Edgar Filing: FOREST OIL CORP - Form 4

FOREST OF Form 4 May 14, 200										
FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549									PPROVAL 3235-0287	
Check th if no lon subject t Section Form 4 o Form 5 obligatio may con <i>See</i> Instr 1(b).	ger o 16. or Filed pu ons tinue.	rsuant to S (a) of the I	F CHAN Section	NGES IN SECUI 16(a) of th Jtility Hol	BENEF RITIES ne Securit Iding Cor	ICIAL O'	WNERSHIP OF nge Act of 1934, of 1935 or Section 940	Estimated burden hou response	urs per	
(Print or Type	Responses)									
1. Name and Address of Reporting Person <u>*</u> HOGLUND FORREST E			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			3. Date of Earliest Transaction (Month/Day/Year) 05/10/2007				X_Director10% Owner Officer (give titleOther (specify below) below)			
(Street) DENVER, CO 80202			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)	Tak	la I Non	Dorivotivo	Socurities A	Acquired, Disposed	of or Bonoficio	lly Ownod	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deema Execution any (Month/Da	ed Date, if	3. Transactic Code (Instr. 8)	4. Securit onAcquired Disposed (Instr. 3, 4	ies (A) or of (D)	5. Amount of Securities Beneficially	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect	
Reminder: Rej	port on a separate lin	e for each cl	ass of sec	urities bene	Perso inforn requir	ns who res nation cont ed to resp lys a curre	or indirectly. spond to the colle tained in this form ond unless the fo ntly valid OMB co	n are not rm	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	2.	3. Transaction Date	3A. Deemed	4.	5. Number	6. Date Exercisable and	7. Title and Amour
Derivative	Conversion	(Month/Day/Year)	Execution Date, if	Transactio	onof Derivative	Expiration Date	Underlying Securit
Security	or Exercise		any	Code	Securities	(Month/Day/Year)	(Instr. 3 and 4)

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(Instr. 3)	Price of Derivative Security		(Month/Day/Year)	(Instr.	8)	Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)					
				Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amo or Num of Share
Non-Qualified Stock Option (right to buy) (1)	\$ 36.785	05/10/2007		A		5,000		05/10/2007	05/10/2017	Common Stock	5,0

Reporting Owners

Reporting Owner Name / Address		Relationsh			
	Director	10% Owner	Officer	Other	
HOGLUND FORREST E 707 SEVENTEENTH STREET, SUITE 3600 DENVER, CO 80202	Х				
Signatures					
By: Lizbeth J. Stenmark, attorney Hoglund		05/14/2007			

**Signature of 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) Non-employee director stock option awarded pursuant to the terms of the 2001 Stock Incentive Plan on the date of the company's annual meeting of shareholders.

Date

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.