Form 5500-SF

Department of the Treasury Internal Revenue Service

Department of Labor Employee Benefits Security Administration Pension Benefit Guaranty Corporation

Short Form Annual Return/Report of Small Employee Benefit Plan

This form is required to be filed under sections 104 and 4065 of the Employee Retirement Income Security Act of 1974 (ERISA), and sections 6057(b) and 6058(a) of the Internal Revenue Code (the Code).

OMB Nos. 1210-0110 1210-0089

2012

This Form is Open to Public Inspection

			Complete all entries in act	cordance with the mondo	tions to the Form 550	U-3F.				
	art I		Identification Information							
Fo	r calenda	ar plan year 2012 or fis	scal plan year beginning 07/01/2	2012	and ending 0	06/30/2	2013			
Α	This ret	urn/report is for:	a single-employer plan	a multiple-employer pla	an (not multiemployer)	yer) a one-participant plan				
В	This ret	urn/report is:	X the first return/report	the final return/report						
			an amended return/report	a short plan year return	/report (less than 12 mo	onths)				
С	Check b	oox if filing under:	X Form 5558	automatic extension			DFVC program	n		
special extension (enter description)										
Р	art II	Basic Plan Info	rmation—enter all requested info	ormation						
1a	Name		•			1b	Three-digit			
JEFF	FREYM	CONSULTING, LLC 40	01(K) RETIREMENT PLAN				plan number			
							(PN) •	001		
						1c	Effective date of	•		
20	Dlana					26	07/01/2			
		consulting, LLC	dress; include room or suite numbe	er (employer, if for a single-e	employer plan)	2 D	Employer Identifi (EIN) 41-211			
		,				20				
4201	= 4 T LLA\	/ENUE CLUTE 4720				2c Sponsor's telephone number 206-258-4972				
		VENUE, SUITE 1730 VA 98101				2d	Business code (s			
							541512			
3a	Plan ad	dministrator's name an	nd address X Same as Plan Spons	or Name Same as Plan	Sponsor Address	3b	Administrator's E	IN		
				Ш	•					
						3c Administrator's telephone number				
4			e plan sponsor has changed since t mber from the last return/report.	he last return/report filed fo	r this plan, enter the	4b	EIN			
а		or's name	noer from the last return/report.			4c	PN			
	Total number of participants at the beginning of the plan year				5a	0				
b			at the end of the plan year			5b				
С		Number of participants with account balances as of the end of the plan year (defined benefit plans do not						92		
	complete this item)					5c		26		
6a		•	s during the plan year invested in el	•	•			X Yes No		
b			the annual examination and report					₩ Vaa □ Na		
			? (See instructions on waiver eligibi	•				X Yes No		
_			ther line 6a or line 6b, the plan ca							
		•	or incomplete filing of this return	•						
			ner penalties set forth in the instructed signed by an enrolled actuary, as							
		rue, correct, and comp		o well as the electronic vere	non or this retain report	i, und i	to the best of my i	anowicage and		
				0.4/4.4/0.04.4						
SIGN HERE		Filed with authorized/	valid electronic signature.	04/14/2014	JEFFREY MCCANNO					
		Signature of plan ac		Date	Enter name of individu	individual signing as		ng as plan administrator		
SIC		Filed with authorized/	valid electronic signature.	04/14/2014	JEFFREY MCCANNO	N				
	RE	Signature of employer/plan sponsor Date Enter name of individu			lual signing as employer or plan sponsor					
Preparer's		er's name (including firm name, if applicable) and address; include room or suite number (optional)			Prep	arer's telephone i	number (optional)			

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Part III Financial Information										
7	Plan Assets and Liabilities		(a) Beginning of Yea	ar			(b) Eı	nd of \	ear	
a	Total plan assets	7a	(, = 13				()		63500	6
	Total plan liabilities	7b							15	
	Net plan assets (subtract line 7b from line 7a)	7c							63485	
8	Income, Expenses, and Transfers for this Plan Year		(a) Amount					(b) Total		
	Contributions received or receivable from:		(a) runount					<i>,</i>		
	(1) Employers	8a(1)	29915	55						
	(2) Participants	8a(2)	29915	55						
	(3) Others (including rollovers)	8a(3)	6651	66517						
b	Other income (loss)	8b	3882	20						
С	Total income (add lines 8a(1), 8a(2), 8a(3), and 8b)	8c							70364	7
d	Benefits paid (including direct rollovers and insurance premiums to provide benefits)	8d	6853	68539						
е	Certain deemed and/or corrective distributions (see instructions)	8e		0						
f	Administrative service providers (salaries, fees, commissions)	8f	25	50						
g	Other expenses	8g		2	2					
h	Total expenses (add lines 8d, 8e, 8f, and 8g)	8h							6879	1
	Net income (loss) (subtract line 8h from line 8c)	8i							63485	
j	Transfers to (from) the plan (see instructions)	8j								
Pai	rt IV Plan Characteristics	_ <u> </u>								
9a	If the plan provides pension benefits, enter the applicable pension	feature co	des from the List of Plan Char	acteris	stic Co	des in	the inst	ruction	s:	
b	2E 2F 2G 2J 2K 3D If the plan provides welfare benefits, enter the applicable welfare fe	eature cod	es from the List of Plan Chara	cterist	ic Cod	les in t	he instru	ıctions	:	
Par	t V Compliance Questions			1		1				
10	During the plan year:				Yes	No		Am	ount	
a		Was there a failure to transmit to the plan any participant contributions within the time period described in 29 CFR 2510.3-102? (See instructions and DOL's Voluntary Fiduciary Correction Program)				X				
b		Were there any nonexempt transactions with any party-in-interest? (Do not include transactions report on line 10a.)				X				
C	Was the plan covered by a fidelity bond?			10c	X					275000
d	Did the plan have a loss, whether or not reimbursed by the plan's or dishonesty?	-		10d		X				
е	Were any fees or commissions paid to any brokers, agents, or oth									
	insurance service or other organization that provides some or all o			40-		Х				
	instructions.)			10e						
f	Has the plan failed to provide any benefit when due under the plan	n?		10f		X				
9	Did the plan have any participant loans? (If "Yes," enter amount a	s of year e	end.)	10g		X				
h	If this is an individual account plan, was there a blackout period? (2520.101-3.)	•		10h		X				
i	If 10h was answered "Yes," check the box if you either provided the exceptions to providing the notice applied under 29 CFR 2520.10	•		10i						
Par	VI Pension Funding Compliance					·				
11	Is this a defined benefit plan subject to minimum funding requirements? (If "Yes," see instructions and complete Schedule SB (Form 5500) and line 11a below)									
11a	Enter the amount from Schedule SB line 39.					11a				
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 line 12a or lines 12b, 12c, 12d, and 12e below, as applicable.)									
а	a If a waiver of the minimum funding standard for a prior year is being amortized in this plan year, see instructions, and enter the date of the letter ruling granting the waiver					ıling				
If you completed line 12a, complete lines 3, 9, and 10 of Schedule MB (Form 5500), and skip to line 13.										
b	Enter the minimum required contribution for this plan year					12b				

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	Enter the amount contributed by the employer to the plan for this plan year	12c					
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)	12d					
е	Will the minimum funding amount reported on line 12d be met by the funding deadline?		Yes	No N/A			
Part	VII Plan Terminations and Transfers of Assets						
13a	Has a resolution to terminate the plan been adopted in any plan year?		Yes X No				
	If "Yes," enter the amount of any plan assets that reverted to the employer this year	. 13a					
b	Were all the plan assets distributed to participants or beneficiaries, transferred to another plan, or brought under the of the PBGC?	control		Yes X No			
С	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.)						
1	3c(1) Name of plan(s):	1 3c(2) E	IN(s)	13c(3) PN(s)			
Part	VIII Trust Information (optional)						
	Name of trust	14b ⊤	rust's EIN				