

**UNITED STATES
SECURITIES AND EXCHANGE COMMISSION
WASHINGTON, D.C. 20549**

FORM 8-K

CURRENT REPORT

**Pursuant to Section 13 or 15(d) of the
Securities Exchange Act of 1934**

**Date of Report: November 21, 2012
(Date of earliest event reported)**

Arête Industries, Inc.

(Exact name of registrant as specified in its charter)

COLORADO
**(State or other jurisdiction
of incorporation)**

33-16820-D
**(Commission
File Number)**

84-1508638
**(IRS Employer
Identification No.)**

**7260 Osceola Street
Westminster, CO 80030**
(Address of principal executive offices) (Zip Code)

(303) 427-8688
(Registrant's telephone number, including area code)

N/A
(Former name or former address, if changed since last report)

Check the appropriate box below if the Form 8-K filing is intended to simultaneously satisfy the filing obligation of the registrant under any of the following provisions:

- Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)
- Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)
- Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b)).
- Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c)).

ITEM 5.02. Departure of Directors or Certain Officers; Election of Directors; Appointment of Certain Officers; Compensatory Arrangements of Certain Officers.

On November 21, 2012, the Board of Directors (the "Board") of Arête Industries, Inc. (the "Company") appointed Nicholas L. Scheidt as a Director of the Company. Mr. Scheidt was appointed to fill a board vacancy created by the retirement and resignation of Mr. John Herzog from the Board and from his position as Interim Chief Financial Officer and Accounting Officer, effective November 21, 2012. Mr. Herzog's resignation was not the result of any disagreement with the Company, known to an executive officer of the Company, on any matter relating to the Company's operations, policies or practices.

Information on Mr. Scheidt, age 52, is as follows: Mr. Scheidt has served as President and Chairman of Apex Financial Services Corp aka Apex Realty Investments Inc. since 1983; he has served on the Board of Directors of Truck Wash Inc. since 1989; he has served on the Board of Directors of Out Reach Housing Corporation since 1992 and he has served as Chief Financial Officer of Truck Wash Inc. since 1995.

Donald W. Prosser will remain as Chief Executive Officer of the Company and will become the interim Chief Financial Officer. The Board has begun a search for a Chief Financial Officer.

Section 8.01 Other Events

On November 26, 2012, the Company issued a press release announcing the appointment of the new director and change in executive officer. A copy of this press release is attached as Exhibit 99.1 hereto. The reader is advised to read this press release in its entirety.

Item 9.01. Financial Statements and Exhibits.**(d) Exhibits**

The Exhibits listed below are furnished as Exhibits to this Current Report on Form 8-K.

<u>Exhibit No.</u>	<u>Description</u>
99.1	Press Release dated November 26, 2012.

SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

Dated: November 28, 2012

ARÊTE INDUSTRIES, INC.

By: /s/ Donald W Prosser

Name: Donald W Prosser

Title: Chairman of the Board and Chief Executive Officer

Press Release

Source: Arete, Inc.

Arête Industries Adds New Director

Wednesday, November 28, 2012

WESTMINSTER, Colo., November 28, 2012 - Arête Industries, Inc. (OTCQB: ARET - News), announced today that the Company has a new member of the Board of Directors.

On November 21, 2012, the Board of Directors (the "Board") of Arête Industries, Inc. (the "Company") appointed Nicholas L. Scheidt as a Director of the Company. Mr. Scheidt was appointed to fill a board vacancy created by the retirement and resignation of Mr. John Herzog from the Board and from his position as Interim Chief Financial Officer and Accounting Officer, effective November 21, 2012. Mr. Herzog's resignation was not the result of any disagreement with the Company, known to an executive officer of the Company, on any matter relating to the Company's operations, policies or practices.

Information on Mr. Scheidt, age 52, is as follows: Mr. Scheidt has served as President and Chairman of Apex Financial Services Corp aka Apex Realty Investments Inc. since 1983; he has served on the Board of Directors of Truck Wash Inc. since 1989; he has served on the Board of Directors of Out Reach Housing Corporation since 1992 and he has served as Chief Financial Officer of Truck Wash Inc. since 1995.

Donald W. Prosser will remain as Chief Executive Officer of the Company and will become the interim Chief Financial Officer. The Board has begun a search for a Chief Financial Officer.

Make sure you are first to receive timely information on Arête when it hits the newswire. Sign up for Arête's email news alert system today at: <http://ir.stockpr.com/areteindustries/email-alerts>

About Arête Industries

The Company holds oil and gas properties in the Rocky Mountain Region of the United States and operates a small natural gas gathering system. For additional information on the Company visit our website at: <http://www.areteindustries.com>

SAFE HARBOR

This press release contains forward-looking statements regarding future events and our future results that are subject to the safe harbors created under the Securities Act of 1933 and the Securities Exchange Act of 1934. All statements other than statements of historical facts included in this report, such as statements regarding our future expectations to increase our production are forward-looking statements (often, but not always, using words such as "expects", "anticipates", "plans", "estimates", "potential", "possible", "probable", or "intends", or stating that certain actions, events or results "may", "will", "should", or "could" be taken, occur or be achieved). Forward-looking statements are based on our current expectations and assumptions about future events and involve inherent risks and uncertainties. These risks include, but are not limited to, the volatility in commodity prices for crude oil and natural gas, the presence or recoverability of estimated reserves, the ability to replace reserves, environmental risks, drilling and operating risks, exploration and development risks, competition and government regulation or other actions. Additional information on these and other factors which could affect Arête's operations or financial results are included in Arête's reports on file with the Securities and Exchange Commission. Such factors (many of which are beyond our control) could cause actual results to differ materially from those set forth in the forward-looking statements. Readers should not place undue reliance on any such forward-looking statements, which are made only as of the date hereof. Arête undertakes no duty or obligation to update any forward-looking statements contained in this release as a result of new information, future events or changes in Arête's expectations.

For Further Information Contact:

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<http://wsrcommunications.ir.stockpr.com/areteindustries/overview>

Source: Arête Industries, Inc.