## 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).

▶ Complete all entries in accordance with the instructions to the Form 5500-SF.

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2016

OMB Nos. 1210-0110

1210-0089

This Form is Open to Public Inspection

Par	t I Annual Report	Identification Information					
For ca	alendar plan year 2016 or fi	iscal plan year beginning 06/01/2	2016 and ending 1	2/31/2016			
<b>A</b> Th	nis return/report is for:	a single-employer plan  a one-participant plan	a multiple-employer plan (not multiemployer) (Filers checking this box must attach a list of participating employer information in accordance with the form instructions.)				
<b>B</b> Thi	is return/report is	the first return/report an amended return/report	the final return/report  a short plan year return/report (less than 12 months)				
	neck box if filing under:	Form 5558 special extension (enter descr	1 /	DFVC p	orogram		
Part		ormation—enter all requested inf	formation	141			
	lame of plan NHS 401(K) PLAN			<b>1b</b> Thre plan (PN)	number	001	
				1c Effec	ctive date of 06/01	plan /2016	
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) SLIPPAHS			2b Employer Identification Number (EIN) 47-4144167				
			2c Sponsor's telephone number 206-446-8436				
			2d Business code (see instructions)				
	S9TH PLACE SE LL, WA 98012				4482	10	
<b>3a</b> P	lan administrator's name a	nd address X Same as Plan Spor	nsor.	<b>3b</b> Adm	inistrator's E	EIN	
				3c Adm	inistrator's t	elephone number	
		e plan sponsor has changed since mber from the last return/report.	the last return/report filed for this plan, enter the	4b EIN			
<b>a</b> s	ponsor's name			4c PN			
<b>5a</b> ⊺	otal number of participants	at the beginning of the plan year		5a			
<b>b</b> T	otal number of participants	at the end of the plan year		5b		:	
			the plan year (only defined contribution plans	5c		:	
d(1	) Total number of active pa	urticipants at the beginning of the pl	an year	5d(1)		<u> </u>	
d(2	) Total number of active pa	articipants at the end of the plan year	ar	5d(2)			
<b>e</b> 1	Number of participants that than 100% vested	terminated employment during the	plan year with accrued benefits that were less	5e			
			n/report will be assessed unless reasonable ca				
Under	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						

belief it is true correct and complete

SIGN HERE SIGN HERE	Filed with authorized/valid electronic signature.	09/20/2017	CYNTHIA H MAEDA	CYNTHIA H MAEDA				
	Signature of plan administrator Date		Enter name of individ	Enter name of individual signing as plan administrator				
	Filed with authorized/valid electronic signature.	09/11/2017	JAMES M CORNWEL	JAMES M CORNWELL				
			Enter name of individual signing as employer or plan sponsor					
HEKE	Signature of employer/plan sponsor	Date	Enter name of individ	dual signing as employer or plan sponsor				
	Signature of employer/plan sponsor name (including firm name, if applicable) and address (ir			dual signing as employer or plan sponsor  Preparer's telephone number				

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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.)	n <b>5500.</b> Yes						
If you answered "No" to either line 6a or line 6b, the plan cannot use Form 5500-SF and must instead use Form C If the plan is a defined benefit plan, is it covered under the PBGC insurance program (see ERISA section 4021)?  Part III Financial Information  7 Plan Assets and Liabilities (a) Beginning of Year  Total plan assets	n <b>5500.</b> Yes	No Not determine  (b) End of Year  145306					
Part III     Financial Information       7     Plan Assets and Liabilities     (a) Beginning of Year       a     Total plan assets     7a		(b) End of Year 145306					
7 Plan Assets and Liabilities (a) Beginning of Year  a Total plan assets 0	(1	145306					
a Total plan assets	(	145306					
<b>a</b> Total plan assets							
b Total plan liabilities		145306					
		145306					
C Net plan assets (subtract line 7b from line 7a)							
8 Income, Expenses, and Transfers for this Plan Year (a) Amount		(b) Total					
a Contributions received or receivable from:							
(1) Employers							
(2) Participants							
(3) Others (including rollovers)       8a(3)       139413         b Other income (loss)       8b       5893							
C Total income (add lines 8a(1), 8a(2), 8a(3), and 8b)	145306						
d Benefits paid (including direct rollovers and insurance premiums							
to provide benefits)							
Certain deemed and/or corrective distributions (see instructions).							
f Administrative service providers (salaries, fees, commissions) 8f							
g Other expenses							
h Total expenses (add lines 8d, 8e, 8f, and 8g)	0 145306						
i Net income (loss) (subtract line 8h from line 8c)	145306						
j Transfers to (from) the plan (see instructions)							
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 2F 2G 3D 2T							
b If the plan provides welfare benefits, enter the applicable welfare feature codes from the List of Plan Characteristic Co	des in th	the instructions:					
Part V Compliance Questions							
10 During the plan year: Yes No	N/A	Amount					
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)							
<b>b</b> Were there any nonexempt transactions with any party-in-interest? (Do not include transactions reported on line 10a.)							
C Was the plan covered by a fidelity bond?							
d Did the plan have a loss, whether or not reimbursed by the plan's fidelity bond, that was caused by fraud or dishonesty?							
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.)							
f Has the plan failed to provide any benefit when due under the plan?							
g Did the plan have any participant loans? (If "Yes," enter amount as of year-end.)							
h If this is an individual account plan, was there a blackout period? (See instructions and 29 CFR 2520.101-3.)							
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							

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Part	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)						es No
11a	Ente	er the unpaid minimum required contributions for all years from Schedule SB (Form 5500) line 40			11a			
12 Is this a defined contribution plan subject to the minimum funding requirements of section 412 of the Code or section ERISA?						f 		es X No
	(If "Yes," complete line 12a or lines 12b, 12c, 12d, and 12e below, as applicable.)							
	<b>a</b> 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 Month Day Year							
If you completed line 12a, complete lines 3, 9, and 10 of Schedule MB (Form 5500), and skip to line 13.					406			
<b>b</b> Enter the minimum required contribution for this plan year					12b			
С	Enter	the amount contributed by the employer to the plan for this plan year			12c			
d		ract the amount in line 12c from the amount in line 12b. Enter the result (enter a minus sign to the leastive amount)			12d			_
<u>e</u>	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	s X No	)
	If "Y	es," enter the amount of any plan assets that reverted to the employer this year			13a			
b		e all the plan assets distributed to participants or beneficiaries, transferred to another plan, or brouging of the PBGC?					Yes X	No
С		uring this plan year, any assets or liabilities were transferred from this plan to another plan(s), identifich assets or liabilities were transferred. (See instructions.)	y the p	plan(s)	) to			
1	3c(1)	Name of plan(s):		13c(2)	EIN(s)		13c(3)	PN(s)
100(1) Tallito di Pianto)								
Part	VIII	Trust Information						
14a	Name	of trust			14b <sup>-</sup>	Trust's E	EIN	
14c Name of trustee or custodian				14d Trustee's or custodian's telephone number				
Part	: IX	IRS Compliance Questions						
15a	Is the	plan a 401(k) plan? If "No," skip b		Yes		[	No	
150 How did the plan esticty the pendicerimination requirements for employee deterrals under eaction 11.1			·	gn-based "Prior year" ADP test			ar" ADP	
Curr			"Curre	rrent year" N/A P test				
16a What testing method was used to satisfy the coverage requirements under section 410(b) for the plan year? Check all that apply:			entage	age Average N/A				
<b>16b</b> Did the plan satisfy the coverage and nondiscrimination requirements of sections 410(b) and 401(a)(4) for the plan year by combining this plan with any other plan under the permissive aggregation rules?					No No			
17a If the plan is a master and prototype plan (M&P) or volume submitter plan that received a favorable IRS opinion letter or advisory letter, enter the date of the letter / and the serial number								
	17b If the plan is an individually-designed plan that received a favorable determination letter from the IRS, enter the date of the most recent determination letter/							
	Were	ed Benefit Plan or Money Purchase Pension Plan Only: any distributions made during the plan year to an employee who attained age 62 and had not sepace?		from	Ye	Yes No		
19	Was	any plan participant a 5% owner who had attained at least age 70 $^{1\!\!/}_{2}$ during the prior plan year?			Ye	s [	No	