Form 5500	•	t of Employee Benefit Plan		OMB Nos. 12 12	210-0110		
Department of the Treasury Internal Revenue Service	and 4065 of the Employee Retireme	This form is required to be filed for employee benefit plans 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).		2016			
Department of Labor Employee Benefits Security Administration		entries in accordance with ons to the Form 5500.					
Pension Benefit Guaranty Corporation			This	Form is Open to Pu Inspection	ıblic		
	entification Information						
For calendar plan year 2016 or fisca	I plan year beginning 01/01/2016	and ending 12/31/20	)16				
<b>A</b> This return/report is for:	a multiemployer plan	a multiple-employer plan (Filers checking the participating employer information in accord			ns.)		
🗙 a single-employer plan							
<b>B</b> This return/report is:	the first return/report the final return/report						
	an amended return/report	 a short plan year return/report (less than 12 months)					
<b>C</b> If the plan is a collectively-bargain	ned plan, check here			•			
<b>D</b> Check box if filing under:	Form 5558	automatic extension	the	e DFVC program			
Γ	special extension (enter description)						
Part II Basic Plan Inform	ation—enter all requested information	า					
<b>1a</b> Name of plan FINANCE AND RESOURCE MANA	AGEMENT CONSULTANTS, INC. 401(	K) PLAN AND TRUST	1b	Three-digit plan number (PN) ▶	001		
			1c	Effective date of pla 06/21/2002	an		
2a Plan sponsor's name (employer, if for a single-employer plan) Mailing address (include room, apt., suite no. and street, or P.O. Box) City or town, state or province, country, and ZIP or foreign postal code (if foreign, see instructions)				2b Employer Identification Number (EIN) 32-0024080			
FINANCE & RESOURCE MANAGEMENT CONSULTANTS, INC.				2c Plan Sponsor's tele number 360-738-3868			
1200 CHUCKANUT CREST LANE1200 CHUCKANUT CREST LANEBELLINGHAM, WA 98229BELLINGHAM, WA 98229		2d Business code (see instructions) 541600		9			

## Caution: A penalty for the late or incomplete filing of this return/report will be assessed unless reasonable cause is established.

Under penalties of perjury and other penalties set forth in the instructions, I declare that I have examined this return/report, including accompanying schedules, statements and attachments, 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.	07/11/2017	DAVID NELSON					
HERE	Signature of plan administrator	Date	Enter name of individual signing as plan administrator					
SIGN HERE								
HERE	Signature of employer/plan sponsor	Date	Enter name of individual	l signing as employer or plan sponsor				
SIGN HERE								
HERE	Signature of DFE	Date	Enter name of individual	l signing as DFE				
Preparer	's name (including firm name, if applicable) and address (include i	-)	Preparer's telephone number					
For Pap	For Paperwork Reduction Act Notice, see the Instructions for Form 5500. Form 5500 (2016)							

3a	Plan administrator's name and address 🛛 Same as Plan Sponsor	3b Adr	ministrator's EIN
			ninistrator's telephone mber
_			
4	If the name and/or EIN of the plan sponsor has changed since the last return/report filed for this plan, enter the name EIN and the plan number from the last return/report:	, <b>4b</b> Ell	N
а	Sponsor's name	4C PN	I
5	Total number of participants at the beginning of the plan year	5	3
6	Number of participants as of the end of the plan year unless otherwise stated (welfare plans complete only lines 6a(1 6a(2), 6b, 6c, and 6d).	),	
a(1	1) Total number of active participants at the beginning of the plan year	6a(1)	3
a(2	2) Total number of active participants at the end of the plan year	6a(2)	3
b	Retired or separated participants receiving benefits	6b	
С	Other retired or separated participants entitled to future benefits	6c	
d	Subtotal. Add lines 6a(2), 6b, and 6c	6d	3
е	Deceased participants whose beneficiaries are receiving or are entitled to receive benefits.	6e	
f	Total. Add lines 6d and 6e	6f	3
g	Number of participants with account balances as of the end of the plan year (only defined contribution plans complete this item)	6g	3
h	Number of participants that terminated employment during the plan year with accrued benefits that were less than 100% vested	6h	
7	Enter the total number of employers obligated to contribute to the plan (only multiemployer plans complete this item).		
8a b	If the plan provides pension benefits, enter the applicable pension feature codes from the List of Plan Characteristics 2E 2J If the plan provides welfare benefits, enter the applicable welfare feature codes from the List of Plan Characteristics		
9a 10	Plan funding arrangement (check all that apply)       9b       Plan benefit arrangement (check all that apply)         (1)       Insurance       Insurance       Insurance         (2)       Code section 412(e)(3) insurance contracts       (2)       Code section 412(e)         (3)       Trust       (3)       Trust       Trust         (4)       General assets of the sponsor       (4)       General assets of the sponsor         Check all applicable boxes in 10a and 10b to indicate which schedules are attached, and, where indicated, enter the	e)(3) insuranc the sponsor	

i	a Pensio	n Sc	hedules	b	Genera	l Sch	edul	es
	(1)		R (Retirement Plan Information)		(1)			H (Financial Information)
	(2)		MB (Multiemployer Defined Benefit Plan and Certain Money		(2)	X		I (Financial Information – Small Plan)
			Purchase Plan Actuarial Information) - signed by the plan		(3)	X	_1	A (Insurance Information)
			actuary		(4)			C (Service Provider Information)
	(3)	Π	SB (Single-Employer Defined Benefit Plan Actuarial		(5)			<b>D</b> (DFE/Participating Plan Information)
			Information) - signed by the plan actuary		(6)			G (Financial Transaction Schedules)

Page 3

Part III Form M-1 Compliance Information (to be completed by welfare benefit plans)						
11a If the plan provides welfare benefits, was the plan subject to the Form M-1 filing requirements during the plan year? (See instructions and 29 CFR 2520.101-2.)						
If "Yes" is checked, complete lines 11b and 11c.						
11b Is the plan currently in compliance with the Form M-1 filing requirements? (See instructions and 29 CFR 2520.101-2.)						
<b>11c</b> Enter the Receipt Confirmation Code for the 2016 Form M-1 annual report. If the plan was not required to file the 2016 Form M-1 annual report, enter the Receipt Confirmation Code for the most recent Form M-1 that was required to be filed under the Form M-1 filing requirements. (Failure to enter a valid Receipt Confirmation Code will subject the Form 5500 filing to rejection as incomplete.)						
Receipt Confirmation Code						

SCHEDULE A	A	Insuran	ce Informatio	n		OM	IB No. 1210-0110
(Form 5500)							
Department of the Treasury Internal Revenue Service			ed to be filed under section 104 of the ncome Security Act of 1974 (ERISA). 2016			2016	
Department of Labor Employee Benefits Security Admin	nistration	File as an a	ttachment to Form 55	600.			
Pension Benefit Guaranty Corpo	oration	<ul> <li>Insurance companies a pursuant to E</li> </ul>	are required to provide t RISA section 103(a)(2)		ion		m is Open to Public Inspection
For calendar plan year 2016	or fiscal plan	year beginning 01/01/2016		and en	ding 12/3	1/2016	
A Name of plan FINANCE AND RESOURCE TRUST	E MANAGEM	ENT CONSULTANTS, INC. 401	(K) PLAN AND		e-digit number (Pl	N) 🕨	001
C Plan sponsor's name as s FINANCE & RESOURCE M/				-	oyer Identific	ation Number	(EIN)
		ning Insurance Contract Individual contracts grouped as					
1 Coverage Information:		ž :				-	
(a) Name of insurance carrie THE LINCOLN NATIONAL LI		ICE COMPANY					
	(c) NAIC	(d) Contract or	(e) Approximate n			Policy or co	ontract year
<b>(b)</b> EIN	code	identification number	persons covered a policy or contract		(f)	From	<b>(g)</b> To
5-0472300 65676		R00997	2 01/0		01/01/2016	6	12/31/2016
<ol> <li>Insurance fee and commis descending order of the ar</li> </ol>		tion. Enter the total fees and tota	al commissions paid. L	ist in line 3	the agents,	brokers, and o	ther persons in
	nount of comn	nissions paid		<b>(b)</b> To	otal amount	of fees paid	
		984					0
3 Persons receiving commi	issions and fe	es. (Complete as many entries	as needed to report all	persons).			
	(a) Name ar	nd address of the agent, broker,	or other person to who	m commiss	ions or fees	were paid	
AVID H. GREENSPAHN			X GLEN COURT NGTON, IL 60010				
(b) Amount of sales and	hase	Fee	es and other commissio	ns paid			
commissions paid	656	(c) Amount		(d) Purposi	9		(e) Organization code 3
		nd address of the agent, broker,	or other person to who	m.commico	ions or foco	were paid	
OUSE ACCOUNT	uy name di	ONE GI	RANITE PLACE DRD, NH 03301		10110 10 1003		
		Foo	es and other commissio	ns naid			
(b) Amount of sales and commissions paid	base	(c) Amount		(d) Purpos	e		(e) Organization code
	279						
For Paperwork Reduction	Act Notice, s	ee the Instructions for Form 5	500.			Schee	dule A (Form 5500) 2016 v. 160205

Page **2 –** 1

## (a) Name and address of the agent, broker, or other person to whom commissions or fees were paid ADVANTAGE INS NETWORK INC 2801 TOWNSGATE ROAD SUITE 350 WESTLAKE VILLAGE, CA 91361

		Fees and other commissions paid	(e)
(b) Amount of sales and base commissions paid	<b>(c)</b> Amount	(d) Purpose	Organization code
49			3

(a) Name and address of the agent, broker, or other person to whom commissions or fees were paid

	Fees and other commissions paid			
(b) Amount of sales and base commissions paid	(c) Amount	(d) Purpose	Organization code	

(a) Name and address of the agent, broker, or other person to whom commissions or fees were paid

	Fees and other commissions paid		
(b) Amount of sales and base commissions paid	(c) Amount	(d) Purpose	Organization code

(a) Name and address of the agent, broker, or other person to whom commissions or fees were paid

	Fees and other commissions paid		
(b) Amount of sales and base commissions paid	(c) Amount	(d) Purpose	Organization code

(a) Name and address of the agent, broker, or other person to whom commissions or fees were paid

		Fees and other commissions paid	(e)
(b) Amount of sales and base commissions paid	(c) Amount	(d) Purpose	Organization code

Page 3

I	Part	II Investment and Annuity Contract Information Where individual contracts are provided, the entire group of such indi	ividual contracts with each carrier may	v be treated as	a unit for purposes of
		this report.		<u>г г</u>	
		ent value of plan's interest under this contract in the general account at yea		4	
5		ent value of plan's interest under this contract in separate accounts at year	end	5	
6		racts With Allocated Funds:			
	а	State the basis of premium rates			
	b	Premiums paid to carrier		6b	
	C	Premiums due but unpaid at the end of the year		6c	
	d	If the carrier, service, or other organization incurred any specific costs in c retention of the contract or policy, enter amount		6d	
		Specify nature of costs			
	•	There af exact $(4)$ $\square$ is dividual activity $(2)$ $\square$ even deform			
	е	Type of contract: (1) individual policies (2) group deferr	ed annulty		
		(3) other (specify)			
	f	If contract purchased, in whole or in part, to distribute benefits from a term	inating plan, check here		
7	Cont	racts With Unallocated Funds (Do not include portions of these contracts m	naintained in separate accounts)		
	а	Type of contract: (1) deposit administration (2) immed	liate participation guarantee		
		(3) guaranteed investment (4) dther	•		
	b	Balance at the end of the previous year		7b	
	C	Additions: (1) Contributions deposited during the year	- (1)		
	-	(2) Dividends and credits	- (1)		
		<ul><li>(3) Interest credited during the year</li></ul>	- (0)		
		(4) Transferred from separate account	- (1)		
		(5) Other (specify below)			
		•			
		(C)Total additiona		7c(6)	0
	d	(6)Total additions Total of balance and additions (add lines <b>7b</b> and <b>7c(6)</b> )		7d	
		Deductions:		1.10	
	v	(1) Disbursed from fund to pay benefits or purchase annuities during year	7e(1)		
		(2) Administration charge made by carrier	- (-)		
		(3) Transferred to separate account	7.(0)		
		(4) Other (specify below)	- (1)		
		, ,			
				- (5)	
	-	(5) Total deductions		7e(5)	0
	f	Balance at the end of the current year (subtract line 7e(5) from line 7d)		7f	

Part		III	Welfare Benefit Contract Informa									
			If more than one contract covers the same g the information may be combined for report employees, the entire group of such individu	ing pu	rposes if such contra	acts are exp	erience-rated as a uni	t. Where co	ontracts	cover individual		
8	Ben	nefit and contract type (check all applicable boxes)										
	a	He	alth (other than dental or vision)		d 🗙 L	ife insurance						
	e	Те	mporary disability (accident and sickness)	ployment	h∏⊧	Prescription drug						
	i		op loss (large deductible)	Long-term disability HMO contract	_	PPO contract			ndemnity contract			
	- 		,	ιП	n			•⊔ "	idennity contract			
	m	Ot	her (specify)									
9	Exne	erienc	ce-rated contracts:									
Ŭ	•		iums: (1) Amount received		Г	9a(1)			-			
			ncrease (decrease) in amount due but unpaid		-	9a(2)			-			
			ncrease (decrease) in unearned premium res			9a(3)						
		. ,	arned ((1) + (2) - (3))		L	. , ,						
	b		efit charges (1) Claims paid			9b(1)						
		(2) Increase (decrease) in claim reserves			9b(2)			1				
	(3) Incurred claims (add <b>(1)</b> and <b>(2)</b> )							9b(3)				
		(4) C	laims charged					9b(4)				
	С	Rem	nainder of premium: (1) Retention charges (o	n an a	ccrual basis)							
		(	(A) Commissions			9c(1)(A)						
		(	(B) Administrative service or other fees			9c(1)(B)						
		(	(C) Other specific acquisition costs			9c(1)(C)						
		(	(D) Other expenses			9c(1)(D)						
		(	(E) Taxes			9c(1)(E)						
			(F) Charges for risks or other contingencies			9c(1)(F)			_			
			(G) Other retention charges			9c(1)(G)						
			(H) Total retention		—	_		9c(1)(H)	)			
			Dividends or retroactive rate refunds. (These					9c(2)				
	d		us of policyholder reserves at end of year: (1)					9d(1) 9d(2)				
		(2) Claim reserves										
	_	``	Other reserves				9d(3) 9e					
4.0	e Dividends or retroactive rate refunds due. (Do not include amount entered in line 9c(2).)											
10		•	erience-rated contracts:					10a				
	a	Total premiums or subscription charges paid to carrier								32800		
	b		e carrier, service, or other organization incurr ntion of the contract or policy, other than repo		•		•	10b				
	Specify nature of costs.											

 Part IV
 Provision of Information

 11
 Did the insurance company fail to provide any information necessary to complete Schedule A?
 Yes
 X
 No

12 If the answer to line 11 is "Yes," specify the information not provided.

	SCHEDULE I	Einancial Inf	form	ation	Small	Dlan			OMB No. 1210-0110	
		formation—Small Plan								
	(Form 5500) Department of the Treasury	o be filed under section 104 of the Employee Act of 1974 (ERISA), and section 6058(a) of the					2016			
	Internal Revenue Service Department of Labor		e Code (the		s)8609 n	) of the		This Form is Open to Public		
	Employee Benefits Security Administration	an attac	hment to Fo	orm 5500.			Inspection			
For	Pension Benefit Guaranty Corporation calendar plan year 2016 or fiscal p	an year beginning 01/01/2016				and endir	ng 40/5	31/201	16	
	Name of plan	an year beginning 01/01/2010			_	e-digit	ig 12/3	51/20		
	ANCE AND RESOURCE MANAGEI	MENT CONSULTANTS, INC. 40	)1(K) PL	AN AND		number	(PN)	•	001	
	Plan sponsor's name as shown on I ANCE & RESOURCE MANAGEME		D Employer Identification Number (EIN) 32-0024080					per (EIN)		
	nplete Schedule I if the plan covered all plan under the 80-120 participant							nplete	e Schedule I if you are filing as a	
Pa	rt I Small Plan Financial	Information								
Rep ass ben	port below the current value of asse ets held in more than one trust. Do efit at a future date. Include all inco urance carriers. <b>Round off amount</b>	ts and liabilities, income, expens not enter the value of the portior me and expenses of the plan inc	n of an i	nsurance co	ntract that	guarante	es during	this p	plan year to pay a specific dollar	
1	Plan Assets and Liabilities:			(a	) Beginning	of Year		(b) End of Year		
а	Total plan assets		1a		651784			803822		
b	Total plan liabilities		1b							
С	Net plan assets (subtract line 1b f	rom line 1a)	1c		651784			803822		
2	Income, Expenses, and Transfe	rs for this Plan Year:		(a) Amount				(b) Total		
а	Contributions received or receivab	Contributions received or receivable:								
	(1) Employers	2a(1) 2a(2)	<b>2a(1)</b> 56565							
	(2) Participants			25300			)			
	() () () () () () () () () () () () () (	(3) Others (including rollovers)		2a(3) 2b			-			
b	Noncash contributions							-		
C	Other income		2c			78273	3			
d	Total income (add lines 2a(1), 2a(		2d						160138	
e f	Benefits paid (including direct rollo	,	2e					-		
ו מ	Corrective distributions (see instru		2f					-		
g	Certain deemed distributions of pa (see instructions)		2g							
h	Administrative service providers (s commissions)		2h		8086					
i	Other expenses					14	ł			
j	Total expenses (add lines 2e, 2f, 2	2g, 2h, and 2i)	2j						8100	
k	Net income (loss) (subtract line 2j								152038	
Т	Transfers to (from) the plan (see in		21							
3	Specific Assets: If the plan held as remaining in the plan as of the end o line-by-line basis unless the trust me	f the plan year. Allocate the value	of the pla	n's interest i	n a comming					
а	Partnership/joint venture interests				3a		X			
b	Employer real property						X			
c	Real estate (other than employer i									
						X				
d	Employer securities					X				
e f	Participant loans					X				
י ~	Loans (other than to participants)					X				
g	Tangible personal property				3g		Х		Schedule I (Form 5500) 2016	

Pa	art II	Compliance Questions					
4	During	g the plan year:		Yes	No	Amount	
а	describ	ere a failure to transmit to the plan any participant contributions within the time period bed in 29 CFR 2510.3-102? Continue to answer "Yes" for any prior year failures until rrected. (See instructions and DOL's Voluntary Fiduciary Correction Program.)	4a		×		
b	close o	Iny loans by the plan or fixed income obligations due the plan in default as of the f plan year or classified during the year as uncollectible? Disregard participant loans d by the participant's account balance.					
C		ny leases to which the plan was a party in default or classified during the year as ctible?	4c		X		
d		here any nonexempt transactions with any party-in-interest? (Do not include ctions reported on line 4a.)	4d		X		
е	Was th	e plan covered by a fidelity bond?	4e		X		
f		plan have a loss, whether or not reimbursed by the plan's fidelity bond, that was by fraud or dishonesty?	4f		X		
g		plan hold any assets whose current value was neither readily determinable on an shed market nor set by an independent third party appraiser?	4g		X		
h		plan receive any noncash contributions whose value was neither readily inable on an established market nor set by an independent third party appraiser?	4h		x		
i		plan at any time hold 20% or more of its assets in any single security, debt, ge, parcel of real estate, or partnership/joint venture interest?	4i		x		
j		Il the plan assets either distributed to participants or beneficiaries, transferred to r plan, or brought under the control of the PBGC?	4j		x		
k	public a	u claiming a waiver of the annual examination and report of an independent qualified accountant (IQPA) under 29 CFR 2520.104-46? If "No," attach an IQPA's report or 04-50 statement. (See instructions on waiver eligibility and conditions.)	4k	Х			
I	Has the	e plan failed to provide any benefit when due under the plan?	41		Х		
m		s an individual account plan, was there a blackout period? (See instructions and 29 520.101-3.)	4m		x		
n		as answered "Yes," check the "Yes" box if you either provided the required notice or the exceptions to providing the notice applied under 29 CFR 2520.101-3	4n		x		
0	Were a	d Benefit Plan or Money Purchase Pension Plan Only: any distributions made during the plan year to an employee who attained age 62 and t separated from service?	40				
		solution to terminate the plan been adopted during the plan year or any prior plan year					
5b	lf, during transferr	enter the amount of any plan assets that reverted to the employer this year g this plan year, any assets or liabilities were transferred from this plan to another plan ed. (See instructions.)					
	5b(1)	Name of plan(s)				5b(2) EIN(s)	5b(3) PN(s)
		n is a defined benefit plan, is it covered under the PBGC insurance program (See ERIS s checked, enter the My PAA confirmation number from the PBGC premium filing for th			21.)?		etermined. e instructions.)
Ра	rt III	Trust Information					
<u> </u>	Name					6b Trust's EIN	
6c	Name	of trustee or custodian	<b>6d</b> Tru	stee's c	r custodia	n telephone number	

Form 5500		eturn/Report of E		A) and				
Department of the Treasury Internal Revenue Service Department of Labor	and 4065 of the Emp	) and 6058(a) of the In	(ERISA) and					
Employee Benefits Security Administration Pension Benefit Guaranty Corporation		Complete all entries i the instructions to						
Part I Annual Repo	rt Identification Inf	ormation		I		-		
For calendar plan year 2016	or fiscal plan year beginn	ning 01/ <u>0</u> 1/2	2016 and endin	g 12/31	1/2016			
<ul><li>A This return/report is for:</li><li>B This return/report is:</li></ul>	a multiemployer pla a single-employer p the first return/repo an amended return	pa plan a C prt the	nultiple-employer plan (Fi rticipating employer infor PFE (specify) e final return/report hort plan year return/rep	mation in accorda	nce with the f			
<b>C</b> If the plan is a collectively-ba	argained plan, check here	;			▶Ц			
<b>D</b> Check box if filing under:	Form 5558		tomatic extension	the DFVC pro	ogram			
Part II Basic Plan In	<b>iformation</b> - enter all re							
1a     Name of plan       FINANCE     AND       401(K)     PLAN	1c Effective da	number (PN) ► 001						
2a Plan sponsor's name (employe Mailing address (include room City or town, state or province,	, apt., suite no. and street, or	P.O. Box)	e instructions)	32-002 2c Plan Spons	Employer Identification Number (EIN) 32-0024080 Plan Sponsor's telephone number			
FINANCE & RESOUR		-738-3868 Business code (see instructions) 541600						
BELLINGHAM		98229						
Caution: A penalty for the late		•						
Under penalties of perjury and other penalti as the electronic version of this return/repo	rt, and to the best of my knowledg			ipanying schedules, stat	tements and attach	iments, as well		
SIGN Anna M	1. Nelson	07/11/2017						
HERE Signature of plan admi	nistrator	Date	DAVID NELSON Enter name of individua	administrator				
SIGN HERE								
Signature of employer/	plan sponsor	Date	Enter name of individua	al signing as emplo	oyer or plan sp	onsor		
SIGN HERE								
Signature of DFE		Date	Enter name of individua	al signing as DFE				
Preparer's name (including firm	name, if applicable) and	address (include room	or suite number)	Preparer's	s telephone nu	Imber		
For Paperwork Reduction Act	Notice, see the Instruct	ions for Form 5500.			Forr	m 5500 (2016) v. 160205		

618401 07-11-16