

FOREST OIL CORP
Form 4
November 13, 2007

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

OMB APPROVAL

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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

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 *
Cecil N. Colwell

2. Issuer Name and Ticker or Trading Symbol
FOREST OIL CORP [FST]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)
707 SEVENTEENTH STREET, SUITE 3600
(Street)

3. Date of Earliest Transaction (Month/Day/Year)
11/09/2007

____ Director _____ 10% Owner
 Officer (give title below) _____ Other (specify below)
Senior V.P. Worldwide Drilling

DENVER, CO 80202

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 Ownership (Instr. 4)
				(A) or (D)	Price		
Common Stock	11/09/2007		S	600	D \$ 49.74	32,294	D
Common Stock	11/09/2007		S	200	D \$ 49.75	32,094	D
Common Stock ⁽¹⁾	11/09/2007		S	1,100	D \$ 49.76	30,994	D
Common Stock ⁽¹⁾	11/09/2007		S	923	D \$ 49.77	30,071	D
Common Stock	11/09/2007		M	200	A \$ 20.02	30,271	D

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Common Stock	11/09/2007	S	200	D	\$ 50.12	30,071	D
Common Stock	11/09/2007	M	200	A	\$ 20.02	30,271	D
Common Stock	11/09/2007	S	200	D	\$ 50.11	30,071	D
Common Stock	11/09/2007	M	6,500	A	\$ 20.02	36,571	D
Common Stock	11/09/2007	S	6,500	D	\$ 50.1	30,071	D
Common Stock	11/09/2007	M	200	A	\$ 20.02	30,271	D
Common Stock	11/09/2007	S	200	D	\$ 50.02	30,071	D
Common Stock	11/09/2007	M	100	A	\$ 20.02	30,171	D
Common Stock	11/09/2007	S	100	D	\$ 50.03	30,071	D
Common Stock	11/09/2007	M	4,800	A	\$ 20.02	34,871	D
Common Stock	11/09/2007	S	4,800	D	\$ 50	30,071	D
Common Stock	11/09/2007	M	2,300	A	\$ 20.02	32,371	D
Common Stock	11/09/2007	S	2,300	D	\$ 50.05	30,071	D
Common Stock	11/09/2007	M	2,700	A	\$ 20.02	32,771	D
Common Stock	11/09/2007	S	2,700	D	\$ 49.77	30,071	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)

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	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	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)
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Derivative Security			(A) or Disposed of (D) (Instr. 3, 4, and 5)		Date Exercisable	Expiration Date	Title	Amount or Number of Shares
			Code	V				
Non-Qualified Stock Option (right to buy) <u>(2)</u>	\$ 20.02	11/09/2007	M	200	<u>(3)</u>	12/07/2010	Common Stock	200
Non-Qualified Stock Option (right to buy) <u>(2)</u>	\$ 20.02	11/09/2007	M	200	<u>(3)</u>	12/07/2010	Common Stock	200
Non-Qualified Stock Option (right to buy) <u>(2)</u>	\$ 20.02	11/09/2007	M	6,500	<u>(3)</u>	12/07/2010	Common Stock	6,500
Non-Qualified Stock Option (right to buy) <u>(2)</u>	\$ 20.02	11/09/2007	M	200	<u>(3)</u>	12/07/2010	Common Stock	200
Non-Qualified Stock Option (right to buy) <u>(2)</u>	\$ 20.02	11/09/2007	M	100	<u>(3)</u>	12/07/2010	Common Stock	100
Non-Qualified Stock Option (right to buy) <u>(2)</u>	\$ 20.02	11/09/2007	M	4,800	<u>(3)</u>	12/07/2010	Common Stock	4,800
Non-Qualified Stock Option (right to buy) <u>(2)</u>	\$ 20.02	11/09/2007	M	2,300	<u>(3)</u>	12/07/2010	Common Stock	2,300
Non-Qualified Stock Option (right to buy) <u>(2)</u>	\$ 20.02	11/09/2007	M	2,700	<u>(3)</u>	12/07/2010	Common Stock	2,700

Reporting Owners

Reporting Owner Name / Address

Relationships

Director 10% Owner Officer Other

Cecil N. Colwell
707 SEVENTEENTH STREET
SUITE 3600
DENVER, CO 80202

Senior V.P. Worldwide Drilling

Signatures

By: Lizbeth J. Stenmark, attorney-in-fact For: Cecil N.
Colwell

11/13/2007

__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) This report includes non-reportable acquisitions by the reporting person pursuant to the 1999 Employee Stock Purchase Plan of Forest Oil Corporation.
On March 2, 2006, Forest completed a spin-off transaction involving a wholly-owned subsidiary, which was subsequently merged with a subsidiary of Mariner Energy, Inc. The number and the exercise price of all outstanding stock options granted under Forest's equity incentive plans were adjusted to reflect the spin-off.
- (3) This option becomes exercisable in installments: 20 percent of this option vests immediately and the remaining 80 percent of this option vests in 20 percent increments on each of the first four anniversaries of the date of grant.

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.