SECURITIES ANI	EXCHANGE CO	OMMISSION
W	ashington, D.C. 20549	
	FORM 8-K	
C	URRENT REPORT	
Pursuant to Section 13 or	15(d) of the Securities Exch	ange Act of 1934
Date of Report (Date	of earliest event reported) Novem	ber 1, 2004
Hungarian Te	lephone and Ca	ble Corp.
(Exact name	of Registrant as specified in its charter	?)
Delaware (State or other jurisdiction of incorporation)	1-11484 (Commission File Number)	13-3652685 (IRS Employer Identification No.)
1201 Third Avenue, Suite 3400 Seattle, WA (Address of principal executive offices)		98101-3034 (Zip Code)

Registrant s telephone number, including area code: (206) 654-0204

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(	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 (see General Instruction A.2. below):

- " Written communication 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))

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Item 5.02(b). Departure of Directors or Principal Officers; Election of Directors; Appointment of Principal Officers.

As a result of the recent sale by Citizens Communications Company and certain of its affiliates ( *Citizens* ) of their entire equity stake in Hungarian Telephone and Cable Corp. (the Company ), Daryl A. Ferguson, one of the Citizens-designated members of the Company s Board of Directors, retired from the Company s Board of Directors effective November 1, 2004.

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## **SIGNATURE**

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.

HUNGARIAN TELEPHONE AND CABLE CORP.

By: /s/ Peter T. Noone

Name: Peter T. Noone Title: General Counsel

Date: November 2, 2004