GENERAL SERVICES ADMINISTRATION
FEDERAL SUPPLY AND SERVICE
AUTHORIZED FEDERAL SUPPLY SCHEDULE PRICE LIST

On-line access to contract ordering information, terms and conditions, up-to-date pricing, and the option to create an electronic delivery order are available through GSA Advantage!, a menu-driven database system. The internet address for GSA Advantage! is: GSAAdvantage.gov.

Professional Services Schedule (PSS)
Mission Oriented Business Services
Special Item Number: 611430
Professional and Management Development Training

Contract Number – 47QREA18D000H

For more information on ordering from Federal Supply Schedules click on the FSS Schedules button at fss.gsa.gov.


Capstone Pacific Investment Strategies, Inc.
970 S. Village Oaks Drive, Suite 205
Covina, CA  91724
Telephone: 626-915-7006  Fax: 626-915-8803
www.capstonepacificinc.com
info@capstonepacificinc.com
Small Business
INFORMATION FOR ORDERING ACTIVITIES

1a. **Awarded Special Item Number (SIN)**

611430 Professional and Management Development Training

1b. **Identification of Lowest Price**

Please see Attachment A for pricing and description.

2. **Maximum Order**

$1,000,000

3. **Minimum Order**

$0

4. **Geographic Coverage (delivery area)**

48 States and the District of Colombia.

5. **Points of Production**

Not Applicable

6. **Discounts from Price List**

Prices are inclusive of a 3.75% discount for GSA customers. See Attachment A.

7. **Quantity Discounts**

Not Applicable

8. **Prompt Payment Terms**

Net 30

9. **Government Purchase Cards**

Government purchase cards are accepted below the micro-purchase threshold.

10. **Foreign Items**

Not Applicable
11. **Delivery Time**

   Presentations as scheduled by the Agency, subject to availability.

12. **FBO Points**

   Destination as determined by ordering Agency.

13. **Ordering Address**

    Capstone Pacific Investment Strategies, Inc.
    970 S. Village Oaks Drive, Suite 205
    Covina, CA  91724
    Phone: 626-915-7006
    Email: info@capstonepacificinc.com
    www.capstonepacificinc.com
    TAX ID # 27-3250719
    CAGE CODE: 7UJ37

14. **Payment Address**

    Capstone Pacific Investment Strategies, Inc.
    970 S. Village Oaks Drive, Suite 205
    Covina, CA  91724

15-16. **N/A**

17. **Terms and conditions of Government Credit Cards**

    Accept any below the micro-purchase threshold.

18-19. **N/A**

20a. **Terms and conditions for any other services**

    N/A

21-24. **N/A**

25. **Data Universal Number System (DUNS)**

    019991205

26. **Central Contractor Registration (CCR)**

    7UJ37
ABOUT CAPSTONE PACIFIC INVESTMENT STRATEGIES, INC.

Our mission is to educate federal employees regarding their unique benefits program. Our experience in both the private and federal sectors gives us the ability to bring together complex subjects in a classroom setting. We have experience presenting at federal agencies as well as hosting offsite seminars.

Our instructors Bryce Pease, CERTIFIED FINANCIAL PLANNER™ and Casey Morris, CERTIFIED FINANCIAL PLANNER™ seek to present the material in an easy to understand format to help the employee improve their chances for a successful retirement. Our presenters are active practitioners in the field of financial planning and have extensive experience working with both the federal and private sector. The federal benefits package is complex. Good and accurate information can help equip employees to understand and make the most of their options both as a new hire as well as nearing retirement. It is important that employees gain abilities to help make the choices that coordinate their unique benefits with real world retirement objectives and goals.

Over the years, we have seen the many consequences of various missteps with investment and benefit decisions. We believe working with our advisory clients and our involvement with individuals throughout their working and retirement phases, keeps us updated on the questions, needs and concerns of today’s financial variables. Our knowledge is utilized to help employees avoid some of the common mistakes made by many people in the financial and retirement process.

Capstone Pacific is a California registered investment adviser only and adheres to a fiduciary standard. Registration does not constitute an endorsement of the firm by securities regulators nor does it indicate that the adviser has attained a particular level of skill or ability. Our goal is to provide information that can be used in a meaningful way long after your seminar learning experience.
COURSE DESCRIPTIONS

Federal Employee Benefits Education Seminar – 1 Day
The 1-Day Federal Employee Benefits Education Seminar can be designed for a New Employee, Early-Career (less than 10 years of service), or Mid-Career (at least 10 years of service) audience. This seminar can also be designed as a Pre-Retirement course, although we recommend the 2-Day seminar for Pre-Retirement. Each course is presented to allow for continual Q&A both during the presentation as well as on breaks.

Presentation topics to include, but not limited to:
- Civil Service Retirement System (CSRS and CSRS offset) and/or Federal Employee Retirement System (FERS) – eligibility rules, monthly pension calculations, survivor benefits calculations and costs, leave time, military buybacks, COLAs, FERS annuity supplement eligibility and calculations. Special Provisions employees (ATC, FF, LEO) will be covered as necessary.
- Thrift Savings Plan (TSP) - rules, fund descriptions, FERS match, fund performance and risks, stocks and bonds overview, Roth option and considerations, withdrawal options, planning aspects, risk and diversification.
- Federal Employee Health Benefits (FEHB) - while working, in retirement, premium conversion, postal employee considerations, Medicare coordination.
- Federal Employee Group Life Insurance (FEGLI) - coverage options, costs, retirement rules and options, postal employee considerations.
- Social Security - eligibility and rules, calculations, GPO, WEP, earnings test, COLAs, taxes, decisions.
- Financial Planning topics, briefly - budget, debt management, savings goals, considerations.

Federal Employee Benefits Education Seminar – 2 Day
The 2-Day Federal Employee Benefits Education Seminar can be designed for a Mid-Career (at least 10 years of service) or Pre-Retirement (less than 10 years from retirement) audience. Each course is presented to allow for continual Q&A both during the presentation as well as on breaks.

Presentation topics to include, but not limited to:
- Civil Service Retirement System (CSRS and CSRS offset) and/or Federal Employee Retirement System (FERS) – eligibility rules, monthly pension calculations, survivor benefits calculations and costs, leave time, military buybacks, COLAs, FERS annuity supplement eligibility and calculations, taxes, retirement application process. Special Provisions employees (ATC, FF, LEO) will be covered as necessary.
- Thrift Savings Plan (TSP) - rules, fund descriptions, FERS match, fund performance and risks, stocks and bonds overview, Roth option and considerations, withdrawal options, planning aspects, risk and diversification, retirement income needs.
- Federal Employee Health Benefits (FEHB) - while working, in retirement, premium conversion, postal employee considerations, Medicare coordination.
- Federal Employee Group Life Insurance (FEGLI) - coverage options, costs, retirement rules and options, postal employee considerations.
- Social Security - eligibility and rules, calculations, GPO, WEP, earnings test, COLAs, taxes, spousal and survivor benefits, decisions and break-even points.
- Financial Planning topics - budget, debt management, savings goals, retirement income needs, investment strategies and options, insurance, taxes, estate concerns, retirement planning assumptions and examples, worksheet for each individual to do their own pension and survivor calculations.
Individual Retirement or Early Out Planning
Planning is done in a one-on-one setting, often times using software programs to analyze a person’s financial life. Areas of planning can include:

<table>
<thead>
<tr>
<th>SIN</th>
<th>Course Title</th>
<th>Course Length</th>
<th>Minimum Participants</th>
<th>Maximum Participants</th>
<th>Contractor or Customer Facility or Both</th>
<th>Domestic or Overseas</th>
<th>Commercial Price List (CPL)</th>
<th>Unit of Issue</th>
<th>Most Favored Commercial Customer (MFC)*</th>
<th>Discount Offered to Commercial MFC (%)</th>
<th>Commercial MFC Price</th>
<th>Discount Offered to GSA (off CPL or Market Prices) (%)</th>
<th>Price Offered to GSA (Excluding IFF)</th>
<th>Price Offered to GSA (Including IFF)</th>
<th>Discount Offered to GSA (off MFC Prices) (%)</th>
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<tbody>
<tr>
<td>611430</td>
<td>Federal Employee Benefits Education Workshop - 1 Day</td>
<td>6 Hours</td>
<td>2</td>
<td>500</td>
<td>Both</td>
<td>Domestic Only</td>
<td>$2,400.00</td>
<td>Per Course</td>
<td>All Commercial Customers</td>
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<td>$2,400.00</td>
<td>3.75%</td>
<td>$2,310.00</td>
<td>$2,327.46</td>
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<tr>
<td>611430</td>
<td>Individual Retirement Or Early Out Planning</td>
<td>1 Hour</td>
<td>1</td>
<td>1</td>
<td>Both</td>
<td>Domestic Only</td>
<td>$175.00</td>
<td>Per Hour</td>
<td>All Commercial Customers</td>
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