

FOREST OIL CORP
Form 4
November 15, 2007

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 *
Cecil N. Colwell

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

DENVER, CO 80202

(City) (State) (Zip)

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

3. Date of Earliest Transaction (Month/Day/Year)
11/13/2007

4. If Amendment, Date Original Filed(Month/Day/Year)

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

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

6. Individual or Joint/Group Filing(Check Applicable Line)
X Form filed by One Reporting Person
___ Form filed by More than One Reporting Person

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 Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Ownership Indirect Beneficial Ownership (Instr. 4)
				(A) or (D)	Code V Amount (D) Price		

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	2. Conversion or Exercise	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any	4. Transaction Code	5. Number of Derivative	6. Date Exercisable and Expiration Date (Month/Day/Year)	7. Title and Amount of Underlying Securities (Instr. 3 and 4)
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(Instr. 3)	Price of Derivative Security	(Month/Day/Year)	(Instr. 8)	Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)						
			Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Non-Qualified Stock Option (right to buy) <u>(1)</u>	\$ 16.82	11/13/2007	M		200		<u>(2)</u>	12/12/2011	Common Stock	200
Non-Qualified Stock Option (right to buy) <u>(1)</u>	\$ 16.82	11/13/2007	M		600		<u>(2)</u>	12/12/2011	Common Stock	600
Non-Qualified Stock Option (right to buy) <u>(1)</u>	\$ 16.82	11/13/2007	M		100		<u>(2)</u>	12/12/2011	Common Stock	100
Non-Qualified Stock Option (right to buy) <u>(1)</u>	\$ 16.82	11/13/2007	M		500		<u>(2)</u>	12/12/2011	Common Stock	500
Non-Qualified Stock Option (right to buy) <u>(1)</u>	\$ 16.82	11/13/2007	M		100		<u>(2)</u>	12/12/2011	Common Stock	100
Non-Qualified Stock Option (right to buy) <u>(1)</u>	\$ 16.82	11/13/2007	M		300		<u>(2)</u>	12/12/2011	Common Stock	300
Non-Qualified Stock Option (right to buy) <u>(1)</u>	\$ 16.82	11/13/2007	M		900		<u>(2)</u>	12/12/2011	Common Stock	900
Non-Qualified Stock Option (right to buy) <u>(1)</u>	\$ 16.82	11/13/2007	M		100		<u>(2)</u>	12/12/2011	Common Stock	100
Non-Qualified Stock Option (right to buy) <u>(1)</u>	\$ 16.82	11/13/2007	M		200		<u>(2)</u>	12/12/2011	Common Stock	200

Non-Qualified Stock Option (right to buy) (1)	\$ 16.82	11/13/2007	M	100	(2)	12/12/2011	Common Stock	100
Non-Qualified Stock Option (right to buy) (1)	\$ 16.82	11/13/2007	M	610	(2)	12/12/2011	Common Stock	610
Non-Qualified Stock Option (right to buy) (1)	\$ 20.02	11/13/2007	M	150	(3)	12/07/2010	Common Stock	150

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
11/15/2007

__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).

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.

(2) This option becomes exercisable in four equal installments on each of the first four anniversaries of the date of grant.

(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.

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