CAMMAKER SHELDON I

Form 4

December 14, 2004

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB Number:

3235-0287

Expires:

5. Relationship of Reporting Person(s) to

Issuer

January 31, 2005

0.5

Estimated average

OMB APPROVAL

burden hours per

response...

if no longer subject to Section 16. Form 4 or Form 5 obligations

may continue.

See Instruction

Check this box

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

2. Issuer Name and Ticker or Trading

Symbol

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person *

CAMMAKER SHELDON I

Common Stock			EMCOR GROUP INC [EME]						(Check all applicable)				
NORWALK CT 06851 Filed(Day City Day Day City Day Day City Day Day City Day Da				(Month/D	ay/Year)	ansaction			Director 10% Owner Officer (give title Other (specify below)				
(City) (State) (Zip) Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned 1. Title of Security (Instr. 3) 2. Transaction Date (Month/Day/Year) Execution Date, iany (Month/Day/Year) (Instr. 3) Common Stock 12/13/2004 Co		NODWALV	` ,				_	1		Applicable Line) _X_ Form filed by	One Reporting Pe	rson	
1. Title of Security (Instr. 3)													
Security (Instr. 3) Security (Instr. 3) Execution Date, if any (Month/Day/Year) Execution Date, if any (Month/Day/Year) Code (Instr. 8) Code (Instr. 3, 4 and 5) Securities Beneficially Owned Transaction(s) (Instr. 4) Price (Instr. 4) Code (Instr. 8) Code (Instr.		(City)	(City) (State) (Zip) Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned										
Stock 12/13/2004 M 5,000 A \$ 5.13 15,050 D Common Stock 12/13/2004 S 100 D \$ 44.6 14,950 D Common Stock 12/13/2004 S 600 D \$ 44.61 14,350 D Common Stock 12/13/2004 S 200 D \$ 14,150 D Common 12/13/2004 S 400 D \$ 13,750 D		Security	(Month/Day/Year) Execution any		on Date, if	Transaction Code (Instr. 8)	(Instr. 3, 4 and 5) (A) or			Securities Beneficially Owned Following Reported Transaction(s)	Form: Direct (D) or Indirect (I)	Indirect Beneficial Ownership	
Stock 12/13/2004 S 100 D \$ 44.6 14,950 D Common Stock 12/13/2004 S 600 D \$ 44.61 14,350 D Common Stock 12/13/2004 S 200 D \$ 14,150 D Common 12/13/2004 S 400 D \$ 13,750 D			12/13/2004			M	5,000	A	\$ 5.13	15,050	D		
Stock 12/13/2004 S 600 D 44.61 14,350 D Common Stock 12/13/2004 S 200 D \$ 14,150 D Common 12/13/2004 S 400 D \$ 13,750 D			12/13/2004			S	100	D	\$ 44.6	14,950	D		
Stock Stock S 200 D 44.62 14,150 D S 400 D \$ 13,750 D			12/13/2004			S	600	D		14,350	D		
17/13/2004			12/13/2004			S	200	D		14,150	D		
			12/13/2004			S	400	D	\$ 44.64	13,750	D		

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Common Stock	12/13/2004	S	500	D	\$ 44.67	13,250	D
Common Stock	12/13/2004	S	600	D	\$ 44.68	12,650	D
Common Stock	12/13/2004	S	300	D	\$ 44.69	12,350	D
Common Stock	12/13/2004	S	1,700	D	\$ 44.7	10,650	D
Common Stock	12/13/2004	S	100	D	\$ 44.72	10,550	D
Common Stock	12/13/2004	S	500	D	\$ 44.73	10,050	D

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 required to respond unless the form displays a currently valid OMB control number.

5,000 04/05/1998(2) 04/04/2005

(9-02)

5,000

Stock

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	Date Exercisab	le and	7. Title and A	Amount o
Derivative	vative Conversion (Month/D		Execution Date, if	Transaction Derivative		Expiration Date		Underlying Securities	
Security	or Exercise		any	Code	Securities	(Month/Day/Year	r)	(Instr. 3 and	4)
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Acquired				
	Derivative				(A) or				
	Security				Disposed of				
					(D)				
					(Instr. 3, 4,				
					and 5)				
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amoun or Number of Shares
Employee Stock								Common	

M

Reporting Owners

\$ 5.13

Options

(right to buy) (1)

Relationships Reporting Owner Name / Address

12/13/2004

Other Director 10% Owner Officer

EVP, Gen Counsel & Secretary

2 Reporting Owners

CAMMAKER SHELDON I 301 MERRITT SEVEN NORWALK, CT 06851

Signatures

Sheldon I.

Cammaker 12/14/2004

**Signature of Date

Reporting Person

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).
- (1) Derivative security is an employee stock option.
- (2) The option became exercisable in three equal installments on April 5, 1996, April 5, 1997, and April 5, 1998.

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.

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