SEASHORE GENE H

Form 4

November 30, 2009

FORM 4

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

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

OMB APPROVAL	
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(Print or Type Responses)

1. Name and Address of Reporting Person * SEASHORE GENE H	2. Issuer Name **and** Ticker or Trading Symbol **BEMIS CO INC [BMS]**	5. Relationship of Reporting Person(s) to Issuer
(Last) (First) (Middle)	3. Date of Earliest Transaction (Month/Day/Year) 11/25/2009	(Check all applicable) _____ Director _____ 10% Owner __X__ Officer (give title _____ Other (specify below) below) Vice President
ONE NEENAH CENTER, 4TH FLOOR, P.O. BOX 669		
(Street)	4. If Amendment, Date Original Filed(Month/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 Person
NEENAH, WI 54957		
(City) (State) (Zip)		

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			
Common Stock	11/25/2009		M		3,554 (10)	A	$ 29.4	46,660	D	
Common Stock	03/31/2009		J		236	A	(1)	10,535	I	401(k) Plan
Common Stock	06/30/2009		J		205	A	(1)	10,740	I	401(k) Plan
Common Stock	09/30/2009		J		140	A	(1)	10,880	I	401(k) Plan

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

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 Am Underlying Sec (Instr. 3 and 4)
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title
Common Stock	(2)	01/01/2005		A		24,000		12/31/2009[4]	12/31/2009	Common Stock
Common Stock	(2)	01/02/2006		A		26,000		12/31/2010[5]	12/31/2010	Common Stock
Common Stock	(2)	01/03/2007		A		22,000		12/31/2011[6]	12/31/2011	Common Stock
Common Stock	(2)	01/02/2008		A		23,000		12/31/2012[7]	12/31/2012	Common Stock
Common Stock	(2)	01/13/2009		A		9,745		12/31/2011[8]	12/31/2011	Common Stock
Common Stock	(2)	01/13/2009		A		11,629		12/31/2013[9]	12/31/2013	Common Stock
Common Stock	$ 16.7813	01/01/2001	11/25/2009	M			12,392 [10]	[11]	12/31/2010	Common Stock
Common Stock	$ 24.59	01/01/2002		A		10,470		[11]	12/31/2011	Common Stock
Common Stock	$ 24.815	01/02/2003		A		16,798		[11]	12/31/2012	Common Stock

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
SEASHORE GENE H ONE NEENAH CENTER, 4TH FLOOR P.O. BOX 669 NEENAH, WI 54957			Vice President	

Signatures

J J Seifert Power of Attorney

11/30/2009

<u>**</u>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)   No price necessary for Edgar - Company 401(k) Plan.

(2)   Security converts to Common Stock on a one-for-one basis on date of conversion.

(3)   Will know price on the date of conversion.

(4)   Award under Bemis Time Accelerated Restricted Stock Appreciation Program (TARSAP) exempt under Rule 16b-3: Grant to Reporting Person of right to receive stock as of December 31, 2009.

(5)   Award under Bemis Time Accelerated Restricted Stock Appreciation Program (TARSAP) exempt under Rule 16b-3: Grant to Reporting Person of right to receive stock as of December 31, 2010.

(6)   Award under Bemis Time Accelerated Restricted Stock Appreciation Program (TARSAP) exempt under Rule 16b-3: Grant to Reporting Person of right to receive stock as of December 31, 2011.

(7)   Award under Bemis Time Accelerated Restricted Stock Appreciation Program (TARSAP) exempt under Rule 16b-3: Grant to Reporting Person of right to receive stock as of December 31, 2012.

(8)   Award under Bemis Performance Based Restricted Stock Award Program exempt under Rule 16b-3: Grant to Reporting Person of right to receive Performance Stock Units as of December 31, 2011, if certain performance targets are met by the Company.

(9)   Award under Bemis Restricted Stock Award Program exempt under Rule 16b-3: Grant to Reporting Person of right to receive Restricted Stock Units as of December 31, 2013.

(10)   Exercise of option to purchase 12,392 shares. Reporting Person attested to ownership of 7,073 shares to cover the cost of exercise and requested the Company to use 1,765 shares to cover withholding taxes, resulting in the issuance of 3,554 shares to Reporting Person.

(11)   Stock Option (right to buy) pursuant to Stock Option Plan exempt under Rule 16b-3: Options presently exercisable.

(12)   Will know price on the date of exercise.

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.