Edgar Filing: Castellano Michael J - Form 4

Castellano M Form 4										
January 17, FORN	OMB A OMB Number:	PPROVAL 3235-0287								
Check th if no lon subject t Section Form 4 c	MENT OF	F CHAN	SECUI	Expires: Estimated burden hou response	urs per					
Form 5 obligations may continue. See Instruction 1(b). Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940										
(Print or Type	Responses)									
1. Name and Address of Reporting Person <u>*</u> Castellano Michael J			2. Issuer Name and Ticker or Trading Symbol BlackRock Energy & Resources				5. Relationship of Reporting Person(s) to Issuer (Check all applicable)			
			Trust []	BGR]						
(Last) (First) (Middle) 55 EAST 52ND STREET			3. Date of Earliest Transaction (Month/Day/Year) 01/15/2013				X_ Director10% Owner Officer (give titleOther (specify below) below)			
	4. If Amendment, Date Original Filed(Month/Day/Year)				6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person					
NEW YOR	K, NY 10055						Form filed b Person	y More than One R	eporting	
(City)	(State)	(Zip)	Tab	ole I - Non-l	Derivati	ve Securities	Acquired, Disposed	l of, or Beneficia	lly Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deeme Execution any (Month/Da	Date, if	3. Transactio Code (Instr. 8) Code V	Dispos (Instr. 3	(A) or ed (A) or ed of (D) 3, 4 and 5) (A) or	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
Domindom De	nort on a comprete l'a	for each -1	of age							
Keminder: Ke	port on a separate line	e for each cla	ass of sec	unues bene	Per info req	sons who re rmation cou uired to res	y or indirectly. espond to the coll ntained in this for pond unless the f ently valid OMB c	m are not orm	SEC 1474 (9-02)	

 Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned

 (e.g., puts, calls, warrants, options, convertible securities)

1. Title of	2.	3. Transaction Date	3A. Deemed	4.	5. Number of	6. Date Exercisable and	7. Title and Amount of
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transacti	orDerivative	Expiration Date	Underlying Securities
Security	or Exercise		any	Code	Securities	(Month/Day/Year)	(Instr. 3 and 4)

number.

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(Instr. 3)	Price of Derivative Security		(Month/Day/Year)	(Instr. 8)		Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)					
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Performance Rights <u>(1)</u>	(2)	01/15/2013		А		120.94		(3)	(3)	Common Stock	120.94

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
Castellano Michael J 55 EAST 52ND STREET NEW YORK, NY 10055	Х						
Signatures							
/s/ Eugene Drozdetski as Attorney-in-Fact		01/17/2013					
**Signature of Reporting Person	Date						

Explanation of Responses:

* If the form is filed by more than one reporting person, see Instruction 4(b)(v).

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

(1) The Performance Rights were accrued under the BlackRock Deferred Compensation Plan.

(2) One Performance Right is convertible into the cash value of one share of BlackRock Energy and Resources Trust.

(3) The Performance Rights are to be settled 100% in cash at the deferral period chosen by the reporting person.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.