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Form 4	ton H.										
October 01,									OMB AF	PROVAL	
FORN Check th	UNITED	Washington, D.C. 20549									
if no lon, subject to Section 2 Form 4 of Form 5 obligation may con	ger o 16. or Filed pu tinue. Section 170	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								Expires: January 31, 2005 Estimated average burden hours per response 0.5	
See Instr 1(b).	uction	50(II)		ivestillent	. Compa	Iy AC		0			
(Print or Type	Responses)										
1. Name and A Kinzler Mo	2. Issuer Name and Ticker or Trading Symbol BARNWELL INDUSTRIES INC [BRN]					5. Relationship of Reporting Person(s) to Issuer (Check all applicable)					
(Last) (First) (Middle) 1100 ALAKEA STREET, SUITE 2900			3. Date of Earliest Transaction (Month/Day/Year) 09/30/2010					X DirectorX 10% Owner X Officer (give title Other (specify below) Chairman and CEO			
File				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 			
	LU, HI 96813	(7 .)						Person		8	
(City)	(State)	(Zip)	Tab	le I - Non-I	Derivative	Secur	rities Acqu	uired, Disposed of,	or Beneficial	y Owned	
1.Title of Security (Instr. 3)	2. Transaction Data (Month/Day/Year)	Execution any	Date, if	3. Transactio Code (Instr. 8)	4. Securi on(A) or Di (Instr. 3,	spose	d of (D)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 2 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
Common	00/20/2010			Code V		(D)	Price	(Instr. 3 and 4)	D		
Stock	09/30/2010			Р	300	А	\$ 3.1	1,348,708 <u>(1)</u>	D		
Common Stock	09/30/2010			Р	4,380	А	\$ 3.2204	1,353,088 <u>(1)</u>	D		
Common Stock	09/30/2010			Р	320	А	\$ 3.23	1,353,408 (1)	D		

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

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required to respond unless the formSEC 1474
(9-02)

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displays a currently valid OMB control number.

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. Transacti Code (Instr. 8)	5. orNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	;	ate	Amou Under Secur	rlying	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secu Bene Owna Follo Repo Trans (Instr
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

Reporting Owners

Reporting Owner Name / Addre	ess	Relationships							
	Director	10% Owner	Officer	Other					
Kinzler Morton H. 1100 ALAKEA STREET SUITE 2900 HONOLULU, HI 96813	Х	Х	Chairman and CEO						
Signatures									
Morton H. Kinzler	09/30/2010								
**Signature of	Date								

Reporting Person

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 1,848 shares owned by the reporting person's spouse, to which the reporting person disclaims beneficial ownership.

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.