JONES SODA CO Form 4 September 01, 2006

FORM 4

OMB APPROVAL

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

OMB Number: 3235-0287

Check this box if no longer subject to Section 16.

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

Expires: January 31, 2005
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0.5

Form 4 or Form 5 obligations may continue.

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

SECURITIES

response...

See Instruction 1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person * VAN STOLK PETER			2. Issuer Name and Ticker or Trading Symbol JONES SODA CO [JSDA]					g	5. Relationship of Reporting Person(s) to Issuer			
(Last) 234 NINTH	(First) (Middle)	3. Date of Earliest Transaction (Month/Day/Year) 05/01/2006					(Check all applicable) _X Director 10% Owner _X Officer (give title Other (specify below) Chief Executive Officer				
(Street) SEATLE, WA 98109			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				
(City) (State) (Zip) Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned						lly Owned						
1.Title of Security (Instr. 3)	2. Transaction Da (Month/Day/Year) Execution any	emed on Date, if /Day/Year)	Code (Instr. 8		4. Securitin(A) or Dis (D) (Instr. 3, 4)	sposed	of of of Price	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)	
Common Stock	08/30/2006			M		60,000	A	\$ 0.9 (2)	1,544,194	D		
Common Stock									100,000	I	By 543608 B.C. Ltd.	

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 (A) or Dis (D) (Instr. 3, 4)	Acquired sposed of	6. Date Exercisab Date (Month/Day/Year	•	7. Title and Underlying (Instr. 3 and
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title
Employee Stock Option (Right to Buy)	\$ 0.9 (2)	05/01/2006		D <u>(1)</u>		60,000	05/28/2001	05/28/2006(1)	Common Stock
Employee Stock Option (Right to Buy)	\$ 0.9 (2)	05/01/2006		A <u>(1)</u>	60,000		05/28/2001(1)	09/06/2006	Common Stock
Employee Stock Option (Right to Buy)	\$ 0.9 (2)	08/30/2006		M		60,000	05/28/2001	09/06/2006	Common Stock

Reporting Owners

Reporting Owner Name / Address	Relationships						
. 9	Director	10% Owner	Officer	Other			
VAN STOLK PETER 234 NINTH AVENUE NORTH	X		Chief Executive				
SEATLE, WA 98109			Officer				

Signatures

/s/ Peter van Stolk	09/01/200		
**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) The two reported transactions involved an extension to the expiration date of an outstanding option, resulting in the deemed cancellation of the "old" option and the grant of a replacement option. The option was originally granted on May 28, 2001.

Reporting Owners 2

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(2) Canadian dollars

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.