

KADANT INC
Form 4
October 19, 2006

FORM 4

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

OMB APPROVAL

OMB Number: 3235-0287
Expires: January 31, 2005
Estimated average burden hours per response... 0.5

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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 *
LAMBERT SANDRA L

(Last) (First) (Middle)

KADANT INC., ONE
TECHNOLOGY PARK DRIVE

(Street)

WESTFORD, MA 01886

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol
KADANT INC [KAI]

3. Date of Earliest Transaction
(Month/Day/Year)
10/18/2006

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

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

Director 10% Owner
 Officer (give title below) Other (specify below)
VP, GENERAL COUNSEL, SECRETARY

6. Individual or Joint/Group Filing(Check Applicable Line)
 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)
			Code	V	Amount (A) or Price (D)		
Common Stock	10/18/2006		M		400	A	\$ 13.05 13,873 D
Common Stock	10/18/2006		S		400	D	\$ 27.8 13,473 D
Common Stock	10/18/2006		M		200	A	\$ 13.05 13,673 D
Common Stock	10/18/2006		S		200	D	\$ 27.75 13,473 D
Common Stock	10/18/2006		M		600	A	\$ 13.05 14,073 D

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Common Stock	10/18/2006	S	600	D	\$ 27.7	13,473	D
Common Stock	10/18/2006	M	200	A	\$ 13.05	13,673	D
Common Stock	10/18/2006	S	200	D	\$ 27.65	13,473	D
Common Stock	10/18/2006	M	600	A	\$ 13.05	14,073	D
Common Stock	10/18/2006	S	600	D	\$ 27.62	13,473	D
Common Stock	10/18/2006	M	500	A	\$ 13.05	13,973	D
Common Stock	10/18/2006	S	500	D	\$ 27.61	13,473	D
Common Stock	10/18/2006	M	600	A	\$ 13.05	14,073	D
Common Stock	10/18/2006	S	600	D	\$ 27.6	13,473	D
Common Stock	10/18/2006	M	700	A	\$ 13.05	14,173	D
Common Stock	10/18/2006	S	700	D	\$ 27.57	13,473	D
Common Stock	10/18/2006	M	300	A	\$ 13.05	13,773	D
Common Stock	10/18/2006	S	300	D	\$ 27.56	13,473	D
Common Stock	10/18/2006	M	200	A	\$ 13.05	13,673	D
Common Stock	10/18/2006	S	200	D	\$ 27.51	13,473	D
Common Stock	10/18/2006	M	1,700	A	\$ 13.05	15,173	D
Common Stock	10/18/2006	S	1,700	D	\$ 27.5	13,473	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)

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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)	Amount or Number of Shares
Employee Stock Option (Right To Buy)	\$ 13.05	10/18/2006		M	6,000	12/10/2001 12/10/2008	Common Stock	6,000

Reporting Owners

Reporting Owner Name / Address	Relationships
LAMBERT SANDRA L KADANT INC. ONE TECHNOLOGY PARK DRIVE WESTFORD, MA 01886	Director 10% Owner Officer VP, GENERAL COUNSEL, SECRETARY Other

Signatures

Sandra L. Lambert
10/19/2006
 **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).

Remarks:

THE TRANSACTIONS REPORTED ON THIS FORM 4 WERE EXECUTED PURSUANT TO A RULE 10b5-1 TRADING

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