BlackRock Energy & Resources Trust Form 4 November 14, 2013

November 14, 201	13												
FORM 4											OMB A	PPROVA	۸L
Washington, D.C. 20549									OMB Number:	3235	-0287		
Check this box if no longer subject to Section 16. Form 4 or								F	Estimated average burden hours per		ry 31, 2005 0.5		
Form 5 obligations may continue. <i>See</i> Instruction 1(b).	*	a) of the F	Public U		oldi	ing Co	mpan	y Act	nge Act of 1934 of 1935 or Secti 940		·		
(Print or Type Respon	ises)												
1. Name and Address Castellano Micha		Person <u>*</u>	Symbol	r Name an ock Ener					5. Relationship Issuer				
	Trust []	ust [BGR]					(Check all applicable)						
(Last) (First) (Middle) 55 EAST 52ND STREET			3. Date of Earliest Transaction (Month/Day/Year) 11/13/2013				X_ Director10% Owner Officer (give titleOther (specify below) below)						
(S	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 Form filed by More than One Reporting								
NEW YORK, NY	¥ 10055								Form filed by Person	y Mo	ore than One R	eporting	
(City) (S	State)	(Zip)	Tab	le I - Non-	-De	erivativ	e Secu	rities A	cquired, Disposed	of,	or Beneficia	lly Owne	d
	nsaction Date h/Day/Year)	2A. Deeme Execution I any (Month/Da	Date, if	3. Transactic Code (Instr. 8)	onA E (1	Disposed Instr. 3,	d (A) o d of (D 4 and (A) or) 5)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	Fo (D (I)	Ownership orm: Direct)) or Indirect hstr. 4)	7. Nature Indirect Beneficia Ownersh (Instr. 4)	al ip
				Code V									
Reminder: Report on	a separate line	for each cla	ass of secu	urities bene	efic	•		•					
						infor requ	matio ired to	n cont o resp	spond to the colle tained in this forr ond unless the fo ntly valid OMB co	n a orm	re not	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	6. Date Exercisable and	7. Title and Amount of	8. I
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transacti	omof	Expiration Date	Underlying Securities	Der
Security	or Exercise		any	Code	Derivative	(Month/Day/Year)	(Instr. 3 and 4)	Sec

number.

(Instr. 3)	Price of Derivative Security		(Month/Day/Year)	(Instr.	8)	Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)					(I	
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Performance Rights (1)	<u>(2)</u>	11/13/2013		А		5.08		(3)	(3)	Common Stock	5.08	S

Reporting Owners

Reporting Owner Name / Address	Relationships								
1	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		11/14	4/2013						

Explanation of Responses:

**Signature of Reporting Person

- * 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).

Date

- (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.