BCB BANCORP INC

Form 4

January 05, 2006

FORM 4

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

OMB Number: 3235-0287

Estimated average

burden hours per

Check this box if no longer subject to Section 16.

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Expires: January 31, 2005

0.5

OMB APPROVAL

Section 16. Form 4 or Form 5 obligations may continue. See Instruction

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

2. Issuer Name and Ticker or Trading

response...

5. Relationship of Reporting Person(s) to

1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person *

COUGHLIN	N THOMAS MIC	CHAEL	Symbol BCB B	ANCORP	INC [BO	CBP]	0	Issuer (Chao)	k all applicable	`
(Last) 104 -110 AV	· · ·	Middle)	3. Date of (Month/E) 12/30/2	-	ansaction			X Director X Officer (give below)	titleOthe	Owner or (specify
BAYONNE	(Street)			endment, Da nth/Day/Year	_			Chief I 6. Individual or Jo Applicable Line) _X_ Form filed by O Form filed by M Person	One Reporting Per	g(Check
(City)	(State)	(Zip)	Tabl	e I - Non-D	erivative S	Securi	ties Acqu	iired, Disposed of	, or Beneficial	ly Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)		Date, if	3. Transaction Code (Instr. 8)	4. Securition(A) or Dis (Instr. 3, 4)	sposed	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)
Common Stock	12/30/2005			M	11,344	A	\$ 5.29	129,604	D	
Common Stock	12/30/2005			M	15,164	A	\$ 9.34	144,768	D	
Common Stock	12/30/2005			M	11,406	A	\$ 11.84	156,174	D	
Common Stock	12/30/2005			F	21,514	D	\$ 15.65	134,660	D	

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

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SEC 1474 (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. Transactic Code (Instr. 8)	Secur Secur Acqu or Di (D)	rities hired (A) sposed of : 3, 4,	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	\$ 5.29 (1) (2)	12/30/2005		M		11,344	07/08/2002	07/08/2012	Common Stock	11,344 (1) (2)
Stock Options	\$ 9.34 <u>(1)</u> <u>(2)</u>	12/30/2005		M		15,164	08/13/2003	08/13/2013	Common Stock	15,164 (1) (2)
Stock Options	\$ 11.84 (1) (2)	12/30/2005		M		11,406	08/12/2004	08/12/2014	Common Stock	11,406 (1) (2)

Relationshins

Reporting Owners

Reporting Owner Name / Address				
	Director	10% Owner	Officer	Other

COUGHLIN THOMAS MICHAEL

104 -110 AVENUE C X Chief Financial Officer

BAYONNE, NJ 07002

Signatures

/s/ Thomas M. O1/05/2006 Coughlin

**Signature of Reporting 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) Reflects a 25% stock dividend paid on November 22, 2004.
- (2) Reflects a 25% stock dividend paid on October 27, 2005.

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.

Reporting Owners 2