FORM	4
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Check this box if no
longer subject to
Section 16. Form 4 or
Form 5 obligations
may continue. See
Instruction 1(b).

(Print or Type Responses)

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

OMB APPROVAL OMB Number: 3235-0287 Estimated average burden hours per response... 0.5

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

1. Name and Address of R Billingsley Chester	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 10% Owner				
(Last) 5964 CAMPUS COU	(First) RT		3. Date of Earliest Transaction (Month/Day/Year) 03/31/2022					X_Officer (give title below) X_Other (specify below) Chief Executive Officer / Principal Financial Officer			
PLANO, TX 75093	(Street)		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 Person			
(City)	(State)	(Zip)	Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned								
1.Title of Security 2. Transaction (Instr. 3) Date (Month/Day/Yea)			Execution Date, if	Code (((Instr. 8) (4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)				6. Ownership Form: Direct (D) or Indirect	Beneficial Ownership
				Code	v	Amount	(A) or (D)	Price		(I) (Instr. 4)	(1)
Common Stock		03/31/2022		S <mark>(1)</mark>	v	208,000	D	\$ 0.05	750,296	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)															
1. Title of			3A. Deemed	4.		5.		6. Date Exerci	sable and	7. Title and	Amount of	8. Price of	9. Number of	10.	11. Nature
Derivative	Conversion	Date	Execution Date, if	Transact	ion	Num	ber	Expiration Day	te	Underlying	Securities	Derivative	Derivative	Ownership	of Indirect
Security	or Exercise	(Month/Day/Year)	any	Code		of		(Month/Day/Y	'ear)	(Instr. 3 and	4)	Security	Securities	Form of	Beneficial
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8))	Deriv	vative					(Instr. 5)	Beneficially	Derivative	Ownership
	Derivative					Secu	rities						Owned	Security:	(Instr. 4)
	Security					Acqu	iired							Direct (D)	
						(A) (1	or Indirect	
						Disp							Transaction(s)	· · /	
						of (E							(Instr. 4)	(Instr. 4)	
						(Inst									
						4, an	d 5)				-				
								Date	Expiration		Amount or				
								Exercisable	Date	Title	Number of				
				Code	V	(A)	(D)	Excretisable	Date		Shares				
Series D										Common					
Warrants	\$ 1.60							04/11/2000	05/11/2038	Stock	2,047,274		2,047,274	D	
w arrants										STOCK					

Reporting Owners

	Relationships								
Reporting Owner Name / Address	Director	10% Owner	Officer	Other					
Billingsley Chester 5964 CAMPUS COURT PLANO, TX 75093	Х		Chief Executive Officer	Principal Financial Officer					

Signatures

/s/ Chester Billingsley	04/04/2022
**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).

Reporting person voluntarily reports early that pursuant to a single Rule 10b5-1 plan, exactly 208,000 shares will be sold between 3/31/2022 and 6/25/2022 in equal weekly sell order lots of 16,000 shares split into three individual sell orders of approximately 5,333 shares each, placed on the first two or three days of each week, during the first 13 weeks of the plan, and priced between the BID and ASK price at approximately \$0.05 per share. Any residual shares remaining in the last ten trading days of the three-month plan will be sold at a market price chosen by the independent broker administering the Rule 10b5-1 plan effective 3/25/2022.

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.