Edgar Filing: Galvin Lance J - Form 4

Galvin Lance Form 4	e J										
March 03, 20)11										
FORM	4							COMMERION	r	PPROVAL	
	UNITE	DSIAIES					NGE	COMMISSION	OMB Number:	3235-0287	
Check this box if no longer				ashington, D.C. 20549 NGES IN BENEFICIAL OWNERSHIP OF					Expires: Estimated a	January 31, 2005 average	
	Section 16.				ITIES			burden hours per			
Form 4 or Form 5 obligation may conti <i>See</i> Instru 1(b).	Filed p ns Section 1	7(a) of the		ility Hole	ding Con	ipany	Act o	ge Act of 1934, of 1935 or Sectio 40	response	0.5	
(Print or Type R	Responses)										
Galvin Lance J Symbol			Symbol	ssuer Name and Ticker or Trading ool Rock Energy Corp [PSTR]				5. Relationship of Reporting Person(s) to Issuer			
				Date of Earliest Transaction				(Check all applicable)			
, ,	AVENUE, SU	, ,	(Month/Da 03/01/20	ay/Year)	ansaction			Director X Officer (give below) VP-Engine		6 Owner er (specify palachia	
				Amendment, Date Original d(Month/Day/Year)				6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person			
OKLAHOM	IA CITY, OK	73102						Form filed by M Person	More than One Ro	eporting	
(City)	(State)	(Zip)	Table	e I - Non-E	Derivative	Securi	ties Ac	quired, Disposed o	f, or Beneficial	lly Owned	
1.Title of Security (Instr. 3)	2. Transaction I (Month/Day/Ye	ear) Executi any		Code (Instr. 8)	4. Secur onAcquired Disposed (Instr. 3,	d (A) of d of (D 4 and (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)		
Common Stock	03/01/2011			A	6,000	A	\$0	33,370	D		

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

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

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

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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. Transactio Code (Instr. 8)	5. orNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		ate	Secur	unt of rlying	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secu Bene Owna Follo Repo Trans (Instr
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

Reporting Owners

Reporting Owner Name / Address	Relationships							
	Director	10% Owner	Officer	Other				
Galvin Lance J 210 PARK AVENUE SUITE 2750 OKLAHOMA CITY, OK 73102			VP-Engineering/Ops- Appalachia					
Signatures								
/s/ David Klvac, attorney-in-fact	03/03/	/2011						

**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).

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.