

BELZINSKAS REMIGIJUS  
Form 4  
March 11, 2010

**FORM 4**

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

OMB APPROVAL

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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

**STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES**

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. Name and Address of Reporting Person \*  
**BELZINSKAS REMIGIJUS**

(Last) (First) (Middle)

**SIFCO INDUSTRIES INC, 970  
EAST 64TH STREET**

(Street)

**CLEVELAND, OH 44103**

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol  
**SIFCO INDUSTRIES INC [sif]**

3. Date of Earliest Transaction  
(Month/Day/Year)  
**03/09/2010**

4. If Amendment, Date Original Filed(Month/Day/Year)

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

\_\_\_ Director \_\_\_ 10% Owner  
 Officer (give title below) \_\_\_ Other (specify below)  
Corporate Controller

6. Individual or Joint/Group Filing(Check Applicable Line)  
 Form filed by One Reporting Person  
\_\_\_ Form filed by More than One Reporting Person

**Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned**

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	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 Ownership (Instr. 4)
			Code	V	Amount (D)	Price	
SIFCO Industries, Inc. Common Stock	03/09/2010		M		2,500	A \$ 4.69	3,250 D
SIFCO Industries, Inc. common stock	03/10/2010		S		2,500	D \$ 15.5	750 D
SIFCO Industries,	03/10/2010		M		2,500	A \$ 4.69	3,250 D

Inc.  
common  
stock  
  
SIFCO  
Industries,  
Inc.  
common  
stock

03/11/2010

S 2,500 D \$ 15.04 750 D

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

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(9-02)

**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. Transaction Code (Instr. 8)	5. Number 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)	8. Amount or Number of Shares
Stock options - right to purchase SIFCO common stock	\$ 5.5					04/30/2003 <sup>(1)</sup> 04/30/2012	SIFCO Industries, Inc. common stock	5,000
Stock Options - right to purchase SIFCO common stock	\$ 3.5					11/03/2004 <sup>(1)</sup> 11/03/2013	SIFCO Industries, Inc. common stock	5,000
Stock Options -	\$ 3.74					07/26/2006 <sup>(1)</sup> 07/26/2015	SIFCO Industries,	3,000

right to  
purchase  
SIFCO  
common  
stock

Inc.  
common  
stock

## Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
BELZINSKAS REMIGIJUS SIFCO INDUSTRIES INC 970 EAST 64TH STREET CLEVELAND, OH 44103			Corporate Controller	

## Signatures

Remigijus  
Belzinskas                      03/11/2010

\_\_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) 25% of options awarded vested on this date. The balance of the awards vested 25% per year in each of the next (3) years.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.  
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