Edgar Filing: MEYER ROBERT - Form 4

Check this box if no longer subject to Section 16. Form 4 or Form 5	5 UNITED STATE STATEMENT (Filed pursuant to Section 17(a) of the	S SECURITIES AND Washington, D DF CHANGES IN BF SECURIT Section 16(a) of the S Public Utility Holdin) of the Investment Co	.C. 20549 ENEFICIAL OWI TES Securities Exchange g Company Act of	NERSHIP OF e Act of 1934, 1935 or Section	OMB Number: Expires: Estimated a burden hour response	•						
(Print or Type Responses)												
1. Name and Address of MEYER ROBER		2. Issuer Name and Ti Symbol VALLEY NATION [VLY]	-	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)								
(Last) (Fi 1455 VALLEY RO	irst) (Middle) OAD	3. Date of Earliest Trans (Month/Day/Year) 12/13/2005	action	Director X Officer (give t below) EXECUTIVE								
(Sti WAYNE, NJ 0747	6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person											
(City) (St	tate) (Zip)	Table I - Non-Deri	vative Securities Acq	uired, Disposed of,	or Beneficiall	y Owned						
	any	on Date, if Transaction(A Code (I /Day/Year) (Instr. 8)	Securities Acquired A) or Disposed of (D) nstr. 3, 4 and 5) (A) or mount (D) Price	Securities Beneficially Owned	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)							
Common 12/13 Stock	3/2005 12/13		,010 D ^{\$} 24.43	20,966 <u>(1)</u>	D							
Common Stock (401K Plan)				1,696	D							
Common Stock (with Spouse)				136,772	D							

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

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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. Transactio Code (Instr. 8)	5. onNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	Expiration Dat (Month/Day/Y	. Date Exercisable and Expiration Date Month/Day/Year)		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	
Stock Option	\$ 15.8952					11/18/1998	11/18/2007	Common Stock	20,939	
Stock Option	\$ 15.8952					10/23/1999	10/23/2008	Common Stock	16,744	
Stock Option	\$ 15.8952					11/23/2000	11/23/2009	Common Stock	15,955	
Stock Option	\$ 18.6571					11/28/2001	11/28/2010	Common Stock	16,713	
Stock Option	\$ 21.7429					11/27/2003	11/27/2011	Common Stock	4,949	
Stock Option	\$ 22.7524					11/18/2003	11/18/2012	Common Stock	13,892	
Stock Option	\$ 24.68					11/14/2006	11/14/2015	Common Stock	14,500	
Stock Option	\$ 26.5333					11/17/2004	11/17/2013	Common Stock	13,230	
Stock Option	\$ 26.6381					11/16/2005	11/16/2014	Common Stock	12,600	
STOCK OPTION/NQ	\$ 21.7429					11/27/2002	11/27/2011	Common Stock	10,968	

Reporting Owners

Reporting Owner Name / Address

Relationships

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EXECUTIVE VICE PRESIDENT

Director 10% Owner Officer

Other

MEYER ROBERT 1455 VALLEY ROAD WAYNE, NJ 07470-

Signatures

ROBERT MEYER

12/14/2005

<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) Includes restricted shares granted under VNB 1999 Long Term Stock Incentive Plan, vesting in five equal installments beginning one year from the grant date.
- (2) Granted under VNB 1999 Long Term Stock Incentive Plan, exercisable in five equal installments beginning one year from the grant 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.