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KADANT IN Form 4 March 11, 20												
March 11, 2016 FORM 4 Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b). March 11, 2016 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 OMB 3235-028 Number: January 31 Expires: January 31 2003 Estimated average burden hours per response 0.3					
(Print or Type I	Responses)											
1. Name and Address of Reporting Person <u>*</u> LAMBERT SANDRA L			2. Issuer Name and Ticker or Trading Symbol KADANT INC [KAI]					5. Relationship of Reporting Person(s) to Issuer				
(Last)	(First) (M	iddle)		Earliest Tra	-			(Check all applicable)				
KADANT I TECHNOL	NC., ONE OGY PARK DRIV	/E	(Month/D 03/10/20	-				Director X Officer (give below) VP, GENERAL	e title Oth below)	o Owner er (specify ECRETARY		
				endment, Date Original nth/Day/Year)				 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting 				
(City)		Zip)				~ .		Person				
		-						uired, Disposed of		-		
1.Title of Security (Instr. 3)		Yansaction Date 2A. Deemed onth/Day/Year) Execution Date, if any (Month/Day/Year)			3. 4. Securities Acquired Transaction(A) or Disposed of Code (D) (Instr. 8) (Instr. 3, 4 and 5) (A) or Code V Amount (D) Price				unt of tes6. Ownership Form: Direct7. Nature of Indirectially(D) or Indirect (I)Beneficial Beneficial Indirect (I)ing(Instr. 4)(Instr. 4)ededs and 4)			
Common Stock	03/10/2016			М	1,363	А	<u>(1)</u>	20,270	D			
Common Stock	03/10/2016			F	443	D	\$ 42.2	19,827	D			
Common Stock	03/10/2016			М	948	A	<u>(2)</u>	20,775	D			
Common Stock	03/10/2016			F	308	D	\$ 42.2	20,467	D			
Common Stock	03/10/2016			М	236	А	<u>(3)</u>	20,703	D			

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Common Stock	03/10/2016	F	77	D	\$ 42.2	20,626	D
Common Stock	03/10/2016	М	808	А	<u>(4)</u>	21,434	D
Common Stock	03/10/2016	F	263	D	\$ 42.2	21,171	D
Common Stock	03/10/2016	М	207	А	<u>(5)</u>	21,378	D
Common Stock	03/10/2016	F	68	D	\$ 42.2	21,310	D

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

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.

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. 5. Number Transactionof Derivative Code Securities (Instr. 8) Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		6. Date Exer Expiration D (Month/Day	late	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
Restricted Stock Unit	\$ 0	03/10/2016		М	1,363	(1)	03/10/2016	Common Stock	1,363 (1)
Restricted Stock Unit	\$ 0	03/10/2016		М	948	(2)	03/10/2017	Common Stock	948 (2)
Restricted Stock Unit	\$ 0	03/10/2016		М	236	(3)	03/10/2017	Common Stock	236 (3)
Restricted Stock Unit	\$ 0	03/10/2016		М	808	(4)	03/10/2018	Common Stock	808 (4)
Restricted Stock Unit	\$ 0	03/10/2016		М	207	(5)	03/10/2018	Common Stock	207 (5)

8 I S () 10% Owner

Reporting Owners

Reporting Owner Name / Address

Relationships

Officer

Other

LAMBERT SANDRA L KADANT INC. ONE TECHNOLOGY PARK DRIVE WESTFORD, MA 01886

VP, GENERAL COUNSEL, SECRETARY

Signatures

Sandra L. Lambert

Date

03/11/2016

Director

<u>**</u>Signature of 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) The shares represent the partial settlement under a performance-based RSU award granted March 6, 2013. One-third of the RSU vested and became distributable on March 10, 2016 and was converted to common stock on a one-for-one basis on the vesting date.
- (2) The shares represent the partial settlement under a performance-based RSU award granted March 5, 2014. One-third of the RSU vested and became distributable on March 10, 2016 and was converted to common stock on a one-for-one basis on the vesting date.
- (3) The shares represent the partial settlement under a time-based RSU award granted March 5, 2014. One-third of the RSU vested and became distributable on March 10, 2016 and was converted to common stock on a one-for-one basis on the vesting date.
- (4) The shares represent the partial settlement under a performance-based RSU award granted March 9, 2015. One-third of the RSU vested and became distributable on March 10, 2016 and was converted to common stock on a one-for-one basis on the vesting date.
- (5) The shares represent the partial settlement under a time-based RSU award granted March 9, 2015. One-third of the RSU vested and became distributable on March 10, 2016 and was converted to common stock on a one-for-one basis on the vesting date.

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.