

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* KAYSER KRAIG H (Last) (First) (Middle) 3736 SOUTH MAIN STREET (Street) MARION NY 14505 (City) (State) (Zip)	2. Issuer Name and Ticker or Trading Symbol MOOG INC MOGA/MOGB	5. Relationship of Reporting Person(s) to Issuer (Check all applicable) <input checked="" type="checkbox"/> Director <input type="checkbox"/> 10% Owner <input type="checkbox"/> Officer (give title below) <input type="checkbox"/> Other (specify below)
3. Date of Earliest Transaction (Month/Day/Year) 1/11/2010		6. Individual or Joint/Group Filing (Check Applicable Line) <input checked="" type="checkbox"/> Form filed by One Reporting Person <input type="checkbox"/> 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			
Class A Common (1)	1/11/2010		A		500	A	\$32.53	152,000	I	Seneca Foods
										Pension Trust
Class B Common (1)	1/11/2010		A		500	A	\$32.97	80,000	I	Seneca Foods
										Pension Trust
Class A Common								5,398	D	
Class A Common (2)								27,237	I	Seneca Foods Fou
										ndation

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

* If the form is filed by more than one reporting person, see Instruction 4(b)(v).

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

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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)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	10. Ownership Form of Derivative Security: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)
								Date Exercisable	Expiration Date	Title	Amount or Number of Shares				
				Code	V	(A)	(D)								
Option to Buy (3)	\$7.59							11/29/2001	11/29/2010	Class A Common	1,687		1,687	D	
Option to Buy (3)	\$8.82							11/28/2002	11/28/2011	Class A Common	1,687		1,687	D	
Option to Buy (3)	\$15.24							5/17/2003	5/17/2012	Class A Common	9,681		9,681	D	
Option to Buy (3)	\$12.53							11/26/2003	11/26/2012	Class A Common	1,687		1,687	D	
Option to Buy (3)	\$19.74							12/2/2004	12/2/2013	Class A Common	1,687		1,687	D	
Option to Buy (3)	\$28.01							11/30/2005	11/30/2014	Class A Common	1,537		1,537	D	
Option to Buy (3)	\$28.94							11/29/2006	11/29/2015	Class A Common	1,538		1,538	D	
Option to Buy (3)	\$36.67							11/28/2007	11/28/2016	Class A Common	1,538		1,538	D	
Option to Buy (3)	\$42.45							11/26/2008	11/26/2017	Class A Common	1,538		1,538	D	
SAR (4)	\$35.12							10/31/2009	10/31/2018	Class A Common	1,500		1,500	D	
SAR (4)	\$26.66							12/1/2010	12/1/2019	Class A Common	1,125		1,125	D	

Explanation of Responses:

See attached "FOOTNOTES" page.

** Intentional misstatements or omissions of facts constitute Federal Criminal Violations.
See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).

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

Timothy P. Balkin
** Signature of Reporting Person

1/13/2010
Date

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required to respond unless the form displays a currently valid OMB number.

- 1 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.