GURULE LEONARD C

Form 4 October 04, 2011

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

SECURITIES

OMB 3235-0287

OMB APPROVAL

Number:

Expires:

January 31, 2005

0.5

Estimated average

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subject to Section 16. Form 4 or Form 5 obligations may continue.

See Instruction

Check this box

if no longer

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

1(b).

(Print or Type Responses)

| 1. Name and A GURULE L | Symbol | FOREST OIL CORP [FST] | | | | 5. Relationship of Reporting Person(s) to Issuer (Check all applicable) | | | | |
|--------------------------------------|---|-----------------------|--|---------------|-----------|---|---|----------------------|-----------|--|
| | | | | | | | | | | |
| (Last) | (First) (M | | 3. Date of Earliest Transaction | | | | | | | |
| 707 CEVEN | ` | (Month/Day/Year) | | | | Director _X_ Officer (given) | | Owner er (specify | | |
| 707 SEVEN | 09/30/2 | 09/30/2011 | | | | below) below) | | | | |
| STREET, S | U11E 3000 | | | | | | SVP | - Western Regio | on | |
| | (Street) | 4. If Ame | 4. If Amendment, Date Original | | | | 6. Individual or Joint/Group Filing(Check | | | |
| DENVER, O | CO 80202 | Filed(Mo | Filed(Month/Day/Year) | | | | Applicable Line) _X_Form filed by One Reporting PersonForm filed by More than One Reporting Person | | | |
| (City) | (State) | (Zip) Tabl | e I - Non-D | erivative S | Securit | ies Acc | quired, Disposed | of, or Beneficial | lly Owned | |
| 1.Title of Security (Instr. 3) | Security (Month/Day/Year) Execution any | | med 3. on Date, if Transaction Code Day/Year) (Instr. 8) | | | | 5. Amount of Securities Form: Direct Indirect Beneficially (D) or Benefici Owned Indirect (I) Ownersl Following (Instr. 4) (Instr. 4) Reported Transaction(s) | | | |
| | | | Code V | Amount | or (D) | Price | (Instr. 3 and 4) | | | |
| Common Stock | 09/30/2011 | | D | 35,500 (1) | D | \$ 0 (1) | 19,299 | D | | |

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 number.

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

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| 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. Transactio Code (Instr. 8) | 5. Number proof Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5) | 6. Date Exercisable and Expiration Date (Month/Day/Year) | | 7. Title and Amount of Underlying Securities (Instr. 3 and 4) | | 8. D S (I |
|---|---|---|---|--|--|--|--------------------|---|--|--------------------|
| | | | | Code V | (A) (D) | Date Exercisable | Expiration Date | Title | Amount or Number of Shares | |
| Phantom Stock Units | <u>(1)</u> | 09/30/2011 | | D | 3,000 (1) | (1) | 04/01/2012 | Common Stock | 3,000 | |

Reporting Owners

Reporting Owner Name / Address Relationships

Director 10% Owner Officer Other

GURULE LEONARD C 707 SEVENTEENTH STREET SUITE 3600 DENVER, CO 80202

SVP - Western Region

Signatures

By: Roberta L. Louis, attorney-in-fact For: Leonard C. Gurule

10/04/2011

**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 securities were forfeited to the Issuer upon Reporting Person's resignation of employment with the Issuer.

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