CAPPELLO FRANK A
Form 4
March 22, 2010

FORM 4

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

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

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).

(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)
03/18/2010

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 Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price			
SIFCO Industries, Inc. Common Stock	03/18/2010		S		298	D	$ 16	0	D	
SIFCO Industries, Inc. Common Stock	03/18/2010		M		3,534	A	$ 4.69	3,534	D	
SIFCO Industries,	03/19/2010		S		154	D	$ 16.25	3,380	D	

Inc. Common Stock									
SIFCO Industries, Inc. Common Stock	03/22/2010		S	530	D	$ 17	2,850	D	

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	03/18/2010		M			5,000	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	$ 3.5							11/03/2004[(1)]	11/03/2013	SIFCO Industries, Inc. Common Stock	10,000

common stock						
Stock Options - right to purchase SIFCO common stock	$ 3.74			07/26/2006(1)	07/26/2015	SIFCO Industries, Inc. Common Stock 6,000

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
CAPPELLO FRANK A SIFCO INDUSTRIES INC 970 EAST 64TH STREET CLEVELAND, OH 44103			Vice President Finance and CFO	

Signatures

Remigijus H. Belzinskas - by power of attorney	03/22/2010
**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).

(1) 25% of options awarded vested on this date. The balance of the awards vested 25% per year in each of the next three (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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