MOOG INC Form 4 January 13, 2010

FORM 4

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

SECURITIES

OMB 3235-0287 Number:

OMB APPROVAL

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

January 31, Expires: 2005

0.5

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response...

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue.

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

(Print or Type Responses)

1(b).

See Instruction

1. Name and Address of Reporting Person * KAYSER KRAIG H			2. Issuer Name and Ticker or Trading Symbol MOOG INC [MOGA/MOGB]	5. Relationship of Reporting Person(s) to Issuer		
(Last)	(First)	(Middle)	3. Date of Earliest Transaction	(Check all applicable)		
3736 SOUTH MAIN STREET		REET	(Month/Day/Year) 01/11/2010	X Director 10% Owner Officer (give title below) Other (specify below)		
	(Street)		4. If Amendment, Date Original	6. Individual or Joint/Group Filing(Check		
MARION, NY 14505			Filed(Month/Day/Year)	Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person		

(City)	(State)	(Zip) Tab	le I - Non-l	Derivative	e Secu	rities Aco	quired, Disposed	of, or Benefic	ially Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transactic Code (Instr. 8)	(Instr. 3,	ispose 4 and (A) or	ed of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
Class A Common	01/11/2010		A		` ´	\$ 32.53	152,000	I	Seneca Foods Pension Trust
Class B Common	01/11/2010		A	500	A	\$ 32.97	80,000	I	Seneca Foods Pension Trust
Class A Common							5,398	D	
Class A Common							27,237	I	Seneca Foods

(2) Foundation

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

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SEC 1474 (9-02)

> 8. Pri Deriv Secur (Instr

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

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transactic Code (Instr. 8)	5. orNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)	
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Option to Buy	\$ 7.59					11/29/2001	11/29/2010	Class A Common	1,687
Option to Buy	\$ 8.82					11/28/2002	11/28/2011	Class A Common	1,687
Option to Buy	\$ 15.24					05/17/2003	05/17/2012	Class A Common	9,681
Option to Buy	\$ 12.53					11/26/2003	11/26/2012	Class A Common	1,687
Option to Buy	\$ 19.74					12/02/2004	12/02/2013	Class A Common	1,687
Option to Buy	\$ 28.01					11/30/2005	11/30/2014	Class A Common	1,537
Option to Buy	\$ 28.94					11/29/2006	11/29/2015	Class A Common	1,538

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Option to Buy	\$ 36.67	11/28/2007	11/28/2016	Class A Common	1,538
Option to Buy	\$ 42.45	11/26/2008	11/26/2017	Class A Common	1,538
SAR (4)	\$ 35.12	10/31/2009	10/31/2018	Class A Common	1,500
SAR (4)	\$ 26.66	12/01/2010	12/01/2019	Class A Common	1,125

Reporting Owners

Reporting Owner Name / Address	Relationships					
· · · · · · · · · · · · · · · · · · ·	Director	10% Owner	Officer	Other		
KAYSER KRAIG H						
3736 SOUTH MAIN STREET	X					
MARION, NY 14505						

Signatures

Timothy P.
Balkin

**Signature of Reporting Person

Date

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).
- Owned by Seneca Foods Corporation Employee's Pension Trust of which Mr. Kayser is a beneficiary and one of the trustees with joint voting power. Mr. Kayser's beneficial interest is limited to receiving certain retirement benefits upon retirement from employment.
- (2) Owned by Seneca Foods Foundation of which Mr. Kayser is an officer, director and shareholder. Mr. Kayser disclaims any beneficial interest in these shares.
- (3) Option to buy granted under the 1998 and/or 2003 Incentive Stock Option Plans.
- (4) Stock Appreciation Right (SAR) granted under the 2008 Stock Appreciation Rights Plan.

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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