

Lynds Gregory S
Form 4
January 15, 2009

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 *
Lynds Gregory S

2. Issuer Name and Ticker or Trading Symbol
BJs RESTAURANTS INC [BJRI]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)
7755 CENTER AVENUE, SUITE 300

3. Date of Earliest Transaction (Month/Day/Year)
12/31/2008

____ Director _____ 10% Owner
 Officer (give title below) _____ Other (specify below)
Exec VP -Chief Dev.Officer

(Street)

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

HUNTINGTON BEACH, CA 92647

(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 Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price
Common Stock					7,518 ⁽³⁾	D	
Common Stock	12/31/2008		A		\$ 10,000	A	10.11
					10,000 ⁽⁴⁾	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)

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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
Common Stock Purchase Option	\$ 13.57					04/15/2007 ⁽¹⁾ 04/16/2014	Common Stock	2,500
Common Stock Purchase Option	\$ 15.5					02/22/2008 ⁽¹⁾ 02/23/2015	Common Stock	8,890
Common Stock Purchase Option	\$ 23.26					01/04/2007 ⁽²⁾ 01/04/2016	Common Stock	15,000
Common Stock Purchase Option	\$ 11.26					07/22/2004 ⁽²⁾ 07/23/2013	Common Stock	90,000
Common Stock Purchase Option	\$ 19.96					01/03/2008 ⁽²⁾ 01/03/2017	Common Stock	10,000
Non Qualified Stock Options	\$ 16.63					01/02/2009 ⁽²⁾ 01/02/2018	Common Stock	18,100
Non Qualified Stock Options	\$ 10.11	12/31/2008		A	15,000	12/31/2009 ⁽²⁾ 12/31/2018	Common Stock	15,000

Reporting Owners

Reporting Owner Name / Address

Relationships

Director 10% Owner Officer Other

Lynds Gregory S
7755 CENTER AVENUE
SUITE 300
HUNTINGTON BEACH, CA 92647

Exec VP -Chief Dev.Officer

Signatures

Dianne Scott, Attorney-in-fact for Gregory S.
Lynds

01/15/2009

__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) Options vest 33 1/3% per year beginning on the third anniversary of the date of grant.
- (2) Options vest 20% per yer beginning on the first anniversary of the date of grant.
- (3) These shares represent a restricted stock award vesting in five equal installments beginning on 1/2/2009.
- (4) These shares represent a restricted stock award vesting in five equal installments of each 2,000 shares beginning on 12/31/2009.

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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