II if additional space is needed

(a) No. from Part I	(b) Description of noncash property given	(c) FMV (or estimate) (see instructions)	(d) Date received
-----	----- ----- ----- -----	\$ -----	-----
(a) No. from Part I	(b) Description of noncash property given	(c) FMV (or estimate) (see instructions)	(d) Date received
-----	----- ----- ----- -----	\$ -----	-----
(a) No. from Part I	(b) Description of noncash property given	(c) FMV (or estimate) (see instructions)	(d) Date received
-----	----- ----- ----- -----	\$ -----	-----
(a) No. from Part I	(b) Description of noncash property given	(c) FMV (or estimate) (see instructions)	(d) Date received
-----	----- ----- ----- -----	\$ -----	-----
(a) No. from Part I	(b) Description of noncash property given	(c) FMV (or estimate) (see instructions)	(d) Date received
-----	----- ----- ----- -----	\$ -----	-----
(a) No. from Part I	(b) Description of noncash property given	(c) FMV (or estimate) (see instructions)	(d) Date received
-----	----- ----- ----- -----	\$ -----	-----
(a) No. from Part I	(b) Description of noncash property given	(c) FMV (or estimate) (see instructions)	(d) Date received
-----	----- ----- ----- -----	\$ -----	-----
(a) No. from Part I	(b) Description of noncash property given	(c) FMV (or estimate) (see instructions)	(d) Date received
-----	----- ----- ----- -----	\$ -----	-----

Name of organization

Capital One Foundation, Inc

Employer identification number

11-3276603

Part III Exclusively religious, charitable, etc., individual contributions to section 501(c)(7), (8), or (10) organizations total more than \$1,000 for the year. Complete columns (a) through (e) and the following line entry

For organizations completing Part III, enter the total of exclusively religious, charitable, etc.,

contributions of \$1,000 or less for the year (Enter this information once. See instructions) ▶ \$

Use duplicate copies of Part III if additional space is needed

(a) No. from Part I	(b) Purpose of gift	(c) Use of gift	(d) Description of how gift is held
-----	----- ----- -----	----- ----- -----	----- ----- -----
	(e) Transfer of gift		
	Transferee's name, address, and ZIP + 4		Relationship of transferor to transferee
	----- ----- -----		----- ----- -----
	For Prov	Country	
(a) No. from Part I	(b) Purpose of gift	(c) Use of gift	(d) Description of how gift is held
-----	----- ----- -----	----- ----- -----	----- ----- -----
	(e) Transfer of gift		
	Transferee's name, address, and ZIP + 4		Relationship of transferor to transferee
	----- ----- -----		----- ----- -----
	For Prov	Country	
(a) No. from Part I	(b) Purpose of gift	(c) Use of gift	(d) Description of how gift is held
-----	----- ----- -----	----- ----- -----	----- ----- -----
	(e) Transfer of gift		
	Transferee's name, address, and ZIP + 4		Relationship of transferor to transferee
	----- ----- -----		----- ----- -----
	For Prov	Country	
(a) No. from Part I	(b) Purpose of gift	(c) Use of gift	(d) Description of how gift is held
-----	----- ----- -----	----- ----- -----	----- ----- -----
	(e) Transfer of gift		
	Transferee's name, address, and ZIP + 4		Relationship of transferor to transferee
	----- ----- -----		----- ----- -----
	For Prov	Country	

Federal Statements
Capital One Foundation, Inc
10/1/2011 - 9/30/2012

FEIN 11-3276603

(a)	(b)	(c)	(d)
Revenue and Expenses per Books	Net Investment Income	Adjusted Net Income	Disbursements for charitable purpose

Statement 1
Form 990-PF, PART 1, LINE 1
Contributions, gifts, grants, etc, received

Capital One Donation	<u>3,000,000</u>		
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Statement 2
Form 990-PF, PART 1, LINE 16c
Other Professional Fees

Consulting Fees	<u>114,000</u>		<u>64,000</u>
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Statement 3
Form 990-PF, PART 1, LINE 18
Taxes

Federal Excise Taxes	<u>23,306</u>		
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Statement 4
Form 990-PF, PART 1, LINE 23
Other Expenses

Admin Expense	147,734	147,734	
Misc Expense	<u>24,334</u>	<u>24,334</u>	
	<u>172,068</u>	<u>172,068</u>	

Federal Statements
Capital One Foundation, Inc
10/1/2011 - 9/30/2012

FEIN: 11-3276603

Statement 5
Form 990-PF, PART II, LINE 13
Investments - Other

Investment Securities	Valuation Method	Book Value (Fair Mkt Val)	Fair Market Value
Equity Securities			
Exchange traded funds	MKT VAL	4,825,132	4,825,132
Mutual Funds			
Bond funds	MKT VAL	18,789,419	18,789,419
International funds	MKT VAL	6,598,715	6,598,715
Growth funds	MKT VAL	5,848,536	5,848,536
Value funds	MKT VAL	4,819,540	4,819,540
Other Funds	MKT VAL	3,458,859	3,458,859
	Total	44,340,201	44,340,201

Statement 6
Form 990-PF, PART II, LINE 15
Other Assets

Dividends Receivable		28,518	28,518
Federal Excise Taxes Receivable		-	-
	Total	28,518	28,518

Statement 7
Form 990-PF, PART III, LINE 3
Other Increase not Included in Line 2

Unrealized Gain/(Loss) on Securities	Total	3,102,094
		3,102,094

Federal Statements
Capital One Foundation, Inc
10/1/2011 - 9/30/2012

Statement 8
Form 990-PF, Part IV, Line 1

**CAPITAL GAINS AND LOSSES
FOR INVESTMENT INCOME**

SEE PART IV SCHEDULE

Detail Schedule Part IV Line 1
Capital One Foundation, Inc
Sales

Type	How Acquired	Date Acquired	Date Sold	Quantity	Security	Unit Price	Proceeds	Cost Basis	Net Realized Gain/(Loss) Sales
OCTOBER 2011									
SALES	P	01/20/11	10/18/11	3,258	1970 PIMCO SHORT TERM FD INST CL	9.88	31,800.00	32,190.99	(390.99)
Total Investments for OCTOBER 2011							31,800.00	32,190.99	(390.99)
NOVEMBER 2011									
NONE									
Total Investments for NOVEMBER 2011									
DECEMBER 2011									
CAPITAL GAIN DIVIDEND	P	12/09/11			MAINSTAY LARGE CAP GROWTH FUND CLASS I	N/A	53,372.90	N/A	53,372.90
CAPITAL GAIN DIVIDEND	P	12/09/11			PIMCO FDS PAC INVT MGMT SER LOW DURATION FD INSTL CL	N/A	19.38	N/A	19.38
CAPITAL GAIN DIVIDEND	P	12/09/11			PIMCO SHORT TERM FD INST CL	N/A	9,611.59	N/A	9,611.59
CAPITAL GAIN DIVIDEND	P	12/09/11			PIMCO SHORT TERM FD INST CL	N/A	4,639.63	N/A	4,639.63
CAPITAL GAIN DIVIDEND	P	12/09/11			PIMCO REAL RETURN BOND FUND INSTL CLASS	N/A	14,319.66	N/A	14,319.66
CAPITAL GAIN DIVIDEND	P	12/09/11			PIMCO REAL RETURN BOND FUND INSTL CLASS	N/A	21,376.33	N/A	21,376.33
CAPITAL GAIN DIVIDEND	P	12/19/11			MORGAN STANLEY INSTL FUND TRUST MID CAP GRWTH PORT	N/A	28,401.90	N/A	28,401.90
CAPITAL GAIN DIVIDEND	P	12/19/11			MORGAN STANLEY INSTL FUND TRUST MID CAP GRWTH PORT	N/A	1,432.63	N/A	1,432.63
CAPITAL GAIN DIVIDEND	P	12/20/11			BLACKROCK GLOBAL ALLOC	N/A	25,355.86	N/A	25,355.86
CAPITAL GAIN DIVIDEND	P	12/21/11			ALGER INSTL FD SMALL CAP INSTL PORT CL I	N/A	38,239.23	N/A	38,239.23
CAPITAL GAIN DIVIDEND	P	12/23/11			JANUS INVT FD PERKINS MID CAP VALUE FD CL I	N/A	61,830.94	N/A	61,830.94
CAPITAL GAIN DIVIDEND	P	12/23/11			JANUS INVT FD PERKINS MID CAP VALUE FD CL I	N/A	5,876.16	N/A	5,876.16
CAPITAL GAIN DIVIDEND	P	12/28/11			LOOMIS SAYLES FDS II INVT GRADE BD FD CL Y	N/A	6,344.81	N/A	6,344.81
CAPITAL GAIN DIVIDEND	P	12/28/11			LOOMIS SAYLES FDS II INVT GRADE BD FD CL Y	N/A	2,250.90	N/A	2,250.90
CAPITAL GAIN DIVIDEND	P	12/29/11			LAZARD FDS INC EMERGING MKTS PORT INSTL SHS	N/A	20,913.68	N/A	20,913.68
CAPITAL GAIN DIVIDEND	P	12/09/11			PIMCO FDS PAC INVT MGMT SER LOW DURATION FD INSTL CL	N/A	0.32	N/A	0.32
CAPITAL GAIN DIVIDEND	P	12/09/11			PIMCO SHORT TERM FD INST CL	N/A	120.80	N/A	120.80
CAPITAL GAIN DIVIDEND	P	12/09/11			PIMCO SHORT TERM FD INST CL	N/A	58.31	N/A	58.31
CAPITAL GAIN DIVIDEND	P	12/09/11			PIMCO REAL RETURN BOND FUND INSTL CLASS	N/A	128.98	N/A	128.98
CAPITAL GAIN DIVIDEND	P	12/09/11			PIMCO REAL RETURN BOND FUND INSTL CLASS	N/A	192.54	N/A	192.54
CAPITAL GAIN DIVIDEND	P	12/28/11			LOOMIS SAYLES FDS II INVT GRADE BD FD CL Y	N/A	1,028.51	N/A	1,028.51
CAPITAL GAIN DIVIDEND	P	12/28/11			LOOMIS SAYLES FDS II INVT GRADE BD FD CL Y	N/A	364.88	N/A	364.88
Total Investments for DECEMBER 2011							295,879.94	-	295,879.94
JANUARY 2012									
SALES	P	01/20/11	01/13/12	3,337	985 PIMCO SHORT TERM FD INST CL	9.88	32,445.21	32,979.29	(534.08)
SALES	P	01/20/11	01/13/12	221	686 PIMCO SHORT TERM FD INST CL	9.72	2,154.79	2,154.79	0.00
SALES	P	12/12/08	01/23/12	52,587	646 ALLIANZ NFJ DIVIDEND VALUE FUND INSTITUTIONAL CLASS	9.45	630,000.00	496,953.25	133,046.74
SALES	P	12/12/08	01/23/12	15,325	670 DODGE & COX FDS INTL STK FD	23.54	480,000.00	360,766.27	119,233.73
SALES	P	12/12/08	01/23/12	7,877	041 HARBOR FUND SMALL CAP VALUE FD INSTL CL	12.43	164,000.00	97,911.62	66,088.38
SALES	P	12/12/08	01/23/12	8,478	568 JANUS INVT FD PERKINS MID CAP VALUE FD CL I	14.57	180,000.00	123,502.21	56,497.79
Total Investments for JANUARY 2012							1,488,600.00	1,114,267.42	374,332.58
FEBRUARY 2012									
SALES	P	03/29/11	02/03/12	7,390	VANGUARD MSCI EAFE ETF	36.80	246.89	271.93	(25.04)
SALES	P	12/28/11	02/03/12	750	111 VANGUARD MSCI EAFE ETF	30.45	25,060.74	22,839.59	2,221.15
SALES	P	01/20/11	02/03/12	40,983	607 PIMCO SHORT TERM FD INST CL	9.88	400,000.00	404,918.04	(4,918.04)
SALES	P	12/12/08	02/03/12	16,666	667 PIMCO REAL RETURN BOND FUND INSTL CLASS	9.13	200,000.00	152,166.67	47,833.33
SALES	P	12/12/08	02/03/12	1,541	000 VANGUARD MSCI EAFE ETF	26.57	51,468.41	40,944.37	10,524.04
SALES	P	12/12/08	02/03/12	3,400	000 VANGUARD MSCI EAFE ETF	26.55	113,557.81	90,270.00	23,287.81
SALES	P	12/12/08	02/03/12	1,100	000 VANGUARD MSCI EAFE ETF	26.53	36,739.29	29,183.00	7,556.29
SALES	P	12/16/08	02/03/12	2,300	000 VANGUARD MSCI EAFE ETF	27.64	76,818.53	63,572.00	13,246.53
SALES	P	12/16/08	02/03/12	1,000	000 VANGUARD MSCI EAFE ETF	27.63	33,399.36	27,630.00	5,769.36
SALES	P	12/16/08	02/03/12	464	000 VANGUARD MSCI EAFE ETF	27.63	15,497.30	12,819.53	2,677.77
SALES	P	12/31/08	02/03/12	358	000 VANGUARD MSCI EAFE ETF	26.99	11,956.98	9,663.79	2,293.19
SALES	P	12/31/08	02/03/12	1,373	581 VANGUARD MSCI EAFE ETF	26.99	45,890.46	37,078.17	8,812.29
SALES	P	01/12/09	02/03/12	2,400	000 VANGUARD MSCI EAFE ETF	26.34	80,182.46	63,216.00	16,966.46
SALES	P	01/12/09	02/03/12	172	000 VANGUARD MSCI EAFE ETF	26.34	5,746.40	4,529.90	1,216.50
SALES	P	02/12/09	02/03/12	2,118	000 VANGUARD MSCI EAFE ETF	23.22	70,761.02	49,176.36	21,584.66
SALES	P	02/12/09	02/03/12	800	000 VANGUARD MSCI EAFE ETF	23.22	26,727.49	18,576.00	8,151.49
SALES	P	03/13/09	02/03/12	3,165	000 VANGUARD MSCI EAFE ETF	21.40	105,740.64	67,731.00	38,009.64
SALES	P	06/25/09	02/03/12	49	825 VANGUARD MSCI EAFE ETF	23.46	1,664.62	1,169.01	495.61
SALES	P	12/31/09	02/03/12	43	594 VANGUARD MSCI EAFE ETF	34.60	1,456.45	1,508.17	(51.72)
SALES	P	12/31/09	02/03/12	984	788 VANGUARD MSCI EAFE ETF	34.60	32,901.13	34,069.44	(1,168.31)

Detail Schedule Part IV Line 1
Capital One Foundation, Inc
Sales

Type	How Acquired	Date Acquired	Date Sold	Quantity	Security	Unit Price	Proceeds	Cost Basis	Net Realized Gain/(Loss) Sales
SALES	P	03/29/10	02/03/12	14 597	VANGUARD MSCI EAFE ETF	34.41	487.67	502.35	(14.68)
SALES	P	12/29/10	02/03/12	543 393	VANGUARD MSCI EAFE ETF	36.06	18 154.41	19 596.00	(1 441.59)
Total Investments for FEBRUARY 2012							1 354 458.06	1 151 431.32	203 026.73
MARCH 2012									
NONE									
Total Investments for MARCH 2012									
APRIL 2012									
SALES	P	12/29/11	04/25/12	2 982 304	ARTIO GLOBAL INVT FDS INTL EQUITY FD II CL I	9.42	31 552.77	28 093.30	3 459.47
SALES	P	01/23/12	04/25/12	47 244 094	ARTIO GLOBAL INVT FDS INTL EQUITY FD II CL I	10.16	499 842.55	480 000.00	19 842.55
SALES	P	12/12/08	04/23/12	3 893 805	ALGER INSTL FD SMALL CAP INSTL PORT CL I	14.50	110 000.00	56 460.17	53 539.83
SALES	P	07/19/10	04/16/12	1 714 138	BLACKROCK GLOBAL ALLOC GLOBAL ALLOCATION INSTT	17.51	33 100.00	30 014.56	3 085.44
SALES	P	04/07/11	04/23/12	7 751 938	EATON VANCE PARAMETRIC STRUCTURED EMERGING MARKE	16.47	110 000.00	127 674.42	(17 674.42)
SALES	P	12/12/08	04/23/12	5 250 597	HARBOR FUND SMALL CAP VALUE FD INSTL CL	12.43	110 000.00	65 264.92	44 735.08
SALES	P	12/12/08	04/25/12	80 158 453	ARTIO GLOBAL INVT FDS INTL EQUITY FD II CL I	9.82	848 076.43	787 155.99	60 920.44
SALES	P	12/16/08	04/25/12	9 794 319	ARTIO GLOBAL INVT FDS INTL EQUITY FD II CL I	10.21	103 623.89	100 000.00	3 623.89
SALES	P	12/31/08	04/25/12	4 982 586	ARTIO GLOBAL INVT FDS INTL EQUITY FD II CL I	9.78	52 715.75	48 729.69	3 986.06
SALES	P	01/12/09	04/25/12	6 256 517	ARTIO GLOBAL INVT FDS INTL EQUITY FD II CL I	9.59	66 193.95	60 000.00	6 193.95
SALES	P	02/12/09	04/25/12	7 582 857	ARTIO GLOBAL INVT FDS INTL EQUITY FD II CL I	8.75	80 226.62	66 350.00	13 876.62
SALES	P	03/13/09	04/25/12	8 385 482	ARTIO GLOBAL INVT FDS INTL EQUITY FD II CL I	7.99	88 718.40	67 000.00	21 718.40
SALES	P	04/13/09	04/25/12	16 872 891	ARTIO GLOBAL INVT FDS INTL EQUITY FD II CL I	8.89	178 515.19	150 000.00	28 515.19
SALES	P	12/31/09	04/25/12	8 738 667	ARTIO GLOBAL INVT FDS INTL EQUITY FD II CL I	11.86	92 455.09	103 640.59	(11 185.50)
SALES	P	12/30/10	04/25/12	3 091 257	ARTIO GLOBAL INVT FDS INTL EQUITY FD II CL I	12.39	32 705.50	38 300.67	(5 595.17)
SALES	P	04/07/11	04/25/12	4 626 060	ARTIO GLOBAL INVT FDS INTL EQUITY FD II CL I	12.97	48 943.71	60 000.00	(11 056.29)
SALES	P	12/12/08	04/23/12	5 798 629	LAZARD FDS INC EMERGING MKTS PORT INSTL SHS	11.63	110 000.00	67 438.05	42 561.95
Total Investments for APRIL 2012							2 596 669.85	2 336 122.36	260 547.49
MAY 2012									
SALES	P	12/12/08	05/21/12	7 434 944	ALGER INSTL FD SMALL CAP INSTL PORT CL I	14.50	200 000.00	107 806.68	92 193.32
SALES	P	04/07/11	05/21/12	11 406 840	EATON VANCE PARAMETRIC STRUCTURED EMERGING MARKE	16.47	150 000.00	187 870.72	(37 870.72)
SALES	P	12/12/08	05/21/12	9 960 159	HARBOR FUND SMALL CAP VALUE FD INSTL CL	12.43	200 000.00	123 804.77	76 195.23
SALES	P	12/12/08	05/21/12	7 309 942	JANUS INVT FD PERKINS MID CAP VALUE FD CL I	14.57	150 000.00	106 479.51	43 520.49
SALES	P	12/12/08	05/21/12	8 650 519	LAZARD FDS INC EMERGING MKTS PORT INSTL SHS	11.63	150 000.00	100 605.53	49 394.47
SALES	P	12/12/08	05/21/12	4 295 533	MORGAN STANLEY INSTL FUND TRUST MID CAP GRWTH PORT	16.91	150 000.00	72 637.46	77 362.54
Total Investments for MAY 2012							1 000 000.00	699 204.67	300 795.33
JUNE 2012									
SALES	P	08/05/11	06/06/12	681 819	LOOMIS SAYLES INVT TR BOND CLASS I	14.71	9 743.19	10 029.55	(286.36)
SALES	P	08/24/11	06/06/12	21 129	LOOMIS SAYLES INVT TR BOND CLASS I	14.44	301.93	305.10	(3.17)
SALES	P	09/21/11	06/06/12	19 466	LOOMIS SAYLES INVT TR BOND CLASS I	14.29	278.16	278.17	(0.01)
SALES	P	10/26/11	06/06/12	3 177	LOOMIS SAYLES INVT TR BOND CLASS I	14.28	45.39	45.37	0.02
SALES	P	11/23/11	06/06/12	3 586	LOOMIS SAYLES INVT TR BOND CLASS I	13.90	51.24	49.85	1.39
SALES	P	12/15/11	06/06/12	9 264	LOOMIS SAYLES INVT TR BOND CLASS I	13.72	132.38	127.10	5.28
SALES	P	12/23/11	06/06/12	3 530 278	LOOMIS SAYLES INVT TR BOND CLASS I	13.87	50 447.71	48 964.96	1 482.75
SALES	P	08/05/11	06/06/12	797 483	LOOMIS SAYLES FDS II INVT GRAD BD FD CL Y	12.58	9 721.31	10 032.33	(311.02)
SALES	P	09/02/11	06/06/12	22 227	LOOMIS SAYLES FDS II INVT GRAD BD FD CL Y	12.50	270.94	277.84	(6.90)
SALES	P	10/04/11	06/06/12	3 280	LOOMIS SAYLES FDS II INVT GRAD BD FD CL Y	12.07	39.98	39.59	0.39
SALES	P	11/02/11	06/06/12	3 364	LOOMIS SAYLES FDS II INVT GRAD BD FD CL Y	12.33	41.00	41.48	(0.48)
SALES	P	12/02/11	06/06/12	3 445	LOOMIS SAYLES FDS II INVT GRAD BD FD CL Y	12.04	41.99	41.48	0.51
SALES	P	12/23/11	06/06/12	4 174 303	LOOMIS SAYLES FDS II INVT GRAD BD FD CL Y	12.09	50 884.78	50 467.33	417.45
SALES	P	08/05/11	06/06/12	2 844 775	PIMCO FDS PAC INVT MGMT SER LOW DURATION FD INSTL CL	10.49	29 727.89	29 841.69	(113.80)
SALES	P	09/01/11	06/06/12	25 978	PIMCO FDS PAC INVT MGMT SER LOW DURATION FD INSTL CL	10.45	271.47	271.47	(0.00)
SALES	P	10/03/11	06/06/12	22 379	PIMCO FDS PAC INVT MGMT SER LOW DURATION FD INSTL CL	10.28	233.86	230.06	3.80
SALES	P	11/01/11	06/06/12	4 515	PIMCO FDS PAC INVT MGMT SER LOW DURATION FD INSTL CL	10.37	47.18	46.82	0.36
SALES	P	12/01/11	06/06/12	4 437	PIMCO FDS PAC INVT MGMT SER LOW DURATION FD INSTL CL	10.30	46.36	45.70	0.66
SALES	P	12/09/11	06/06/12	0 031	PIMCO FDS PAC INVT MGMT SER LOW DURATION FD INSTL CL	10.34	0.32	0.32	(0.00)
SALES	P	12/23/11	06/06/12	12 026 115	PIMCO FDS PAC INVT MGMT SER LOW DURATION FD INSTL CL	10.30	125 672.92	123 868.99	1 803.93
SALES	P	08/05/11	06/06/12	1 762 485	PIMCO FDS PAC INVT MGMT SER TOTAL RETURN FD INSTL CL	11.08	19 810.33	19 528.33	282.00
SALES	P	09/01/11	06/06/12	23 045	PIMCO FDS PAC INVT MGMT SER TOTAL RETURN FD INSTL CL	11.01	259.02	253.72	5.30
SALES	P	10/03/11	06/06/12	23 844	PIMCO FDS PAC INVT MGMT SER TOTAL RETURN FD INSTL CL	10.79	268.00	257.28	10.72
SALES	P	11/01/11	06/06/12	4 929	PIMCO FDS PAC INVT MGMT SER TOTAL RETURN FD INSTL CL	10.91	55.40	53.77	1.63

Detail Schedule Part IV Line 1
Capital One Foundation, Inc.
Sales

Type	How Acquired	Date Acquired	Date Sold	Quantity	Security	Unit Price	Proceeds	Cost Basis	Net Realized Gain/(Loss) Sales
SALES	P	12/01/11	06/06/12	5 421	PIMCO FDS PAC INVT MGMT SER TOTAL RETURN FD INSTL CL	10 78	60 93	58 44	2 49
SALES	P	12/23/11	06/06/12	9 123 336	PIMCO FDS PAC INVT MGMT SER TOTAL RETURN FD INSTL CL	10 85	102 546 32	98 988 20	3,558 12
SALES	P	08/05/11	06/06/12	2 030 488	PIMCO SHORT TERM FD INST CL	9 88	19 919 08	20 061 22	(142 14)
SALES	P	09/01/11	06/06/12	11 111	PIMCO SHORT TERM FD INST CL	9 83	108 99	109 22	(0 23)
SALES	P	10/03/11	06/06/12	10 876	PIMCO SHORT TERM FD INST CL	9 77	106 69	106 26	0 43
SALES	P	11/01/11	06/06/12	2 187	PIMCO SHORT TERM FD INST CL	9 79	21 45	21 41	0 04
SALES	P	12/01/11	06/06/12	2 867	PIMCO SHORT TERM FD INST CL	9 76	28 12	27 98	0 14
SALES	P	12/07/11	06/06/12	3 099 174	PIMCO SHORT TERM FD INST CL	9 68	30 402 90	30 000 00	402 90
SALES	P	12/09/11	06/06/12	12 479	PIMCO SHORT TERM FD INST CL	9 68	122 41	120 80	1 61
SALES	P	12/09/11	06/06/12	6 024	PIMCO SHORT TERM FD INST CL	9 68	59 09	58 31	0 78
SALES	P	12/23/11	06/06/12	18 270 258	PIMCO SHORT TERM FD INST CL	9 67	179 231 27	176 673 40	2,557 87
SALES	P	08/05/11	06/06/12	813 961	PIMCO REAL RETURN BOND FUND INSTL CLASS	12 01	10 044 27	9 775 67	268 60
SALES	P	09/01/11	06/06/12	4 315	PIMCO REAL RETURN BOND FUND INSTL CLASS	12 05	53 24	52 00	1 24
SALES	P	10/03/11	06/06/12	4 095	PIMCO REAL RETURN BOND FUND INSTL CLASS	11 98	50 53	49 06	1 47
SALES	P	11/01/11	06/06/12	2 112	PIMCO REAL RETURN BOND FUND INSTL CLASS	12 20	26 06	25 77	0 29
SALES	P	12/01/11	06/06/12	1 512	PIMCO REAL RETURN BOND FUND INSTL CLASS	12 18	18 65	18 42	0 23
SALES	P	12/09/11	06/06/12	16 303	PIMCO REAL RETURN BOND FUND INSTL CLASS	11 81	201 17	192 54	8 63
SALES	P	12/09/11	06/06/12	10 921	PIMCO REAL RETURN BOND FUND INSTL CLASS	11 81	134 76	128 98	5 78
SALES	P	12/23/11	06/06/12	3 765 906	PIMCO REAL RETURN BOND FUND INSTL CLASS	11 82	46 471 32	44 513 01	1 958 31
SALES	P	08/05/11	06/06/12	1 716 267	WESTERN ASSET FDS INC CORE BD FUND INSTL CL	11 88	20 766 83	20 389 25	377 58
SALES	P	09/01/11	06/06/12	24 516	WESTERN ASSET FDS INC CORE BD FUND INSTL CL	11 83	296 64	290 02	6 62
SALES	P	10/03/11	06/06/12	24 310	WESTERN ASSET FDS INC CORE BD FUND INSTL CL	11 84	294 15	287 83	6 32
SALES	P	11/02/11	06/06/12	4 658	WESTERN ASSET FDS INC CORE BD FUND INSTL CL	11 88	56 36	55 34	1 02
SALES	P	12/01/11	06/06/12	4 655	WESTERN ASSET FDS INC CORE BD FUND INSTL CL	11 78	56 32	54 84	1 48
SALES	P	12/23/11	06/06/12	7 977 660	WESTERN ASSET FDS INC CORE BD FUND INSTL CL	11 79	96 529 70	94 056 62	2 473 08

Total Investments for JUNE 2012

806 000 00 791 212 88 14 787 11

JULY 2012

SALES	P	12/23/11	07/10/12	1 449 275	LOOMIS SAYLES INVT TR BOND CLASS I	13 87	21 000 00	20 101 45	898 55
SALES	P	12/23/11	07/10/12	1 700 405	LOOMIS SAYLES FDS II INVT GRAD BD FD CL Y	12 09	21 000 00	20 557 90	442 10
SALES	P	12/23/11	07/10/12	5 698 006	PIMCO FDS PAC INVT MGMT SER LOW DURATION FD INSTL CL	10 30	60 000 00	58 689 47	1 310 53
SALES	P	12/23/11	07/10/12	3 950 834	PIMCO FDS PAC INVT MGMT SER TOTAL RETURN FD INSTL CL	10 85	45 000 00	42 866 55	2 133 45
SALES	P	12/23/11	07/10/12	9 155 646	PIMCO SHORT TERM FD INST CL	9 67	90 000 00	88 535 10	1 464 90
SALES	P	12/23/11	07/10/12	1 688 103	PIMCO REAL RETURN BOND FUND INSTL CLASS	11 82	21 000 00	19 953 38	1 046 62
SALES	P	12/23/11	07/10/12	3 673 469	WESTERN ASSET FDS INC CORE BD FUND INSTL CL	11 79	45 000 00	43 310 20	1 689 80
SALES	P	01/20/11	07/17/12	1 188 671	PIMCO SHORT TERM FD INST CL	9 88	11 684 64	11 744 08	(59 44)
SALES	P	01/20/11	07/17/12	103 292	PIMCO SHORT TERM FD INST CL	9 83	1 015 36	1 015 36	-

Total Investments for JULY 2012

315 700 00 306 773 49 8 926 51

AUGUST 2012

SALES	P	12/23/11	08/16/12	678 426	LOOMIS SAYLES INVT TR BOND CLASS I	13 87	10 000 00	9 409 77	590 23
SALES	P	12/23/11	08/16/12	786 517	LOOMIS SAYLES FDS II INVT GRAD BD FD CL Y	12 09	9 800 00	9 508 99	291 01
SALES	P	12/23/11	08/16/12	2 854 424	PIMCO FDS PAC INVT MGMT SER LOW DURATION FD INSTL CL	10 30	30 000 00	29 400 57	599 43
SALES	P	12/23/11	08/16/12	1 982 379	PIMCO FDS PAC INVT MGMT SER TOTAL RETURN FD INSTL CL	10 85	22 500 00	21 508 82	991 18
SALES	P	12/23/11	08/16/12	4 573 171	PIMCO SHORT TERM FD INST CL	9 67	45 000 00	44 222 57	777 43
SALES	P	12/23/11	08/16/12	833 333	PIMCO REAL RETURN BOND FUND INSTL CLASS	11 82	10 200 00	9 850 00	350 00
SALES	P	12/23/11	08/16/12	1 842 752	WESTERN ASSET FDS INC CORE BD FUND INSTL CL	11 79	22 500 00	21 726 05	773 95

Total Investments for AUGUST 2012

150 000 00 145 626 77 4 373 23

SEPTEMBER 2012

SALES	P	12/23/11	09/13/12	3 125 000	LOOMIS SAYLES INVT TR BOND CLASS I	13 87	47 000 00	43,343 75	3 656 25
SALES	P	12/23/11	09/13/12	3 697 876	LOOMIS SAYLES FDS II INVT GRAD BD FD CL Y	12 09	47 000 00	44 707 32	2,292 68
SALES	P	12/23/11	09/13/12	13 157 895	PIMCO FDS PAC INVT MGMT SER LOW DURATION FD INSTL CL	10 30	140 000 00	135,526 31	4 473 69
SALES	P	12/23/11	09/13/12	9 193 408	PIMCO FDS PAC INVT MGMT SER TOTAL RETURN FD INSTL CL	10 85	106 000 00	99 748 47	6,251 53
SALES	P	12/23/11	09/13/12	21 073 961	PIMCO SHORT TERM FD INST CL	9 67	208 000 00	203 785 20	4,214 80
SALES	P	12/23/11	09/13/12	3 830 806	PIMCO REAL RETURN BOND FUND INSTL CLASS	11 82	48 000 00	45,280 13	2,719 87
SALES	P	12/23/11	09/13/12	8,536 585	WESTERN ASSET FDS INC CORE BD PORT INSTL CL	11 79	105 000 00	100 646 33	4,353 67
SALES	P	04/25/12	09/20/12	12 279 556	HARDING LOEVNER INTL EQUITY PORT	14 69	188 000 00	180,386 68	7,613 32
SALES	P	02/03/12	09/20/12	2 004 701	VANGUARD MSCI ETF EMERGING MARKETS ETF	44 19	85 108 88	88,587 74	(3 478 86)
SALES	P	02/03/12	09/20/12	185 299	VANGUARD MSCI ETF EMERGING MARKETS ETF	42 45	7 866 80	7 866 80	(0 00)
SALES	P	12/12/08	09/20/12	6,837 607	ALGER INSTL FD SMALL CAP INSTL PORT CL I	14 5	200,000 00	99,145 30	100 854 71
SALES	P	12/12/08	09/20/12	16,309 342	ALLIANZ NFJ DIVIDEND VALUE FUND INSTITUTIONAL CLASS	9 45	213,000 00	154 123 27	58 876 72
SALES	P	07/19/10	09/20/12	25 227 043	BLACKROCK GLOBAL ALLOC GLOBAL ALLOCATION INSTIT	17 51	500 000 00	441 725 53	58,274 47

Detail Schedule Part IV Line 1
Capital One Foundation, Inc
Sales

Type	How Acquired	Date Acquired	Date Sold	Quantity	Security	Unit Price	Proceeds	Cost Basis	Net Realized Gain/(Loss) Sales
SALES	P	12/12/08	09/20/12	10,231.711	COHEN & STEERS INTL RLTY FD INC CL I	7.88	110,502.47	80,625.87	29,876.60
SALES	P	12/16/08	09/20/12	879.400	COHEN & STEERS INTL RLTY FD INC CL I	8.47	9,497.53	7,448.52	2,049.01
SALES	P	12/12/08	09/20/12	5,204.568	COHEN & STEERS RLTY SHARES INC	34.48	360,000.00	179,453.49	180,546.51
SALES	P	12/12/08	09/20/12	5,640.564	DODGE & COS FDS INTL STK FD	23.54	188,000.00	132,778.88	55,221.12
SALES	P	04/07/11	09/20/12	6,453.851	EATON VANCE PARAMETRIC STRUCTURED EMERGING MARKE	16.47	93,000.00	106,294.93	(13,294.93)
SALES	P	12/12/08	09/20/12	9,004.953	HARBOR FUND SMALL CAP VALUE FD INSTL CL	12.43	200,000.00	111,931.56	88,068.44
SALES	P	12/12/08	09/20/12	363.000	ISHARES RUSSELL MIDCAP INDEX FUND	55.84	40,956.37	20,269.92	20,686.45
SALES	P	12/12/08	09/20/12	3,665.624	JANUS INVT FD PERKINS MID CAP VALUE FD CL I	14.57	82,000.00	53,394.93	28,605.07
SALES	P	12/12/08	09/20/12	4,754.601	LAZARD FDS INC EMERGING MKTS PORT INSTL SHS	11.63	93,000.00	55,296.00	37,704.00
SALES	P	12/12/08	09/20/12	2,282.215	MORGAN STANLEY INSTL FUND TRUST MID CAP GRWTH PORT	16.91	82,000.00	38,592.25	43,407.75
SALES	P	09/13/11	09/20/12	25,849.515	MAINSTAY LARGE CAP GROWTH FUND CLASS I	7.06	213,000.00	182,497.58	30,502.42
SALES	P	01/20/11	09/20/12	12,133.468	PIMCO SHORT TERM FD INST CL	9.88	120,000.00	119,878.67	121.33
SALES	P	04/20/11	09/20/12	446.000	VANGUARD S&P 500 ETF	60.87	29,872.41	27,148.02	2,724.39
SALES	P	04/20/11	09/20/12	2,734.000	VANGUARD S&P 500 ETF	60.87	183,091.88	166,418.58	16,673.30
Total Investments for SEPTEMBER 2012							3,699,896.34	2,926,902.03	772,994.31
TOTALS FOR OCTOBER 2011-SEPTEMBER 2012							11,739,004.19	9,503,731.93	2,235,272.24

Federal Statements
Capital One Foundation, Inc
10/1/2012 - 09/30/2012

FEIN 11-3276603

Statement 9

Form 990PF PART VIII LIST
OFFICERS, DIRECTORS, AND TRUSTEES

	<u>TITLE</u>	<u>COMPENSATION</u>	<u>CONTRIBUTIONS TO EMPLOYEE BENEFITS</u>	<u>EXPENSE ACCT AND OTHER ALLOWANCES</u>
Carolyn Berkowitz	President / Director	none	none	none
Amy D Cook	Secretary	none	none	none
Andres L Navarrete	Assistant Secretary	none	none	none
Andrew Labenne	Treasurer	none	none	none
Robert J Magnano	Chairman of the Audit Committee / Director	none	none	none
John G Finneran, Jr	Director	none	none	none
Richard A Woods	Director	none	none	none
Dorothy Broadman	Director	none	none	none
Guenet M Beshah	Director	none	none	none
Heather M Cox	Director	none	none	none
Kenneth Kido	Director	none	none	none
Michael Slocum	Director	none	none	none
Nicole Moran	Director	none	none	none
Lynn Carter	Director	none	none	none

Capital One Foundation, Inc
10/1/2011 - 9/30/2012

FEIN: 11-3276603

STATEMENT 10

Form 990-PF, Page 10 Part XV, Line 2

Information regarding contribution, grant, loan, scholarship, etc., programs

The Capital One Foundation provides funding to support programs for safe and affordable housing, financial literacy, workforce and economic development, school improvement, and early childhood education. With a focus on programming and non-profit development that drives education-centered community revitalization, and using a test-and-learn approach, the Foundation identifies best practices and proven successful metrics and models that can be translated across geographic scope and then shared with the broader community.

Capital One Foundation, Inc
10/1/2011 - 09/30/2012
FEIN 11-3276603

STATEMENT 11
Form 990-PF Part XV, Line 3a
Grants and Contributions Paid During the Year

Organization	City	State	Zip	Purpose of Grant / Contribution	Amount
Parents Alliance	Houston	TX	77055	PACT Program - San Antonio	\$10,000 00
Police Athletic League Inc	NEW YORK	NY	10003-4640	Workforce Development for Vulnerable Youth	\$150,000 00
District of Columbia College Access Program	WASHINGTON	DC	20005-3517	DC-CAP Programmatic Support	\$170,000 00
Association for Enterprise Opportunity	Washington	DC	20036	The Catalyst Alliance Project	\$150 000 00
Community Development Corporation of Long Island, Inc	CENTEREACH	NY	11720-3577	Homeowner Preservation Services (HPS)	\$50,000 00
Association of Neighborhood Housing and Development (ANH)	New York	NY	10004 2376	Real Affordability Housing Campaign	\$45,000 00
Local Initiatives Support Corporation	New York	NY	10018	LISC Program Assessment - New Orleans	\$15,000 00
ACCION International	Boston	MA	2129	Accion Microloan Product and Service Development	\$160,000 00
Neighbors Helping Neighbors Inc	BROOKLYN	NY	11217	Protecting and Advocating for Brooklyn Tenants and Homeowners at Risk	\$5,000 00
Wyandanch Community Development Corporation	WYANDANCH	NY	11798-4506	Emergency Home Repair Program	\$5,000 00
La Fuerza Unida Inc	GLEN COVE	NY	11542 1296	Community Outreach/Homeowner Emergency Repairs Loans	\$5 000 00
Fifth Avenue Committee Inc	BROOKLYN	NY	11217-3120	Fifth Avenue Committee Renaissance Maintaining Affordability in South Brooklyn	\$35 000 00
Low Income Investment Fund	New York	NY	10175	Affordable Housing Investment Initiative	\$10,000 00
Providence House Inc	BROOKLYN	NY	11221-2206	Kosciuszko Street Supportive Housing Project	\$20 000 00
Low Income Investment Fund	New York	NY	10175	Support for LIIF's National Affordable Housing Preservation	\$75,000 00
Neighborhood Reinvestment Corporation	WASHINGTON	DC	20002	Training and Capacity Building in Affordable Housing and Community Stabilization	\$175 000 00
Grameen America Inc	New York	NY	10036	Grameen America Training Institute	\$125,000 00
Volunteers of America Greater New York Inc	New York	NY	10024	A New Marketplace for Accessing Behavioral Health Services	\$75,000 00
National Community Stabilization Trust	WASHINGTON	DC	20006-2623	Improving Community Implementation of Direct-to-Homebuyer REO Purchase Programs	\$50 000 00
Asian Americans for Equality, Inc	NEW YORK	NY	10002-6103	Project College Bound	\$40,000 00
Make the Road New York	Brooklyn	NY	11237-5664	The Student Success Center Initiative	\$25,000 00
Cypress Hills Local Development Corporation	BROOKLYN	NY	11208-1203	Cypress Hills Student Success Center	\$75,000 00
Blue Engine Inc	New York	NY	10005	Blue Engine Teaching Assistants at Washington Heights Expeditionary Learning School, 2012 2013	\$30 000 00
New York City Charter School Center	NEW YORK	NY	10006-1975	Charter Parent Action Network (CPAN) Helping Charter Schools Engage Their Parent Communities	\$25 000 00
New Leaders Inc	New York	NY	10010	New Leaders	\$30 000 00
Supportive Housing Network of New York	NEW YORK	NY	10018	General Operating Support	\$25 000 00
Restored Homes HDFC	NEW YORK	NY	10038-4484	Neighborhood Stabilization in Areas Hardest Hit by Foreclosure	\$25 000 00
Pratt Area Community Council Inc	Brooklyn	NY	11205	Distressed Properties Project	\$40 000 00
Settlement Housing Fund, Inc	NEW YORK	NY	10018-5709	Strengthening Low Income Communities through Affordable Housing Amenities and Programs	\$20,000 00
The Corporation for Supportive Housing	NEW YORK	NY	10004-3816	Targeting Supportive Housing Interventions for Maximum Impact & Improved Quality of Life and Effective Use of Public and Private Resources	\$75,000 00
National Council of La Raza	WASHINGTON	DC	20036-4845	NCLR Community Development & Capacity-Building	\$125 000 00
The Housing Partnership Network, Inc	Boston	MA	2108	Foreclosure Prevention and the Mortgage Resolution Fund	\$50 000 00
Credit Builders Alliance	Washington	DC	20006	CBA Credit Builder Member Website and Secured Credit Card Microsite	\$75,000 00
Abyssinian Development Corporation	NEW YORK	NY	10027-4567	Harlem Economic Literacy Program	\$25 000 00
I HAVE A DREAM FOUNDATION - NEW YORK	NEW YORK	NY	10001-5010	College Prep and Mentoring at the DeHoslos-Wise "I Have A Dream" Program	35 000 00
Abyssinian Development Corporation	NEW YORK	NY	10027-4567	Harlem Economic Literacy Program	\$25,000 00
Financial Innovations Center Inc	Chicago	IL	60602	Financial Capability Innovation Fund Financial Capability Innovators Development Lab and Capital One Scholars Program	\$90,000 00
Housing Action Council Inc	TARRYTOWN	NY	10591-4000	Housing Development Service Program - 2012	\$30 000 00
Aspen Institute	Washington	DC	20036	Emerging Leaders in Microbusiness Initiative	\$150,000 00
KIPP DC	WASHINGTON	DC	20001-4421	KIPP Through College	\$40,000 00
Higher Achievement Program Inc	WASHINGTON	DC	20006-1503	Closing the Middle School Achievement Gap	\$80 000 00
Beulah HDFC, Inc	BRONX	NY	10453-7071	Year 15 Project	\$5 000 00
St Nicks Alliance	Brooklyn	NY	11211-2706	North Brooklyn Housing Preservation	\$30,000 00
Banana Kelly CIA Inc	BRONX	NY	10459-3927	Building Community through Green Organizing	\$5 000 00
Fordham Bedford Housing Corporation	BRONX	NY	10468-3001	Renewal Retrofits	\$30 000 00
Housing Conservation Coordinators Inc	NEW YORK	NY	10019-5027	Illegal Hotel Use Campaign	\$10,000 00
PARODNECK FOUNDATION FOR SELF-HELP HOUSING & COMM	NEW YORK	NY	10013-1510	CATCH Community Organizer	\$15,000 00
Minkwon Center for Community Action Inc	FLUSHING	NY	11355-2442	Flushing Housing Protection Project	\$15,000 00
CAMBA	BROOKLYN	NY	11226-2630	CAMBA Housing Ventures Inc Predevelopment Pipeline	\$25 000 00
Chhaya CDC	Jackson Heights	NY	11372	Basements Are Safe for Everyone (BASE) Campaign	\$15,000 00
Committ	Dallas	TX	75219		\$25 000 00
Communities In Schools of the Dallas Region, Inc	DALLAS	TX	75247-3729	One Child at a Time	\$50,000 00
Common Ground Communities	New York	NY	10016	Tools for Preventing Homelessness	\$25,000 00
Trinity River Mission	DALLAS	TX	75212-2807	Trinity River Mission Operating Assistance	\$20,000 00
CFE Fund at Living Cities	NEW YORK	NY	10018-3703	CFE Fund Innovation Center	\$125,000 00
Center for Economic Progress	CHICAGO	IL	60602-4537	Building the Community Tax and Financial Services Field through Training and Technical Assistance	\$50,000 00
Year Up Inc	New York	NY	10005	Year Up New York	\$40,000 00
Police Athletic League Inc	NEW YORK	NY	10003-4640	Workforce Development for Vulnerable Youth	\$150,000 00
Greyson Foundation	YONKERS	NY	10703-3401	Greyson Bakery Training & Apprenticeship Program	\$15,000 00
PHI	Bronx	NY	10458	Transforming Employment Opportunities in Home Care A Strategy to Strengthen Economic Security for Low-Income New York City Residents	\$20,000 00
Sanctuary for Families, Inc	New York	NY	10268	Domestic Violence Workforce Initiative	\$20 000 00
Working in Support of Education	New York	NY	10022	The WISE Institute	\$15,000 00
Ventas Therapeutic Community Inc	New York	NY	10027	Employment Resource Center - Expansion	\$25 000 00
Reel Stones Teen Filmmaking	BROOKLYN	NY	11215-0000	Reel Works Productions	\$15,000 00

Capital One Foundation, Inc
10/1/2011 - 09/30/2012
FEIN 11-3276603

Organization	City	State	Zip	Purpose of Grant / Contribution	Amount
Leap Inc	BROOKLYN	NY	11217-3120	Program Support for Red Hook on the Road and New York Drives	\$25,000.00
Youth Consultation Service	Hackensack	NJ	7601	ELS (Essential Life Skills) Program	\$30,000.00
StreetWise Partners	NEW YORK	NY	10012-3233	Career Ventures Young Adults Program	\$15,000.00
Futures and Options Inc	NEW YORK	NY	10271-3399	Futures and Options Career Essentials and Internship Program	\$40,000.00
JobsFirstNYC	NEW YORK	NY	10007-2840	Building Our Own Capacity	\$10,000.00
Per Scholas	Brontx	NY	10454	IT Professional Training Program -- New York City	\$45,000.00
Project Renewal	NEW YORK	NY	10014-4810	Workforce Development for formerly homeless New Yorkers	\$35,000.00
District of Columbia College Access Program	WASHINGTON	DC	20005-3517	DC-CAP Programmatic Support	\$180,000.00
Clayton Child Care Inc	FORT WORTH	TX	76112-2304	Scholarships for Students From Low Income Families for After School Youth Enrichment Services	\$15,000.00
San Antonio Education Fund	SAN ANTONIO	TX	78204-3108	Juntas (Together) Cultivating a Stronger Future	\$20,000.00
UNITED WAY OF METROPOLITAN DALLAS INC	DALLAS	TX	75202-1701	Workforce Development and Destination Graduation	\$20,000.00
21st Century School Fund	WASHINGTON	DC	20009-4422	Green Line Initiative for Family and Community Resource Centers	\$125,000.00
The Regents of the University of California	Berkeley	CA	94704-5940	Y-PLAN National Connecting Education and Community Development to Align Forces Leverage Resources and Measure Results	\$345,000.00
Communities In Schools of Houston	Houston	TX	77008	CIS Dropout Prevention Services	\$50,000.00
P4L	HOUSTON	TX	77027-3209	Lemonade Day - Houston	\$40,000.00
Total					\$4,205,000

**Application for Extension of Time To File an
Exempt Organization Return**

OMB No 1545-1709

► **File a separate application for each return.**

- If you are filing for an **Automatic 3-Month Extension**, complete only **Part I** and check this box ☒
- If you are filing for an **Additional (Not Automatic) 3-Month Extension**, complete only **Part II** (on page 2 of this form).

Do not complete Part II unless you have already been granted an automatic 3-month extension on a previously filed Form 8868

Electronic filing (e-file). You can electronically file Form 8868 if you need a 3-month automatic extension of time to file (6 months for a corporation required to file Form 990-T), or an additional (not automatic) 3-month extension of time. You can electronically file Form 8868 to request an extension of time to file any of the forms listed in Part I or Part II with the exception of Form 8870, Information Return for Transfers Associated With Certain Personal Benefit Contracts, which must be sent to the IRS in paper format (see instructions). For more details on the electronic filing of this form, visit www.irs.gov/efile and click on *e-file for Charities & Nonprofits*.

Part I Automatic 3-Month Extension of Time. Only submit original (no copies needed).

A corporation required to file Form 990-T and requesting an automatic 6-month extension—check this box and complete Part I only ☐

All other corporations (including 1120-C filers), partnerships, REMICs, and trusts must use Form 7004 to request an extension of time to file income tax returns

Enter filer's identifying number, see instructions

Type or print File by the due date for filing your return. See instructions.	Name of exempt organization or other filer, see instructions CAPITAL ONE FOUNDATION, INC.	Employer identification number (EIN) or ☒ 11-3276603
	Number, street, and room or suite no. If a P.O. box, see instructions 1680 CAPITAL ONE DRIVE	Social security number (SSN) ☐
	City, town or post office, state, and ZIP code. For a foreign address, see instructions. MCLEAN, VA 22102	

Enter the Return code for the return that this application is for (file a separate application for each return)

Application Is For	Return Code	Application Is For	Return Code
Form 990	01	Form 990-T (corporation)	07
Form 990-BL	02	Form 1041-A	08
Form 990-EZ	01	Form 4720	09
Form 990-PF	04	Form 5227	10
Form 990-T (sec. 401(a) or 408(a) trust)	05	Form 6069	11
Form 990-T (trust other than above)	06	Form 8870	12

- The books are in the care of ► 1680 CAPITAL ONE DRIVE, MCLEAN, VA 22102

Telephone No ► 703 720 1000

FAX No. ► 703 720 2233

- If the organization does not have an office or place of business in the United States, check this box ☐
- If this is for a Group Return, enter the organization's four digit Group Exemption Number (GEN) If this is for the whole group, check this box ☐ If it is for part of the group, check this box ☐ and attach a list with the names and EINs of all members the extension is for

- 1 I request an automatic 3-month (6 months for a corporation required to file Form 990-T) extension of time until MAY 15TH, 20 13, to file the exempt organization return for the organization named above. The extension is for the organization's return for:
- ☐ calendar year 20 or

► ☒ tax year beginning OCTOBER 1, 20 11, and ending SEPTEMBER 30, 20 12

- 2 If the tax year entered in line 1 is for less than 12 months, check reason. ☐ Initial return ☐ Final return

☐ Change in accounting period

3a If this application is for Form 990-BL, 990-PF, 990-T, 4720, or 6069, enter the tentative tax, less any nonrefundable credits. See instructions.	3a	\$	93598
b If this application is for Form 990-PF, 990-T, 4720, or 6069, enter any refundable credits and estimated tax payments made. Include any prior year overpayment allowed as a credit.	3b	\$	78598
c Balance due. Subtract line 3b from line 3a. Include your payment with this form, if required, by using EFTPS (Electronic Federal Tax Payment System). See instructions.	3c	\$	15000

Caution. If you are going to make an electronic fund withdrawal with this Form 8868, see Form 8453-EO and Form 8879-EO for payment instructions.

For Privacy Act and Paperwork Reduction Act Notice, see Instructions.

Cat. No. 27916D

Form **8868** (Rev. 1-2012)

- If you are filing for an **Additional (Not Automatic) 3-Month Extension**, complete only **Part II** and check this box ☐ **Note.** Only complete Part II if you have already been granted an automatic 3-month extension on a previously filed Form 8868.
- If you are filing for an **Automatic 3-Month Extension**, complete only **Part I** (on page 1).

Part II Additional (Not Automatic) 3-Month Extension of Time. Only file the original (no copies needed).

Enter filer's identifying number, see instructions

Type or print

File by the due date for filing your return. See instructions.

Name of exempt organization or other filer, see instructions.

Employer identification number (EIN) or

Number, street, and room or suite no. If a P.O. box, see instructions.

Social security number (SSN)

City, town or post office, state, and ZIP code. For a foreign address, see instructions.

Enter the Return code for the return that this application is for (file a separate application for each return)

Application Is For	Return Code	Application Is For	Return Code
Form 990	01		
Form 990-BL	02	Form 1041-A	08
Form 990-EZ	01	Form 4720	09
Form 990-PF	04	Form 5227	10
Form 990-T (sec. 401(a) or 408(a) trust)	05	Form 6069	11
Form 990-T (trust other than above)	06	Form 8870	12

STOP! Do not complete Part II if you were not already granted an automatic 3-month extension on a previously filed Form 8868.

- The books are in the care of ☐ Telephone No. ☐ FAX No. ☐
- If the organization does not have an office or place of business in the United States, check this box ☐
- If this is for a Group Return, enter the organization's four digit Group Exemption Number (GEN) ☐ If this is for the whole group, check this box ☐ If it is for part of the group, check this box ☐ and attach a list with the names and EINs of all members the extension is for.

- I request an additional 3-month extension of time until _____, 20__.
- For calendar year _____, or other tax year beginning _____, 20__, and ending _____, 20__.
- If the tax year entered in line 5 is for less than 12 months, check reason: ☐ Initial return ☐ Final return
☐ Change in accounting period
- State in detail why you need the extension _____

8a If this application is for Form 990-BL, 990-PF, 990-T, 4720, or 6069, enter the tentative tax, less any nonrefundable credits. See instructions.**8a** \$**b** If this application is for Form 990-PF, 990-T, 4720, or 6069, enter any refundable credits and estimated tax payments made. Include any prior year overpayment allowed as a credit and any amount paid previously with Form 8868.**8b** \$**c Balance due.** Subtract line 8b from line 8a. Include your payment with this form, if required, by using EFTPS (Electronic Federal Tax Payment System). See instructions**8c** \$**Signature and Verification must be completed for Part II only.**

Under penalties of perjury, I declare that I have examined this form, including accompanying schedules and statements, and to the best of my knowledge and belief, it is true, correct, and complete, and that I am authorized to prepare this form.

Signature

Title **PRESIDENT**

Date

Form **8868** (Rev. 1-2012)

- If you are filing for an **Additional (Not Automatic) 3-Month Extension**, complete only **Part II** and check this box ☒ **Note.** Only complete Part II if you have already been granted an automatic 3-month extension on a previously filed Form 8868.
- If you are filing for an **Automatic 3-Month Extension**, complete only **Part I** (on page 1)

Part II Additional (Not Automatic) 3-Month Extension of Time. Only file the original (no copies needed).

Type or print File by the due date for filing your return. See instructions.	Enter filer's identifying number, see instructions	
	Name of exempt organization or other filer, see instructions	Employer identification number (EIN) or
	CAPITAL ONE FOUNDATION INC	11-3276603
	Number, street, and room or suite no. If a P O box, see instructions.	Social security number (SSN)
	1680 CAPITAL ONE DRIVE	
	City, town or post office, state, and ZIP code For a foreign address, see instructions.	
	MCLEAN, VA 22102	

Enter the Return code for the return that this application is for (file a separate application for each return)

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Application Is For	Return Code	Application Is For	Return Code
Form 990 or Form 990-EZ	01		
Form 990-BL	02	Form 1041-A	08
Form 4720 (individual)	03	Form 4720	09
Form 990-PF	04	Form 5227	10
Form 990-T (sec. 401(a) or 408(a) trust)	05	Form 6069	11
Form 990-T (trust other than above)	06	Form 8870	12

STOP! Do not complete Part II if you were not already granted an automatic 3-month extension on a previously filed Form 8868.

- The books are in the care of ▶ 1680 CAPITAL ONE DRIVE, MCLEAN, VA 22102
Telephone No. ▶ 703-720-1000 FAX No ▶ 703-720-2233
- If the organization does not have an office or place of business in the United States, check this box ☐
- If this is for a Group Return, enter the organization's four digit Group Exemption Number (GEN) If this is for the whole group, check this box ☐ If it is for part of the group, check this box ☐ and attach a list with the names and EINs of all members the extension is for.

- 4 I request an additional 3-month extension of time until AUGUST 15, 20 13.
- 5 For calendar year 2011, or other tax year beginning OCTOBER 1, 20 11, and ending SEPTEMBER 30, 20 12.
- 6 If the tax year entered in line 5 is for less than 12 months, check reason: ☐ Initial return ☐ Final return
☐ Change in accounting period
- 7 State in detail why you need the extension ADDITIONAL TIME NEEDED TO GATHER THE INFORMATION TO FINISH TAX RETURN

8a If this application is for Form 990-BL, 990-PF, 990-T, 4720, or 6069, enter the tentative tax, less any nonrefundable credits. See instructions.	8a	\$	93598
b If this application is for Form 990-PF, 990-T, 4720, or 6069, enter any refundable credits and estimated tax payments made. Include any prior year overpayment allowed as a credit and any amount paid previously with Form 8868.	8b	\$	93598
c Balance due. Subtract line 8b from line 8a. Include your payment with this form, if required, by using EFTPS (Electronic Federal Tax Payment System). See instructions.	8c	\$	0

Signature and Verification must be completed for Part II only.

Under penalties of perjury, I declare that I have examined this form, including accompanying schedules and statements, and to the best of my knowledge and belief, it is true, correct, and complete, and that I am authorized to prepare this form.

Signature ▶

Title ▶ PRESIDENT-Carolyn Berkowitz

Date ▶

5/7/13

Form 8868 (Rev. 1-2013)