

CAPPELLO FRANK A
Form 4
March 29, 2010

FORM 4

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

OMB APPROVAL

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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 *
CAPPELLO FRANK A

(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)

03/25/2010

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

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

___ Director ___ 10% Owner
X Officer (give title below) ___ Other (specify below)

Vice President Finance and CFO

6. Individual or Joint/Group Filing(Check Applicable Line)

X 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)
				(A) or (D)	Price		
SIFCO Industries, Inc. Common Stock	03/25/2010		S	500	D \$ 16.5	2,030	D
SIFCO Industries, Inc. Common Stock	03/26/2010		S	499	D \$ 16.75	1,531	D
SIFCO Industries,	03/29/2010		S	1,000	D \$ 17	531	D

Inc.
Common
Stock

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

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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)		
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Stock Options - right to purchase SIFCO Common Stock	\$ 4.69					11/08/2001 ⁽¹⁾	11/08/2010	SIFCO Industries, Inc. Common Stock	5,000
Stock Options - right to purchase SIFCO Common Stock	\$ 5.5					04/30/2003 ⁽¹⁾	04/30/2012	SIFCO Industries, Inc. Common Stock	10,000
Stock Options - right to purchase SIFCO Common Stock	\$ 3.5					11/03/2004 ⁽¹⁾	11/03/2013	SIFCO Industries, Inc. Common Stock	10,000
	\$ 3.74					07/26/2006 ⁽¹⁾	07/26/2015		6,000

