McClements Kyle Form 4 February 02, 2018

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB Number:

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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

1(b).

(Print or Type Responses)

See Instruction

1. Name and Address of Reporting Person * 5. Relationship of Reporting Person(s) to 2. Issuer Name and Ticker or Trading McClements Kyle Issuer Symbol BlackRock Energy & Resources (Check all applicable) Trust [BGR] (Last) (First) (Middle) 3. Date of Earliest Transaction Director 10% Owner __X_ Other (specify Officer (give title (Month/Day/Year) below) below) 55 EAST 52ND STREET 01/31/2018 Portfolio Manager (Street) 4. If Amendment, Date Original 6. Individual or Joint/Group Filing(Check Filed(Month/Day/Year) Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting NEW YORK, NY 10055 Person

(City)	(State)	(Zip) Tabl	e I - Non-E	Perivative Securities Acqu	ired, Disposed of	, or Beneficiall	y Owned
1.Title of Security	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if	3.	4. Securities Acquired or(A) or Disposed of (D)	5. Amount of Securities	6. Ownership	7. Nature of Indirect
(Instr. 3)	(Wolldin Day Tear)	any	Code	(Instr. 3, 4 and 5)	Beneficially	Form: Direct	
		(Month/Day/Year)	(Instr. 8)		Owned Following	(D) or Indirect (I)	Ownership (Instr. 4)
				(A)	Reported	(Instr. 4)	· ·
				or	Transaction(s)		

G		Code	v	Amount	or (D)	Price	Transaction(s) (Instr. 3 and 4)	
Common Stock	01/31/2018	M		879.93	A	(1) (2)	2,470.206	D
Common Stock	01/31/2018	D		879.93	D	\$ 14.85 (1) (2)	1,590.276	D

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transactic Code (Instr. 8)	5. Number of or Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)	
	J			Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount Number Shares
Phantom Shares	<u>(1)</u> <u>(3)</u>	01/31/2018		A	2,234.55	,	(1)(3)	(1)(3)	Common Stock	2,234
Phantom Shares	<u>(1)</u> <u>(2)</u>	01/31/2018		M		879.93	(1)(2)	(1)(2)	Common Stock	879.9

Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

McClements Kyle 55 EAST 52ND STREET NEW YORK, NY 10055

Portfolio Manager

Signatures

/s/ Eugene Drozdetski as Attorney-in-Fact

02/02/2018

**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) A phantom share is the economic equivalent of one share of common stock and, subject to the applicable vesting requirements, becomes payable in cash.
- (2) As previously reported on a Form 4 dated February 16, 2017, the Reporting Person was granted phantom shares on January 31, 2017 payable in cash on vesting, which occurs in equal installments on each of the first three anniversaries of the grant date.
- (3) These phantom shares vest in equal installments on each of the first three anniversaries of the award.

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.

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