	Form 5500-SF	Short Form Annual R	yee	OMB Nos. 1210-0110 1210-0089						
	Department of the Treasury Internal Revenue Service	<b>E</b> This form is required to be filed	•	2010						
Er	Department of Labor nployee Benefits Security Administration	Retirement Income Security A		This Form is Open to Public						
Р	Pension Benefit Guaranty Corporation Inspection									
	Part I Annual Report Identification Information									
_	calendar plan year 2010 or fisca	al plan year beginning 01/01/2010			12/31/2010					
	This return/report is for:			mployer plan (not multiemployer)		one-participant plan				
В	This return/report is for:	first return/report	final return	•	- 44					
~		an amended return/report		year return/report (less than 12 mo	ntns)	,				
	Check box if filing under:	Form 5558		extension		DFVC program				
Da	Part II         Basic Plan Information—enter all requested information									
	Name of plan	<b>Hation</b> —enter all requested information	allon		1b	Three-digit				
	HEATING AND COOLING 401	K) PROFIT SHARING PLAN				plan number 001				
					4.0	(PN) ►				
					TC	Effective date of plan 01/01/2006				
	Plan sponsor's name and addre HEATING AND COOLING INC.	ess (employer, if for single-employer	plan)		2b	Employer Identification Number (EIN) 20-0664963				
	BOX 3205				2c	Plan sponsor's telephone number 425-821-1293				
	(LAND, WA 98083				2d	Business code (see instructions)				
3a CFM	Plan administrator's name and HEATING AND COOLING INC.	address (if same as Plan sponsor, en		3")	3b	Administrator's EIN 20-0664963				
		3c	Administrator's telephone number 425-821-1293							
	f the name and/or EIN of the pla	4b	EIN							
I	name, EIN, and the plan numbe	r from the last return/report. Sponso		4c	PN					
5a	Total number of participants at	the beginning of the plan year				22				
b	Total number of participants at	5b	0							
С	Total number of participants wi	ear (defined benefit plans do not	5c	0						
6a	complete this item)									
	<b>b</b> Are you claiming a waiver of the annual examination and report of an independent qualified public accountant (IQPA)									
	under 29 CFR 2520.104-46? (See instructions on waiver eligibility and conditions.)									
If you answered "No" to either 6a or 6b, the plan cannot use Form 5500-SF and must instead use Form 5500.           Part III         Financial Information										
7	Plan Assets and Liabilities			(a) Beginning of Year		(b) End of Year				
а			. 7a	133342	2					
b	Total plan liabilities		7b							
C	Net plan assets (subtract line 7	b from line 7a)	7c	133342	2	0				
8	Income, Expenses, and Transf			(a) Amount		(b) Total				
а	Contributions received or recei (1) Employers	vable from:	8a(1)							
	() ()		8a(2)							
b	Other income (loss)		8b	-467						
С		8a(2), 8a(3), and 8b)	8c			-4671				
d		ollovers and insurance premiums	8d							
е	Certain deemed and/or correct	ive distributions (see instructions)	8e							
f	Administrative service provider	s (salaries, fees, commissions)	8f							
g	Other expenses		8g							
h		3e, 8f, and 8g)	8h			128671				
i		8h from line 8c)				-133342				
J	ransters to (from) the plan (se	e instructions)	8j							

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

## Part IV **Plan Characteristics**

- If the plan provides pension benefits, enter the applicable pension feature codes from the List of Plan Characteristic Codes in the instructions: 9a 2E 2J 2K 3D
- **b** If the plan provides welfare benefits, enter the applicable welfare feature codes from the List of Plan Characteristic Codes in the instructions:

Part	V Compliance Questions							
10	During the plan year:		Yes	No		Amou	unt	
а								
b	Were there any nonexempt transactions with any party-in-interest? (Do not include transactions reported on line 10a.)	10b		x				
С	Was the plan covered by a fidelity bond?	10c	Х				1	0000
d	Did the plan have a loss, whether or not reimbursed by the plan's fidelity bond, that was caused by fraud or dishonesty?	10d		Х				
е	<ul> <li>Were any fees or commissions paid to any brokers, agents, or other persons by an insurance carrier, insurance service or other organization that provides some or all of the benefits under the plan? (See instructions.)</li> </ul>			x				
f	Has the plan failed to provide any benefit when due under the plan?	10f		X				
g	Did the plan have any participant loans? (If "Yes," enter amount as of year end.)	10g		Х				
h	If this is an individual account plan, was there a blackout period? (See instructions and 29 CFR 2520.101-3.)	10h		X				
i	If 10h was answered "Yes," check the box if you either provided the required notice or one of the exceptions to providing the notice applied under 29 CFR 2520.101-3	10i						
Part	VI Pension Funding Compliance							
11								
12	Is this a defined contribution plan subject to the minimum funding requirements of section 412 of the Code or section 302 of ERISA?							
	(If "Yes," complete 12a or 12b, 12c, 12d, and 12e below, as applicable.)							
a If a waiver of the minimum funding standard for a prior year is being amortized in this plan year, see instructions, and enter the date of the letter ruling granting the waiver								
If you completed line 12a, complete lines 3, 9, and 10 of Schedule MB (Form 5500), and skip to line 13.								
b	b Enter the minimum required contribution for this plan year							
С	C Enter the amount contributed by the employer to the plan for this plan year							
d	d Subtract the amount in line 12c from the amount in line 12b. Enter the result (enter a minus sign to the left of a negative amount)							
е	Will the minimum funding amount reported on line 12d be met by the funding deadline?				Yes	No	c	N/A
Part	VII Plan Terminations and Transfers of Assets							
13a	Has a resolution to terminate the plan been adopted during the plan year or any prior year?							
	If "Yes," enter the amount of any plan assets that reverted to the employer this year							
b								
C If during this plan year, any assets or liabilities were transferred from this plan to another plan(s), identify the plan(s) to which assets or liabilities were transferred. (See instructions.)								
13c(1) Name of plan(s): 13c(2) EIN(s)						1	<b>3c(3)</b> Pl	N(s)
							-	
Caut	on: A penalty for the late or incomplete filing of this return/report will be assessed unless reasonab	le cau	ise is i	establi	ished			

Under penalties of perjury and other penalties set forth in the instructions, I declare that I have examined this return/report, including, if applicable, a Schedule

SB or Schedule MB completed and signed by an enrolled actuary, as well as the electronic version of this return/report, and to the best of my knowledge and belief, it is true, correct, and complete.

SIGN	Filed with authorized/valid electronic signature.	10/12/2011	SHAUN CLANCY					
HERE	Signature of plan administrator	Date	Enter name of individual signing as plan administrator					
SIGN	Filed with authorized/valid electronic signature.	10/12/2011	SHAUN CLANCY					
HERE	Signature of employer/plan sponsor	Date	Enter name of individual signing as employer or plan sponsor					

	Form 5500-SF	Short Form Annual R	/ee		OMB Nos. 1210-0110 1210-0089						
Internal Revenue Service This form is required to be file			ed under sections 104 and 4065 of the Employee			2010					
Er	Department of Labor nployee Benefits Security Administration	4 (ERISA), and section 6058(a) of th Code (the Code).	e	This Form is Open to Public							
1000	Pension Benefit Guaranty Corporation  Complete all entries in accordance with the instructions to the Form 5500						spection				
	Part I Annual Report Identification Information										
-	r the calendar plan year 2010 or			1/2010 and ending	12	/31/2010					
		k single-employer plan	multiple-e	əmployer plan (not multiemployer)	L	one-participa	nt plan				
в	This return/report is for:	first return/report									
an amended retum/report short plan year retum/report (less than						onths)					
C	Check box if filing under:	g Form 5558		c extension	DFVC program						
		special extension (enter description	·								
_	Art II Basic Plan Infor	mation enter all requested info	rmation.		16	These and the M					
	CFM Heating and Cooli	ng 401(k) Profit Sharing	<b>D1</b>			Three-digit plan number	6 -				
	cim insacing and coort	ng toi(k) profit sharing	Pian			PN)  Effective date of	001				
					1	1/01/2006	pian				
2a	Plan sponsor's name and addre CFM Heating and Cooli	ess (employer, if for single-employer p ng Inc.	lan)			Employer Identif EIN) 20-066	ication Number				
	P.O. Box 3205						elephone number				
						(425) 821-1	293 see instructions)				
$\frac{0S}{3a}$	Rirkland Plan administrator's name and a	WA 98083 address (If same as plan employer, er		N)	2	38220					
	Same	audress (il same as plan employer, er	ner Same	~)	30 4	dministrator's E	EIN				
					3c Administrator's telephone number						
4	If the name and/or EIN of the pla	an sponsor has changed since the las	st return/rei	port filed for this plan, enter the	4b E						
	name, EIN and the plan number	40 F									
5a	Total number of participants at t	•••••	5a 22								
b	Total number of participants at t	5b									
С	Total number of participants with complete this item)	Fo									
6a	complete this item)       5c       0         a       Were all of the plan's assets during the plan year invested in eligible assets? (See instructions.)       5c       0										
b	b Are you claiming a waiver of the annual examination and report of an independent qualified public accountant (IOPA)										
	under 29 CFR 2520.104-46? (See instructions on waiver eligibility and conditions.)										
Pa	art III Financial Informa										
7	Plan Assets and Liabilities			(a) Beginning of Year		(b) End c	of Year				
a	Total plan assets										
b	Total plan liabilities		7b								
<u> </u>	Net plan assets (subtract line 7b		. 7c	133,342			0				
8 a	Income, Expenses, and Transfer		A STAR	(a) Amount	-	(b) T	otal				
а	Contributions received or receivation (1) Employers	able from:	8a(1)								
	(2) Participants		8a(2)								
	(3) Others (including rollovers).	••••••••••••	8a(3)								
b		••••••••••••	86	(4,671)	1041						
c d	Total income(add lines 8a(1), 8a Benefits paid (including direct rol	(2), 8a(3), and 8b)	8c		1		(4,671)				
	to provide benefits)	· · · · · · · · · · · · · · · · ·	8d	128,671							
е	Certain deemed and/or corrective	e distributions (see instructions)	8e	,							
f		(salaries, fees, commissions)	8f		N.S.	1 A Start	A state and the				
g	Other expenses		8g		家语能						
h	Total expenses (add lines 8d, 8e		<u>8h</u>	のないないないです。			128,671				
1		h from line 8c)					(133,342)				
J	ransters to (from) the plan (see	instructions)	8j		1						

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

Form 5500-SF (2010) v.092308.1

Page 2-

## Part IV **Plan Characteristics**

9a If the plan provides pension benefits, enter the applicable pension feature codes from the List of Plan Characteristic Codes in the instructions: 2E 2J 2K 3D

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

## Part V **Compliance Questions**

10	During the plan year:		Yes	No	1				
a	Was there a failure to transmit to the plan any participant contribution within the time period described in 29 CFR 2510.3-102? (See instructions and DOL's Voluntary Fiduciany Correction Program)	10a	103	x	/′	Amount			
b	were there any nonexempt transactions with any party-in-interest? (Do not include transactions reported				†				
	on line 10a.)	10b		х					
С	Was the plan covered by a fidelity bond?	10c	х				10,000		
d	Did the plan have a loss, whether or not reimbursed by the plan's fidelity bond, that was caused by fraud or dishonesty?	10d		x			10,000		
е	Were any fees or commisions paid to any brokers, agents, or other persons by an insurance carrier, insurance services or other organization that provides some or all of the benefits under the plan? (See instructions.)	10e		x					
f	Has the plan failed to provide any benefit when due under the plan?			x					
g	Did the plan have any participant loans? (If "Yes," enter amount as of year end.)	10f							
h	If this is an individual account plan, was there a blackout period? (See instructions and 29 CFR 2520.101-3.)			x x					
i	If 10h was answered "Yes," check the box if you either provided the required notice or one of the exceptions to providing the notice applied under 29 CFR 2520.101-3				a training				
Par	VI Pension Funding Compliance	101	İ			and the second			
11	11 Is this a defined benefit plan subject to minimum funding requirements? (If "Yes" see instructions and essentiate or to be the operation								
12						Yes	X No		
	Is this a defined contribution plan subject to the minimum funding requirements of section 412 of the Code or s (If "Yes," complete 12a or 12b, 12c, 12d, and 12e below, as applicable.)	section	n 302 (	of ERI	SA?	Yes	X No		
<ul> <li>a If a waiver of the minimum funding standard for a prior year is being amortized in this plan year, see instructions, and enter the date of the letter ruling granting the waiver</li> <li>Month Day Year</li> <li>If you completed line 12a, complete lines 3, 9, and 10 of Schedule MB (Form 5500), and skip to line 13.</li> </ul>									
b	Enter the minimum required contribution for this plan year			2b					
С	Enter the amount contributed by the employer to the plan for this plan year	• •	`	2c					
d	Subtract the amount in line 12c from the amount in line 12b. Enter the result (enter a minus sign to the left of a negative amount)			2d					
e	Will the minimum funding amount reported on line 12d be met by the funding deadline?	• •			Yes [				
Part	VII Plan Terminations and Transfers of Assets	•••	<u>· ·</u>	<u> </u>		No	N/A		
13a			·····			<b>[</b> ]]			
	a Has a resolution to terminate the plan been adopted during the plan year or any prior year?    Image: State of the second during the plan year or any prior year?      If "Yes," enter the amount of any plan assets that reverted to the employer this year    Image: State of the second during the plan year or any prior year?								
b	D Were all the plan assets distributed to participants or beneficiaries transferred to another plan, as here the								
<ul> <li>of the PBGC?</li> <li>C If during this plan year, any assets or liabilities were transferred from this plan to another plan(s), identify the plan(s) to which assets or liabilities were transferred. (See instructions.)</li> </ul>									
1	3c(1) Name of plan(s):								
			130(	2) EIN	I(S)	<b>13c(3)</b> P	N(s)		
						-			
Cautio	n: A penalty for the late or incomplete filing of this return/report will be assessed unless reasonable caus	se is e	establi	shed.	J	····			

Under penalties of perjury and other penalties set forth in the instructions, I declare that I have examined this return/report, including, if applicable, a Schedule SB or Schedule MB completed and signed by an enrolled actuary, as well as the electronic version of this return/report, and to the best of my knowledge and belief, it is true, correct, and complete.

SIGN Jacob	10-10-11	Shaun Clancy
HERE Signature of plan administrator	Date	Enter name of individual signing as plan administrator
SIGN SIGN	i unil	Shaun Clancy
HERE Signature of employer/plan sponsor	Date	Enter name of individual signing as employer or plan sponsor