

SECURITIES AND EXCHANGE COMMISSION

FORM 3

Filing Date: **2013-01-15** | Period of Report: **2013-01-11**
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ISSUER

RCM TECHNOLOGIES INC

CIK: **700841** | IRS No.: **951480559** | State of Incorp.: **NV** | Fiscal Year End: **0608**
SIC: **7363** Help supply services

Mailing Address

*2500 MCCLELLAN AVENUE
STE 350
PENNSAUKEN NJ
08109-4613*

Business Address

*2500 MCCLELLAN AVENUE
STE 350
PENNSAUKEN NJ
08109-4613
8563564500*

REPORTING OWNER

BALLOU ROGER H

CIK: **1158369**
Type: **3** | Act: **34** | File No.: **001-10245** | Film No.: **13531138**

Mailing Address

*C/O CDI CORP
1717 ARCH ST 35TH FL
PHILADELPHIA PA 19103*

FORM 3

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

OMB APPROVAL	
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INITIAL STATEMENT OF BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

1. Name and Address of Reporting Person <u>BALLOU ROGER H</u> (Last) (First) (Middle) <u>301 VIA LINDA</u> (Street) <u>PALM BEACH, FL 33480</u> (City) (State) (Zip)	2. Date of Event Requiring Statement (Month/Day/Year) <u>01/11/2013</u>	3. Issuer Name and Ticker or Trading Symbol <u>RCM TECHNOLOGIES INC [RCMT]</u> 4. Relationship of Reporting Person(s) to Issuer (Check all applicable) ___ Director <input checked="" type="checkbox"/> 10% Owner ___ Officer (give title below) <input checked="" type="checkbox"/> Other (specify below) <p style="text-align: center;"><u>See Explanation</u></p>	5. If Amendment, Date Original Filed (Month/Day/Year) 6. Individual or Joint/Group Filing (Check applicable line) <input checked="" type="checkbox"/> Form Filed by One Reporting Person ___ Form Filed by More than One Reporting Person
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Table I - Non-Derivative Securities Beneficially Owned

1. Title of Security (Instr. 4)	2. Amount of Securities Beneficially Owned (Instr. 4)	3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)	4. Nature of Indirect Beneficial Ownership (Instr. 5)
<u>Common Stock, \$0.05 par value ⁽¹⁾</u>	<u>0</u>	<u>D</u>	

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

1. Title of Derivative Security (Instr. 4)	2. Date Exercisable and Expiration Date (Month/Day/Year)		3. Title and Amount of Securities Underlying Derivative Security (Instr. 4)		4. Conversion or Exercise Price of Derivative Security	5. Ownership Form of Derivative Security: Direct (D) or Indirect (I) (Instr. 5)	6. Nature of Indirect Beneficial Ownership (Instr. 5)
	Date Exercisable	Expiration Date	Title	Amount or Number of Shares			

Explanation of Responses:

- The Reporting Person is a member of a reporting group that owns in the aggregate more than 10% of the Issuer's outstanding shares of Common Stock. As such, the Reporting Person may be deemed to beneficially own more than 10% of the Issuer's outstanding shares of Common Stock. The Reporting Person disclaims beneficial ownership of the shares of Common Stock except to the extent of his pecuniary interest therein, and this report shall not be deemed to be an admission that the Reporting Person is the beneficial owner of such shares of Common Stock for purposes of Section 16 or for any other purpose.

Signatures

/s/ Ballou, Roger H.

** Signature of Reporting Person

01/15/2013

Date

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

* 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.

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 Number.