FOREST OIL CORP

Form 4

November 22, 2006

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB Number:

3235-0287

Expires:

5. Relationship of Reporting Person(s) to

January 31, 2005

0.5

Estimated average burden hours per

OMB APPROVAL

response...

if no longer subject to Section 16. Form 4 or Form 5

Check this box

obligations may continue. See Instruction

1. Name and Address of Reporting Person *

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

2. Issuer Name and Ticker or Trading

1(b).

(Print or Type Responses)

Clast Clas	WURTZBA	Бушеел	Symbol FOREST OIL CORP [FST]				Issuer (Cl. 1, II, II, II)			
DENVER, CO 80202 City State Campon Security (Instr. 3)	707 SEVEN	(Month	3. Date of Earliest Transaction (Month/Day/Year)				X_ Officer (give title Other (specify below)			
1.Title of Security (Instr. 3) 2. Transaction Date (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) 2. Transaction Date (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) 2. Transaction Date (Execution Date, if any (Month/Day/Year) (Month/Day/Year) (Instr. 3, 4 and 5) Code (Instr. 3, 4 and 5) (A) Or Price (Instr. 4) (A) Or Price (Instr. 3) (Instr. 4) Reported Transaction(s) (Instr. 3 and 4) Code (Instr. 3) 11/21/2006 11/2	DENVER, O						Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting			
Security (Instr. 3) (Month/Day/Year) Execution Date, if any (Month/Day/Year) Code (Instr. 3, 4 and 5) Beneficially (Instr. 4) Code (Instr. 3, 4 and 5) Beneficially (Instr. 4) Code (Instr. 3, 4 and 5) Code (Instr. 4, 4 and	(City)	(State)	(Zip) Ta	ble I - Non-I	Derivative	Secur	rities Acq	uired, Disposed o	f, or Beneficial	ly Owned
Common Stock (1) 11/21/2006 I 2,091 D \$ 34.15 0 I By 401(k) Plan Common Stock 16,271 D Common Stock 37 L by Son	Security		Execution Date, it	Transactic Code (Instr. 8)	on(A) or D (Instr. 3,	ispose 4 and (A) or	ed of (D) 5)	Securities Beneficially Owned Following Reported Transaction(s)	Form: Direct (D) or Indirect (I)	Indirect Beneficial Ownership
Stock Common 37 I by Son		11/21/2006					\$	0	I	
37 I by Son								16,271	D	
								37	I	by Son

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

Persons who respond to the collection of SEC 1474 information contained in this form are not (9-02)required to respond unless the form displays a currently valid OMB control

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number.

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of	2.	3. Transaction Date	3A. Deemed	4.	5.	6. Date Exerc	cisable and	7. Titl	e and	8. Price of	9. Nu
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transactio	onNumber	Expiration Da	ate	Amou	nt of	Derivative	Deriv
Security	or Exercise		any	Code	of	(Month/Day/	Year)	Under	lying	Security	Secui
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Derivative	e		Securi	ities	(Instr. 5)	Bene
	Derivative				Securities			(Instr.	3 and 4)		Owne
	Security				Acquired						Follo
					(A) or						Repo
					Disposed						Trans
					of (D)						(Instr
					(Instr. 3,						
					4, and 5)						
									A		
									Amount		
						Date	Expiration	TC:41	or		
						Exercisable	Date		Number		
				G 1 17	(A) (D)				of		
				Code V	(A) (D)				Shares		

Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

WURTZBACHER MATTHEW A 707 SEVENTEENTH STREET, SUITE 3600 DENVER, CO 80202

Senior V.P. - Corp Plan & Dev

Signatures

By: Lizbeth J. Stenmark, attorney-in-fact For: Matthew A.

Wurtzbacher 11/22/2006

**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 FST investment option will be removed from Forest Oil Corporation's 401(k) Plan as of December 31, 2006. This transaction was required to comply with that removal.

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.

Reporting Owners 2