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HIRSCHMAN DOUGLAS CRAIG Form 4 March 03, 2010 OMB APPROVAL FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION OMB 3235-0287 Washington, D.C. 20549 Number: Check this box January 31, Expires: if no longer 2005 STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF subject to Estimated average **SECURITIES** Section 16. burden hours per Form 4 or response... 0.5 Form 5 Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, obligations Section 17(a) of the Public Utility Holding Company Act of 1935 or Section may continue. 30(h) of the Investment Company Act of 1940 See Instruction 1(b). (Print or Type Responses) 1. Name and Address of Reporting Person * 5. Relationship of Reporting Person(s) to 2. Issuer Name and Ticker or Trading HIRSCHMAN DOUGLAS CRAIG Issuer Symbol **URANERZ ENERGY CORP.** [URZ] (Check all applicable) (First) (Middle) (Last) 3. Date of Earliest Transaction (Month/Day/Year) Director 10% Owner X_Officer (give title Other (specify 1898 FORT ROAD #22 03/03/2010 below) below) VP, Lands (Street) 4. If Amendment, Date Original 6. Individual or Joint/Group Filing(Check Filed(Month/Day/Year) Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting SHERIDAN, WY 82801 Person (City) (State) (Zip) Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned 1.Title of 2. Transaction Date 2A. Deemed 3. 4. Securities 5. Amount of 6. Ownership 7. Nature of Security (Month/Day/Year) Execution Date, if TransactionAcquired (A) or Securities Form: Direct Indirect (Instr. 3) Code Disposed of (D) Beneficially (D) or Indirect Beneficial anv (Instr. 3, 4 and 5) Ownership (Month/Day/Year) (Instr. 8) Owned (I) Following (Instr. 4) (Instr. 4) Reported (A) Transaction(s) or (Instr. 3 and 4) Code V Amount (D) Price Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly. Persons who respond to the collection of SEC 1474 information contained in this form are not (9-02)required to respond unless the form displays a currently valid OMB control

 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 of	6. Date Exercisable and	7. Title and Amou
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transactio	Derivative	Expiration Date	Underlying Securi
Security	or Exercise		any	Code	Securities Acquired	(Month/Day/Year)	(Instr. 3 and 4)

number.

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(Instr. 3)	Price of Derivative Security		(Month/Day/Year)	(Instr. 8) Code V	(A) or Dis (D) (Instr. 3, 4 (A)	-	Date Exercisable	Expiration Date	Title	Amo or Nun
										of S
Common share options	\$ 4.73	03/03/2010		J		50,000	07/09/2007	07/09/2012	Common shares	50,
Common shares	\$ 2.64	03/03/2010		J		25,000	01/07/2008	01/07/2013	Common shares	25,
Common share options	\$ 0.65	03/03/2010		J		30,000	01/05/2009	01/05/2014	Common shares	30,
Common share options	\$ 0.65	03/03/2010		J	30,000		01/05/2009	01/05/2019	Common shares	30,
Common share options	\$ 2.64	03/03/2010		J	25,000		01/07/2008	01/07/2018	Common shares	25,
Common share options	\$ 4.73	03/03/2010		J	50,000		07/09/2007	07/09/2017	Common shares	50,

Reporting Owners

Reporting Owner Name / Address	Relationships					
	Director	10% Owner	Officer	Other		
HIRSCHMAN DOUGLAS CRAIG						
1898 FORT ROAD #22			VP, Lands			
SHERIDAN, WY 82801						

Signatures

Douglas Hirschman 03/03/2010 **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).

Remarks:

The expiry period of Mr. Hirschman's options were extended to a period of ten years from the date of the original grant. This h Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

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