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BAINUM ST Form 4										
FORM	Л	CD STATES	S SECUR	RITIES A	ND EXC	HAN	GE C	OMMISSION	OMB AF	PROVAL
Check this if no longe	ar .	Washington, D.C. 20549								3235-0287 January 31 2005
subject to Section 16 Form 4 or Form 5 obligation may contin <i>See</i> Instruct 1(b).	5. Filed snue. Section	EMENT O pursuant to 3 17(a) of the 30(h)	Estimated average burden hours per response 0.5							
(Print or Type R	esponses)									
1. Name and Ac BAINUM ST		ing Person <u>*</u>	Symbol CHOIC	E HOTE	l Ticker or Ti LS AL INC /I		HH]	5. Relationship of Issuer (Checl	Reporting Pers	
(Last) 8171 MAPLI BLVD, SUIT		(Middle)	3. Date of (Month/D 12/14/20	-	ransaction			X Director X Officer (give below)	X 109 title Otho below) Chairman	6 Owner er (specify
FULTON, M	(Street) ID 20759			ndment, Da hth/Day/Year	ate Original			6. Individual or Jo. Applicable Line) _X_ Form filed by O Form filed by M	one Reporting Pe	rson
(City)	(State)	(Zip)	Tabl	e I - Non-I	Derivative Se	ecuriti	es Acqu	Person uired, Disposed of	, or Beneficial	lv Owned
	2. Transaction I (Month/Day/Ye	ear) Executio any		3.	4. Securitie on(A) or Disp (Instr. 3, 4 Amount	es Acqu posed c	uired of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect
Common Stock								1,614,860	I	See Footnote (1)
Common Stock								126,035	I	See Footnote (2)
Common Stock	12/14/2012			S <u>(7)</u>	137,965	D	<u>(7)</u>	1,308,191	Ι	See Footnote (3)
Common	12/14/2012			G(8) V	285,126	D	\$0	1,023,065	Ι	See

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Stock			Footnote (3)
Common Stock	10,665	Ι	See Footnote (4)
Common Stock	439	Ι	See Footnote (5)
Common Stock	1,644,000	Ι	See Footnote (6)
Common Stock	1,508	Ι	See Footnote (9)

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 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. onNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		ate	Unde 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							
I O	Director	rector 10% Owner Officer						
BAINUM STEWART JR 8171 MAPLE LAWN BLVD SUITE 375 FULTON, MD 20759	Х	Х	Chairman					

Signatures

Christine A. Shreve, 12/18/2012 Attorney-in-fact

**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).
- Shares owned by Stewart Bainum Jr. Declaration of Trust ("Stewart Bainum Jr. Trust") in which Mr. Bainum, Jr. is the sole trustee and (1)current beneficiary.
- The proportionate interest of the Stewart Bainum, Jr. Trust in shares (978,482) owned by Mid Pines Associates, L.P.("Mid Pines"), an (2)entity in which the Stewart Bainum Jr. Trust has shared voting authority.

The proportionate interest of the Stewart Bainum, Jr. Trust in shares (6,821,574) owned by Realty Investment Company, Inc. ("Realty") a

- (3) family real estate investment and management company in which Mr. Bainum, Jr. is a non-controlling shareholder. Realty owns Choice stock as well as other assets.
- Shares in Mr. Bainum, Jr's account pursuant to the terms of the Choice Hotels International, Inc. Non-Qualified Retirement Savings and (4) Investment Plan.
- (5) Shares in Mr. Bainum, Jr's account pursuant to the terms of the Choice Hotels International, Inc. Savings and Investment Plan.
- (6) Shares in Leeds Creek Holdings, LLC, an entity in which the Stewart Bainum Jr. Trust is the sole owner.
- (7) Mr. Bainum, Jr. sold a portion of his stock in Realty to a trust for the benefit of his descendants.
- (8) Mr. Bainum, Jr. made a gift of a portion of his stock in Realty to a trust for the benefit of his descendants.
- (9) The proportionate interest of Mr. Bainum, Jr's adult child in shares (6,821,574) owned by Realty. Beneficial ownership is disclaimed.

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.