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

OMB APP	ROVAL				
DMB Number:	3235-0287				
stimated average burden					
ours per respon	se 0.5				

longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

ddress of thester	Reporting Per (First)					or Tra	ding Sy	mbol	:	5. Relation	ship of Rep	orting Perso		er
709	(First)	(M:1.0.)		aı, 11	2. Issuer Name and Ticker or Trading Symbol Mentor Capital, Inc. [MNTR]						5. Relationship of Reporting Person(s) to Issuer (Check all applicable) X Director X 10% Owner			
		(Middle)	3. Date of Earliest Transaction (Month/Day/Year) X Officer (give title below)						Other (specify b	elow)				
3 A 0200	(Street)		4. If Amendment, Date Origi				inal 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 Person				
CA 9206	(State)	(Zip)												
			Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned 2A. Deemed 3. Transaction 4. Securities Acquired 5. Amount of Securities 6. 7. Nat						7. Nature					
1.Title of Security (Instr. 3)		2. Transaction Date (Month/Day/Year)	Execution Date, if any		Code (Instr. 8)		(A) or Disposed of (D) (Instr. 3, 4 and 5)		of	Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)		following (s)	Ownership Form: Direct (D)	of Indirect Beneficial Ownership
					Code	V	Amoun	(A) or (D)	Price					(Instr. 4)
ck		11/14/2016	11/14/2016		S(1)		7,000	11) 1		4,840,68	6		D	
ck		11/14/2016	11/14/2016		S		5,200	11) 1		4,835,48	6		D	
ort on a se	eparate line fo	or each class of secu	rities beneficially	y ow	ned direc	tly o	r							
						conta	ained i	n this fo	rm are	not req	uired to re	spond unl	ess	EC 1474 (9- 02)
										ly Owned				
			4.											11. Nature
r Exercise (Month/Day/Year) any		(ear) any	Code	De Se Ac (A Di of (Ir			(Month/Day/Year) Un- Sec		Undo Secu (Inst	erlying urities r. 3 and	Derivative Security (Instr. 5)	Securities Beneficially Owned Following Reported	Form of Derivativ Security: Direct (D or Indirect	(Instr. 4)
			Code V	V (A	A) (D)				n Title	or				
nv	version I cercise (cordinate)	rt on a separate line for the following of the following separate line for the following separ	(Month/Day/Year) Rk 11/14/2016 Rt on a separate line for each class of security of the secur	(Month/Day/Year) any (Month/Da	(Month/Day/Year) any (Month/Day/Year) any (Month/Day/Year) any (Month/Day/Year) any (Month/Day/Year) 11/14/2016 11/14/2016 11/14/2016 11/14/2016 11/14/2016 11/14/2016 11/14/2016 11/14/2016 3. Transaction Date (e.g., puts, calls, warrance (e.g., puts, calls, warrance (e.g., puts) (Month/Day/Year) 3. Transaction Date (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Instr. 8) Additional contents of the content	(Instr. 8) (Month/Day/Year) (Instr. 8) Code (Instr. 8) Code (Instr. 8) (Instr. 8)	(Month/Day/Year) Code V	(Month/Day/Year) any (Month/Day/Year) (Instr. 8) (D) (Instr. 3) Code V Amount (Instr. 3) Rek 11/14/2016 11/14/2016 S	(Month/Day/Year) Month/Day/Year any (Month/Day/Year) (Instr. 8) (D) (Instr. 3, 4 and 5)	(Month/Day/Year) any (Month/Day/Year) (Instr. 8) (D) (Instr. 3, 4 and 5) Code V Amount (A) or (D) Price (Instr. 8) (D) (Instr. 3, 4 and 5) Rek 11/14/2016 11/14/2016 S 5,200 D \$ 1.12 It on a separate line for each class of securities beneficially owned directly or Table II - Derivative Securities Acquired, Disposed of, or Beneficial (e.g., puts, calls, warrants, options, convertible securities) Table II - Derivative Securities Acquired, Disposed of, or Beneficial (e.g., puts, calls, warrants, options, convertible securities) Table II - Derivative Securities Acquired (A) or Date (Month/Day/Year) (Instr. 8) Table II - Derivative Securities Acquired (Instr. 8) Table II - Derivative Securities Acquired (Instr. 8) Date (Month/Day/Year) (Instr. 3, 4, and 5) Date Expiration Date (Instr. 3, 4, and 5)	(Month/Day/Year) any (Month/Day/Year) (Instr. 8) (D) (Instr. 3, 4 and 5) (Instr. 3 and 4) Reported (Instr. 3 and 4) Report	Month/Day/Year any (Month/Day/Year) Code V Amount (A) or (Instr. 3, 4 and 5) Reported Transaction (Instr. 3 and 4)	(Month/Day/Year) any (Month/Day/Year) (Instr. 8) (D) (Instr. 3, 4 and 5) (Instr. 3 and 4) Code V Amount (A) or (D) Price Reported Transaction(s) (Instr. 3 and 4) Reported Transaction (Instr. 3 and 4)	Month/Day/Year any (Month/Day/Year) (Instr. 8) (D) (Instr. 3, 4 and 5) Reported Transaction(s) (Instr. 3 and 4) Form: Direct (D) or Indirect (D) o

Daniel Carron Name / Addition	Relationships					
Reporting Owner Name / Address	Director	10% Owner	Officer	Other		
Billingsley Chester	v	v	Chief Eti Offi			
P.O. BOX 1709 RAMONA, CA 92065	X	X	Chief Executive Officer			

Signatures

/s/ Chester Billingsley	11/16/2016
**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) All sales per 10b5-1 Plan initiated August 15, 2016.

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 nu	mber.