

BCB BANCORP INC
Form 4
May 29, 2008

FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

OMB APPROVAL

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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 *
BROGAN JOSEPH J

2. Issuer Name and Ticker or Trading Symbol
BCB BANCORP INC [BCBP]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)
104-110 AVENUE C
(Street)

3. Date of Earliest Transaction (Month/Day/Year)
05/28/2008

Director 10% Owner
 Officer (give title below) Other (specify below)
Vice Chairman

BAYONNE, NJ 07002

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

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

(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)			
				(A) or (D)	Price					
Common Stock	05/28/2008		M	V	5,186	A	\$ 5.29	99,606	D	
Common Stock	05/28/2008		M	V	17,495	A	\$ 9.34	117,101	D	
Common Stock								5,010	I	By Corporation
Common Stock								33,308	I	Grandson
Common Stock								5,671	I	Wife

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Common Stock	16,590	I	Granddaughter
Common Stock	16,070	I	Granddaughter
Common Stock	16,070	I	Granddaughter
Common Stock	17,158	I	Granddaughter

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

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(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. 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	
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Stock Options	\$ 5.29	05/28/2008		M	5,186	07/08/2002 07/08/2012	Common Stock	5,186	
Stock Options	\$ 9.34	05/28/2008		M	17,495	08/13/2003 08/13/2013	Common Stock	17,495	
Stock Options	\$ 11.84					08/12/2004 08/12/2014	Common Stock	8,592	

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
BROGAN JOSEPH J 104-110 AVENUE C BAYONNE, NJ 07002	X			Vice Chairman

Signatures

/s/ Alan Schick, pursuant to power of
attorney

05/29/2008

__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).

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

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