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).

ployee Retirement 2016

This Form is Open to Public Inspection

OMB Nos. 1210-0110

1210-0089

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

Part I		Identification Information							
For calenda	ar plan year 2016 or fi	scal plan year beginning 01/01/20	016	and ending 1	2/31/2016				
A This ret	urn/report is for:	a single-employer plan		an (not multiemployer) of aployer information in a					
		a one-participant plan	a foreign plan						
B This retu	ırn/report is	the first return/report an amended return/report	the final return/report a short plan year return	n/report (less than 12 m	nonths)				
		arramended return/report	a short plan year return	Proport (1033 than 12 h					
C Check b	oox if filing under:	Form 5558 special extension (enter descri	automatic extension		DFVC program				
Part II	Basic Plan Info	prmation—enter all requested info	. ,						
1a Name		oner an requested into	omaton		1b Three-digit				
		CONSULTANTS, P.C. CASH BALA	ANCE PENSION PLAN		plan number (PN) ▶	005			
					1c Effective date	of plan 01/2010			
		oyer, if for a single-employer plan) m, apt., suite no. and street, or P.O	. Box)		2b Employer Iden (EIN) 11-2	tification Number			
		ce, country, and ZIP or foreign posta CONSULTANTS, P.C.	al code (if foreign, see instr	ructions)	2c Sponsor's tele	phone number 66-0390			
ooo NODTUS		40			2d Business code				
GREAT NEC	ERN BLVD., SUITE 2 [,] K, NY 11021	16			621111				
3a Plan ad	dministrator's name a		3b Administrator's EIN						
					3c Administrator's telephone number				
						receptions number			
		e plan sponsor has changed since t mber from the last return/report.	he last return/report filed fo	or this plan, enter the	4b EIN				
a Sponso	or's name				4c PN				
5a Total r	number of participants	at the beginning of the plan year			5a	107			
b Total r	number of participants	at the end of the plan year			5b	0			
	er of participants with ete this item)	account balances as of the end of t	he plan year (only defined	contribution plans	5c				
d(1) Tota	al number of active pa	rticipants at the beginning of the pla	an year		5d(1)	78			
d(2) Tota	al number of active pa	articipants at the end of the plan yea	r		5d(2)	0			
than 1	100% vested	terminated employment during the			5e	0			
		or incomplete filing of this return ther penalties set forth in the instruc				liaabla a Cabadula			
SB or Sche		nd signed by an enrolled actuary, a							
SIGN	Filed with authorized	/valid electronic signature.	10/13/2017	JOHN SILVESTRO					
HERE	Signature of plan a	administrator	Date	Enter name of individual signing as plan administrator					
SIGN									
HERE	Signature of emplo		Date		lual signing as employ	er or plan sponsor			
Preparer's	name (including firm r	name, if applicable) and address (in	clude room or suite numbe	er)	Preparer's telephon	e number			
•									

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-	Were all of the plan's assets during the plan year invested in eligib		` ,						X Yes	No No	
b	Are you claiming a waiver of the annual examination and report of under 29 CFR 2520.104-46? (See instructions on waiver eligibility								X Yes	No	
	If you answered "No" to either line 6a or line 6b, the plan can		,						ш		
С	If the plan is a defined benefit plan, is it covered under the PBGC i	nsurance p	orogram (see ERISA se	ection 4	021)?	X	Yes	No	Not dete	ermined	
Pa	rt III Financial Information										
7	Plan Assets and Liabilities		(a) Beginning	of Year				(b) End	of Year		
a	Total plan assets	7a	4	679802					()	
b	Total plan liabilities	7b									
<u>C</u>	Net plan assets (subtract line 7b from line 7a)	7c	4	679802					()	
8	Income, Expenses, and Transfers for this Plan Year		(a) Amour	nt				(b) T) Total		
а	Contributions received or receivable from:	90/1)									
	(1) Employers	8a(1) 8a(2)									
	(2) Participants	8a(3)									
	Other income (loss)	8b		97705							
	Total income (add lines 8a(1), 8a(2), 8a(3), and 8b)	8c							97705	5	
	Benefits paid (including direct rollovers and insurance premiums	00									
	to provide benefits)	8d	4	768039							
<u>e</u>	Certain deemed and/or corrective distributions (see instructions).	8e									
f	Administrative service providers (salaries, fees, commissions)	8f		9458							
g	Other expenses	8g		10							
<u>h</u>	Total expenses (add lines 8d, 8e, 8f, and 8g)	8h				4777507					
<u>i</u>	Net income (loss) (subtract line 8h from line 8c)	8i							-4679802	2	
<u>j</u>	Transfers to (from) the plan (see instructions)	8j									
Pa	rt IV Plan Characteristics										
9a	If the plan provides pension benefits, enter the applicable pension 1B 1C 1H	n feature co	odes from the List of Pl	an Cha	racteri	stic Co	odes in	the inst	ructions:		
b	If the plan provides welfare benefits, enter the applicable welfare	feature cod	les from the List of Pla	n Chara	acterist	tic Cod	des in t	he instru	uctions:		
D	T. V. O. T. W. C. T. C.										
	rt V Compliance Questions				l .,	l					
10	During the plan year:		- de- C	l	Yes	No	N/A		Amount		
a	Was there a failure to transmit to the plan any participant contribudescribed in 29 CFR 2510.3-102? (See instructions and DOL's '		•			X					
	Program)			10a		^					
k	Were there any nonexempt transactions with any party-in-interes reported on line 10a.)			10b		X					
C	Was the plan covered by a fidelity bond?			10c	X					70000	
C	Did the plan have a loss, whether or not reimbursed by the plan's by fraud or dishonesty?	•		10d		Χ					
6	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.)					Х					
f	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.)					Χ					
	2520.101-3.)	······		10h							
i	If 10h was answered "Yes," check the box if you either provided exceptions to providing the notice applied under 29 CFR 2520.10			10i							

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Part	VI	Pension Funding Compliance								
11		is a defined benefit plan subject to minimum funding requirements? (If "Yes," see instructions and c m 5500) and line 11a below)						Yes	X No	
	Ente	er the unpaid minimum required contributions for all years from Schedule SB (Form 5500) line 40			11a				0	
12		is a defined contribution plan subject to the minimum funding requirements of section 412 of the Co			f		Yes	X No		
	(If "	SA? Yes," complete line 12a or lines 12b, 12c, 12d, and 12e below, as applicable.)								
а		vaiver of the minimum funding standard for a prior year is being amortized in this plan year, see ins ting the waiver		ns, and	d enter t Day		of the let Yea		ng 	
If	you c	ompleted line 12a, complete lines 3, 9, and 10 of Schedule MB (Form 5500), and skip to line	13.			1				
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					
	Subt	ract the amount in line 12c from the amount in line 12b. Enter the result (enter a minus sign to the lative amount)	eft of a		12d					
<u>e</u>	Will	the minimum funding amount reported on line 12d be met by the funding deadline?				Yes	No	1	N/A	
Part	VII	Plan Terminations and Transfers of Assets								
13a	Has	a resolution to terminate the plan been adopted in any plan year?				X Yes	S [No		
	If "Y	es," enter the amount of any plan assets that reverted to the employer this year			13a				0	
b		e all the plan assets distributed to participants or beneficiaries, transferred to another plan, or broug rol of the PBGC?					X Yes	No)	
С		uring this plan year, any assets or liabilities were transferred from this plan to another plan(s), identi h assets or liabilities were transferred. (See instructions.)	ify the p	olan(s)) to					
1	3c(1)	Name of plan(s):	•	13c(2)	EIN(s)		13c	(3) PN	l(s)	
Part	VIII	Trust Information			1					
14a	Name	of trust			14b ⁻	Trust's E	ΞIN			
14c	Name	e 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			
		did the plan satisfy the nondiscrimination requirements for employee deferrals under section)(3) for the plan year? Check all that apply:	IШ		n-based narbor					
	,			"Curre	ent year test	"	N/A			
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 benefit test N/A				
16b 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			
	If the	plan is a master and prototype plan (M&P) or volume submitter plan that received a favorable IRS etter/ and the serial number	opinior							
17b	If the letter	plan is an individually-designed plan that received a favorable determination letter from the IRS, en	nter the	date	of the m	nost rec	ent deteri	minatio	on	
	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	s [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			

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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

2016

This Form is Open to Public Inspection

		Complete all entries in ac	cordance with the ins	tructions to the Form	5500-SF.	•		
Part I	Annual Report	Identification Information						
For calen	dar plan year 2016 or fis	scal plan year beginning 0	1/01/2016	and ending	12/3	1/2016		
A This m	eturn/report is for:	X a single-employer plan	a multiple-employer p	olan (not multiemployer)	(Filers check	ing this box must attach a ith the form instructions.)		
74 ((115))	otatimeport is for.	a one-participant plan	a foreign plan	mpioyer miorination in a	accordance w	in the form instructions.)		
B This re	tum/report is		the final return/report					
C Object	. h te elt.	an amended return/report	a short plan year retu	ım/report (less than 12 i	months)			
C Check	box if filing under:	Form 5558	automatic extension		DFVC pr	ogram		
Part II	Popia Plan Info		,					
		rmation—enter all requested infon	nation					
1a Name LONG IS	•	INAL CONSULTANTS, P.C	. CASH BALANCE	PENSION PLAN	(PN)	umber 005 ▶		
	·				1	ive date of plan L/2010		
Mailin	ig address (include roon	ver, if for a single-employer plan) n, apt., suite no. and street, or P.O. E	Sox)			yer Identification Number 11-2566918		
LONG I	SLAND VITREORE	e, country, and ZIP or foreign postal of TINAL CONSULTANTS, P. C	code (if foreign, see ins	tructions)	2c Spons	sor's telephone number		
600 NO	RTHERN BLVD.,	SUITE 216			2d Busine	166-0390 ess code (see instructions)		
GREAT 1					62111	.1		
		NY 11021 d address X Same as Plan Sponso	·		2h A	:_LL		
 , , , , , , , , , , , , , , , , , ,	anning and and and and	address Module as Flatt Sportso	1.		3b Administrator's EIN			
					3c Administrator's telephone number			
4 If the name	name and/or EIN of the , EIN, and the plan num	plan sponsor has changed since the ber from the last return/report.	last return/report filed f	or this plan, enter the	4b EIN			
	or's name				4c PN			
5a Total	number of participants a	it the beginning of the plan year		•••••	5a	107		
b Total	number of participants a	t the end of the plan year			5b	C		
C Numb	er of participants with ad lete this item)	count balances as of the end of the	plan year (only defined	contribution plans	5c			
d(1) Tot	al number of active parti	cipants at the beginning of the plan y	/ear		5d(1)	78		
		icipants at the end of the plan year			5d(2)	C		
than	100% vested	erminated employment during the pla			5e	0		
Caution: A	penalty for the late or	' incomplete filing of this return/re	port will be assessed	unless reasonable car	use is establi	shed.		
SB or Sche	edule MB completed and true, correct, and completed	er penalties set forth in the instruction I signed by an enrolled actuary, as w ete.	is, I declare that I have ell as the electronic ver	examined this return/re sion of this return/repor	port, including t, and to the b	i, if applicable, a Schedule est of my knowledge and		
SIGN HERE	J+1	Mith	10/13/17	JOHN SILVESTRO)			
.,,,,,,	Signature of plan add	migistrator	Date	Enter name of individ	ual signing as	plan administrator		
SIGN HERE	401	Selvista	10/13/17	JOHN SILVESTRO)			
	Signature of employe		Date	Enter name of individ		employer or plan sponsor		
- reparer s	name (modding iimi har	me, if applicable) and address (includ	ie room or suite numbe	r)	Preparer's te	elephone number		
						İ		

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	 Were all of the plan's assets during the plan year invested in eligible assets? (See instructions.) 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 line 6a or line 6b, the plan cannot use Form 5500-SF and must instead use Form 5500. 								X		No No
	If the plan is a defined benefit plan, is it covered under the PBGC in	nsurance p	orogram (see ERISA se	ection 4	021)?	Х	Yes	No	No.	t deter	mined
Pa -	rt III Financial Information		I								
7	Plan Assets and Liabilities		(a) Beginning					(b) End	of Yea	ar	
	Total plan assets	7a	4,	679,	802						0
<u>b</u>	Total plan liabilities	7b			000						
	Net plan assets (subtract line 7b from line 7a)	7c		679,	802						0
8	Income, Expenses, and Transfers for this Plan Year		(a) Amoun	it				(b)	Total		
а	Contributions received or receivable from: (1) Employers	8a(1)									
	(2) Participants	8a(2)									
	(3) Others (including rollovers)	8a(3)									
b	Other income (loss)	8b		97,	705						
-	Total income (add lines 8a(1), 8a(2), 8a(3), and 8b)	8c								9	7,705
d	Benefits paid (including direct rollovers and insurance premiums		_								
	to provide benefits)	8d	4,	768,	039						
<u>e</u>	Certain deemed and/or corrective distributions (see instructions)	8e									
f	Administrative service providers (salaries, fees, commissions)	8f		9,	458						
g	Other expenses	8g			10						
<u>h</u>	Total expenses (add lines 8d, 8e, 8f, and 8g)	8h									7,507
<u> </u>	Net income (loss) (subtract line 8h from line 8c)	8i								4,67	9,802
J	Transfers to (from) the plan (see instructions)	8j									
Pa	rt IV Plan Characteristics										
9a	If the plan provides pension benefits, enter the applicable pension 1B 1C 1H	feature co	odes from the List of Plant	an Cha	racteri	stic Co	des in	the ins	truction	s:	
b	If the plan provides welfare benefits, enter the applicable welfare for	eature cod	des from the List of Pla	n Chara	cterist	ic Coc	les in t	he instr	ructions	:	
Pai	t V Compliance Questions										
10	During the plan year:				Yes	No	N/A		Am	ount	
а		itions with	in the time period								
	described in 29 CFR 2510.3-102? (See instructions and DOL's V			40-		Х					
	Program) Were there any nonexempt transactions with any party-in-interest			10a							
	reported on line 10a.)			10b		Х					
С	Was the plan covered by a fidelity bond?			10c	Х					70	0,000
C	Did the plan have a loss, whether or not reimbursed by the plan's by fraud or dishonesty?	-		10d		Х					
е	Were any fees or commissions paid to any brokers, agents, or oth carrier, insurance service, or other organization that provides som the plan? (See instructions.)	ne or all of	the benefits under	10e		Х					
f	Has the plan failed to provide any benefit when due under the pla	ın?		10f		Х					
9	Did the plan have any participant loans? (If "Yes," enter amount a	s of year-	end.)	10g		Х					
h	If this is an individual account plan, was there a blackout period? 2520.101-3.)	•		10h							
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	he require	d notice or one of the	10i							