Edgar Filing: CAVANAGH RICHARD - Form 4

| CAVANA Form 4 | GH RICHARD | | | | | | | | | |
|--|---|----------------|--|--|-------------------------------------|---|--|--|--------------------------|--|
| April 17, 2018 FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549 | | | | | | | | | PPROVAL 3235-0287 | |
| Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b). TATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES 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 | | | | | | | | Estimated burden hou response | urs per | |
| (Print or Type | e Responses) | | | | | | | | | |
| 1. Name and Address of Reporting Person <u>*</u> CAVANAGH RICHARD | | | 2. Issuer Name and Ticker or Trading Symbol BlackRock Energy & Resources Trust [BGR] | | | | 5. Relationship of Reporting Person(s) to Issuer (Check all applicable) | | | |
| (Last) 55 EAST | (Me | | | of Earliest T Day/Year) 2018 | ransaction | | X_ Director 10% Owner Officer (give title Other (specify below) below) | | | |
| | | | | endment, D onth/Day/Yea | - | 1 | 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting | | | |
| (City) | (State) | (Zip) | | | | a | Person | | | |
| 1.Title of Security (Instr. 3) | 2. Transaction Date (Month/Day/Year) | - | d Date, if | 3. Transactio Code (Instr. 8) | 4. Securit mAcquired Disposed | ies (A) or of (D) 4 and 5) (A) or | 5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4) | of, or Beneficia 6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4) | 7. Nature of Indirect | |
| Reminder: R | eport on a separate line | e for each cla | uss of sec | urities bene | Perso inforr requi | ons who res nation con red to resp ays a curre | or indirectly. spond to the colle tained in this forr ond unless the fo ntly valid OMB co | n 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) |

Edgar Filing: CAVANAGH RICHARD - Form 4

| 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 (1) | <u>(2)</u> | 04/13/2018 | | А | | 312.64 | | (3) | (3) | Common Stock | 312.64 |

Reporting Owners

| Reporting Owner Name / Address | Relationships | | | | | | |
|---|---------------|-----------|---------|-------|--|--|--|
| | Director | 10% Owner | Officer | Other | | | |
| CAVANAGH RICHARD 55 EAST 52ND STREET NEW YORK, NY 10055 | Х | | | | | | |
| Signatures | | | | | | | |
| /s/ Eugene Drozdetski as Attorney-in-Fact | 04/17/2018 | | | | | | |
| ** 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.