

SECURITIES AND EXCHANGE COMMISSION

FORM 13F-HR

Initial quarterly Form 13F holdings report filed by institutional managers

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FILER

M&R CAPITAL MANAGEMENT INC

CIK: **1057395** | IRS No.: **113174053** | State of Incorp.: **NY** | Fiscal Year End: **0930**
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UNITED STATES

SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

FORM 13F

FORM 13F COVER PAGE

Report for the Calendar Year or Quarterly Ended: September 30, 2011
Check here is Amendment []; Amendment Number:
This Amendment (Check only one.): [] is a restatement.
[] adds new holdings entries.

Institutional Investment Manager Filing This Report:

Name: M&R Capital Management Inc.
Address: 88 Pine Street, 5th Floor
New York, NY 10005

13F File Number: 028-07056

The institutional investment manager filing this report and the person by whom it is signed hereby represent that the person signing the report is authorized to submit it, that all information contained herein is true, correct and complete, and that it is understood that all required items, statements, schedules, lists, and tables, are considered integral parts of this form.

Person Signing This Report on Behalf of Reporting Manager:

Name: Richard Diver
Title: Sr. Vice President
Phone: 212-581-8999
Signature, Place and Date of Signing:

Richard Diver, New York, New York November 7, 2011

Report Type (Check only one):

[X] 13F HOLDINGS REPORT.

[] 13F NOTICE.

[] 13F COMBINATION REPORT.

List of Other Managers Reporting for this Manager:

I AM SIGNING THIS REPORT AS REQUIRED BY THE SECURITIES EXCHANGE ACT OF 1934.

FORM 13F SUMMARY PAGE

Report Summary:

Number of Other Included Managers: 0
Form 13F Information Table Entry Total: 164
Form 13F Information Table Value Total: 256050
(X1000)

List of Other Included Managers:

No.	13F File Number	Name
01	N/A	N/A

<TABLE>

FORM 13F INFORMATION TABLE

Voting Authority

Name of Issuer	Title of class	CUSIP	Value (x\$1000)	Shares/ Prn Amt	Sh/ Prn Call	Put/ Discretn	Invstmt Managers	Other	Sole	Shared	None
100,000th Cohen & Steers Infra	COM		0	112000	SH		Sole		112000		
A T & T Inc	COM	00206r102	563	19724	SH		Sole		19724		
ACE Ltd	COM		242	4000	SH		Sole		4000		
Abbott Labs	COM	002824100	1222	23894	SH		Sole		23894		
Aberdeen Asset Mgmt Plc	COM		37	13731	SH		Sole		13731		
Accenture Ltd	COM	g1150g111	8746	166027	SH		Sole		166027		
Access Power Inc	COM		0	30000	SH		Sole		30000		
Adelphia Contingent Value	COM		0	19692	SH		Sole		19692		
Aflac Inc	COM		5623	160900	SH		Sole		160900		
Allstate Corp.	COM	020002101	229	9667	SH		Sole		9667		
Altria Group Inc	COM	718154107	308	11493	SH		Sole		11493		
American Electric Power Co Inc	COM	025537101	422	11103	SH		Sole		11103		
American Water Works Co., Inc.	COM		699	23156	SH		Sole		23156		
Ametek Inc w/rts to pur pfd	COM	031100100	490	14850	SH		Sole		14850		
Anadarko Petroleum Corp	COM	032511107	351	5574	SH		Sole		5574		
Annaly Cap Management Inc	COM		219	13168	SH		Sole		13168		
Apache Corp	COM	037411105	1471	18337	SH		Sole		18337		
Apple Computer Inc	COM	037833100	485	1271	SH		Sole		1271		
Automatic Data Processing	COM		536	11370	SH		Sole		11370		
BP Plc SADR	COM	110889409	209	5782	SH		Sole		5782		
Bank of New York Mellon Corp	COM	064058100	7327	394158	SH		Sole		394158		
Barclays PLC	COM		49	18728	SH		Sole		18728		
Baxter International Inc.	COM	071813109	959	17082	SH		Sole		17082		
Becton Dickinson & Co.	COM		590	8045	SH		Sole		8045		
Berkshire Hathaway Cl B	COM		7196	101292	SH		Sole		101292		
Berkshire Hathaway Inc	COM		214	2	SH		Sole		2		
Bio One Corp	COM		0	36500	SH		Sole		36500		
Blackrock NY Muni Incm Trust	COM	09248L106	197	13500	SH		Sole		13500		
Bristol Myers Squibb Co	COM	110122108	525	16732	SH		Sole		16732		
CSX Corp	COM	126408103	7327	392457	SH		Sole		392457		
CVS Caremark Corp	COM	126650100	1039	30936	SH		Sole		30936		
Calvert Social Investment Fd B	COM		264	10065	SH		Sole		10065		
Canadian National Railway Ltd	COM		275	4127	SH		Sole		4127		
Canadian Pacific Railway Ltd	COM	13645t100	7414	154163	SH		Sole		154163		
Caterpillar Inc	COM	149123101	539	7302	SH		Sole		7302		
Cell Robotics Intl Inc	COM		0	25000	SH		Sole		25000		
Chevron Texaco Corp	COM		1640	17711	SH		Sole		17711		
Cisco Systems Inc	COM	17275r102	157	10100	SH		Sole		10100		
Coach Inc	COM		223	4300	SH		Sole		4300		
Coca Cola Co	COM	191216100	274	4050	SH		Sole		4050		
Colgate Palmolive Corp	COM	194162103	2647	29854	SH		Sole		29854		
Comcast Corp-Cl A	COM		9200	439757	SH		Sole		439757		
Comcast Corp-Cl A New Spl	COM	20030n200	352	17001	SH		Sole		17001		
Companhia De Snmnto De Sao Pau	COM	20441a102	10009	215938	SH		Sole		215938		
Con Edison Co Of NY Inc	COM	209115104	205	3592	SH		Sole		3592		
Conoco Phillips Co	COM	20825c104	916	14461	SH		Sole		14461		
Covidien Ltd	COM	g2552x108	6455	146377	SH		Sole		146377		
DENTSPLY INTL INC	COM	249030107	847	27600	SH		Sole		27600		
Devon Energy Corporation	COM		3378	60922	SH		Sole		60922		
DirectTV Group Inc	COM		7499	177402	SH		Sole		177402		
Disney Walt Co	COM	254687106	402	13325	SH		Sole		13325		
Dominion Resources Inc. Va	COM	257470104	734	14457	SH		Sole		14457		
Duke Energy Corp	COM	26441c105	739	36950	SH		Sole		36950		
East West Bancorp Inc	COM	27579r104	223	14949	SH		Sole		14949		
Eaton Vance Insd Mun Bond Fund	COM		278	22505	SH		Sole		22505		
Eaton Vance New York Ins Muni	COM		168	12500	SH		Sole		12500		
Exxon Mobil Corp	COM		4485	61751	SH		Sole		61751		
Fedex Corporation	COM	31304N107	5765	85174	SH		Sole		85174		
Fredericks Hollywood Group Inc	COM		16	28479	SH		Sole		28479		
General Electric Co	COM	369604103	1353	88891	SH		Sole		88891		
General Mills Inc	COM	370334104	712	18492	SH		Sole		18492		
Goldcorp Inc. New	COM		512	11210	SH		Sole		11210		
H J Heinz Co	COM	423074103	566	11209	SH		Sole		11209		
HCP INC	COM	404141109	5463	155807	SH		Sole		155807		
HSBC Holdings Plc Sp ADR	COM	404280406	793	20858	SH		Sole		20858		
HearUSA	COM		78	82728	SH		Sole		82728		
Heineken N.V. ADR	COM		6320	280900	SH		Sole		280900		
Heineken Ord	COM		855	19000	SH		Sole		19000		
Henry Schein Inc	COM	806407102	1842	29700	SH		Sole		29700		
Home Depot Inc	COM	437076102	221	6732	SH		Sole		6732		
Intel Corp	COM	458140100	724	33946	SH		Sole		33946		
Intl Business Machines Corp IB	COM	459200101	3135	17926	SH		Sole		17926		
Invesco Insd Mun Income	COM	61745p791	747	48300	SH		Sole		48300		
Ishares Tr FTSE Xinhau HK Chin	COM	464287184	304	9865	SH		Sole		9865		
J P Morgan Chase & Co.	COM	616880100	736	24443	SH		Sole		24443		
Johnson & Johnson Cos	COM	478160104	3622	56876	SH		Sole		56876		
Kinder Morgan Energy Partners	COM		653	9550	SH		Sole		9550		
Kinder Morgan Inc KS	COM		514	19850	SH		Sole		19850		
Liberty Global Inc Ser A	COM	530555101	7060	195149	SH		Sole		195149		

MORG STAN QUAL MUNI INC	COM	61745p734	423	33000	SH	Sole	33000
Mc Cormick Corp	COM	579780206	852	18453	SH	Sole	18453
McDonalds Corp	COM	580135101	742	8450	SH	Sole	8450
Medtronic Inc	COM		575	17310	SH	Sole	17310
Merck & Co. Inc	COM	589331107	651	19921	SH	Sole	19921
Microsoft Corp	COM	594918104	1233	49537	SH	Sole	49537
Morgan Stanley Insd Mun Secs	COM		219	15600	SH	Sole	15600
NCR Corp New	COM	62886e108	345	20400	SH	Sole	20400
NEWS CORP CL A	COM	65248e104	552	35648	SH	Sole	35648
Nestle SA Rep RG Sh ADR	COM	641069406	941	17068	SH	Sole	17068
Newmont Mining Corp	COM	651639106	10494	166705	SH	Sole	166705
NextEra Energy Inc.	COM	302571104	1063	19670	SH	Sole	19670
Norfolk Southern Corp	COM	655844108	8642	141625	SH	Sole	141625
OGE Energy Corp	COM	670837103	210	4391	SH	Sole	4391
Penn West Energy Trust	COM		449	30395	SH	Sole	30395
Pepsico Inc	COM	713448108	3851	62212	SH	Sole	62212
Petroleo Brasileiro S.A.	COM		3784	182646	SH	Sole	182646
Petsmart Inc	COM		1143	26810	SH	Sole	26810
Pfizer Inc	COM	717081103	1645	93063	SH	Sole	93063
Philip Morris International	COM	718172109	278	4463	SH	Sole	4463
Pimco New York Municipal Incom	COM		182	16387	SH	Sole	16387
Pimco New York Municipal Incom	COM		130	14424	SH	Sole	14424
Plains All American Pipl LP	COM	726503105	1187	20146	SH	Sole	20146
Proctor & Gamble Co	COM	742718109	1849	29273	SH	Sole	29273
Putnam Tax-Exempt Income Class	COM		176	20475	SH	Sole	20475
Qualcom Inc	COM	747525103	7759	159555	SH	Sole	159555
Quest Diagnostics Inc	COM	748341100	224	4530	SH	Sole	4530
RSTK Quest Products Corporatio	COM		3	1250000	SH	Sole	1250000
Rowan Companies Inc	COM	779382100	429	14220	SH	Sole	14220
Royal Dutch Shell Plc Adr Cl A	COM		1472	23931	SH	Sole	23931
Rubicon Minerals Corp	COM		34	10000	SH	Sole	10000
SPDR Gold Tr Gold Shs	COM	78463v107	10170	64343	SH	Sole	64343
Schlumberger Ltd	COM	806857108	1492	24977	SH	Sole	24977
Schwab Total Bond Market Fund	COM		297	31060	SH	Sole	31060
Siemens AG Adr	COM	826197501	2504	27892	SH	Sole	27892
Single Touch Systems, Inc.	COM		3	10000	SH	Sole	10000
Sky440 Inc.	COM		0	60000	SH	Sole	60000
Spectra Energy Corp	COM	847560109	322	13134	SH	Sole	13134
State Street Corp	COM	857477103	2017	62728	SH	Sole	62728
Statmon Technologies CP	COM		1	25000	SH	Sole	25000
Stryker Corp	COM		542	11500	SH	Sole	11500
Suburban Propane Partners LP U	COM		249	5368	SH	Sole	5368
Sun Healthcare Group Inc.	COM		36	13179	SH	Sole	13179
Suncor Energy Inc	COM	867229106	338	13285	SH	Sole	13285
Suntrust Banks Inc	COM	867914103	214	11900	SH	Sole	11900
Sysco Corporation	COM	871829107	490	18904	SH	Sole	18904
Telefonica SA Sons Adr	COM	879382208	280	14622	SH	Sole	14622
Teradata Corp	COM	88076w103	1016	18988	SH	Sole	18988
Teva Pharmaceuticals Inds	COM		5839	156872	SH	Sole	156872
The Hershey Company	COM		212	3577	SH	Sole	3577
Toronto Dominion Bank	COM		6921	97548	SH	Sole	97548
US Bancorp	COM		529	22463	SH	Sole	22463
Union Pacific Corp	COM	907818108	644	7890	SH	Sole	7890
Verizon Communications Corp	COM	92343v104	314	8533	SH	Sole	8533
Visa Inc Class A	COM		7378	86066	SH	Sole	86066
Waste Management Inc	COM		2022	62100	SH	Sole	62100
Wells Fargo & Co.	COM		1041	43180	SH	Sole	43180
Westpac Banking-Spon Adr	COM		345	3590	SH	Sole	3590
Yum Brands Inc	COM	895953107	616	12474	SH	Sole	12474
Zimmer Holdings Inc	COM		780	14590	SH	Sole	14590
Allianz SE 8.375%	PRD		259	10000	SH	Sole	10000
BANK OF AMERICA CORP NON-CU	PRD	060505765	220	10000	SH	Sole	10000
Bank of America Cap Tr 6.0% 34	PRD		1063	56515	SH	Sole	56515
Bank of America Cap Tr 6.0% 34	PRD	055184204	1254	66664	SH	Sole	66664
Bank of America Cap Tr X 6.25%	PRD		368	19499	SH	Sole	19499
Citigroup Cap X Cap Secs 6.10%	PRD		1484	68655	SH	Sole	68655
Citigroup Capital X 6.10% Pfd	PRD		642	29687	SH	Sole	29687
DEUTSCHE BANK CAP FNDG NONCUM	PRD	25153y206	255	12000	SH	Sole	12000
GOLDMAN SACHS GROUP INC DEP SH	PRD	38144x500	276	11475	SH	Sole	11475
Merrill Lynch Pfd Cap 7% Tr II	PRD		407	20700	SH	Sole	20700
Merrill Lynch Pfd Cap Tr III 7	PRD		232	11800	SH	Sole	11800
Morgan Stanley Pfd Cap III due	PRD		366	17670	SH	Sole	17670
NATIONAL CITY CAP TR II TRUST	PRD	63540t200	228	9000	SH	Sole	9000
Wachovia Cap Tr 6.375% Due 03/	PRD		404	16145	SH	Sole	16145
Allianceberntstein Bala Wealth			107	10119	SH	Sole	10119
Fidelity Interediate Muni Inco			258	24970	SH	Sole	24970
Fidelity Short Intermediate Mu			226	20990	SH	Sole	20990
Fidelity Tax Free Bond Fund			135	12202	SH	Sole	12202
Franklin Income Fund Cl B			82	41252	SH	Sole	41252
JP Morgan Municipal Income Fun			309	30674	SH	Sole	30674
JP Morgan Short Duration Bond			135	12270	SH	Sole	12270
Royce Total Return Fund			186	16261	SH	Sole	16261
Third Avenue Value Fund		884116104	274	6923	SH	Sole	6923

Vanguard Tax Exempt Money Mark
100,000ths Amer Intl Grp Wts E
<S> <C> </TABLE>

140	140064	SH	Sole	140064
0	107196	SH	Sole	107196