

FOREST OIL CORP
Form 4
September 11, 2006

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 *
KEYTE DAVID H

(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)
09/08/2006

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

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

____ Director _____ 10% Owner
 Officer (give title below) _____ Other (specify below)
Executive V.P. & CFO

6. Individual or Joint/Group Filing(Check Applicable Line)
 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 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	09/08/2006		M	V 700 A	\$ 18.84	46,997	D
Common Stock	09/08/2006		S	700 D	\$ 32.46	46,297	D
Common Stock	09/08/2006		M	3,300 A	\$ 18.84	49,597	D
Common Stock	09/08/2006		S	3,300 D	\$ 32.25	46,297	D
Common Stock	09/08/2006		M	100 A	\$ 18.84	46,397	D

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Common Stock	09/08/2006	S	100	D	\$ 32.38	46,297	D	
Common Stock	09/08/2006	M	1,100	A	\$ 18.84	47,397	D	
Common Stock	09/08/2006	S	1,100	D	\$ 32.27	46,297	D	
Common Stock	09/08/2006	M	500	A	\$ 18.84	46,797	D	
Common Stock	09/08/2006	S	500	D	\$ 32.2	46,297	D	
Common Stock	09/08/2006	M	500	A	\$ 18.84	46,797	D	
Common Stock	09/08/2006	S	500	D	\$ 32.28	46,297	D	
Common Stock						783	I	By 401(k) Plan

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

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(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 Derivative Security	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 (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 Security (Instr. 3 and 4)	Amount or Number of Shares
Non-Qualified Stock Option (right to buy)	\$ 18.84	09/08/2006		M	2,200	09/08/2006 11/05/2006	Common Stock	2,200
Non-Qualified Stock Option (right to buy)	\$ 18.84	09/08/2006		M	700	09/08/2006 11/05/2006	Common Stock	700
	\$ 18.84	09/08/2006		M	400	09/08/2006 11/05/2006		400

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Non-Qualified Stock Option (right to buy)								Common Stock	
Non-Qualified Stock Option (right to buy)	\$ 18.84	09/08/2006	M	900	09/08/2006	11/05/2006	Common Stock	900	
Non-Qualified Stock Option (right to buy)	\$ 18.84	09/08/2006	M	400	09/08/2006	11/05/2006	Common Stock	400	
Non-Qualified Stock Option (right to buy)	\$ 18.84	09/08/2006	M	800	09/08/2006	11/05/2006	Common Stock	800	
Non-Qualified Stock Option (right to buy)	\$ 18.84	09/08/2006	M	200	09/08/2006	11/05/2006	Common Stock	200	
Non-Qualified Stock Option (right to buy)	\$ 18.84	09/08/2006	M	100	09/08/2006	11/05/2006	Common Stock	100	
Non-Qualified Stock Option (right to buy)	\$ 18.84	09/08/2006	M	100	09/08/2006	11/05/2006	Common Stock	100	
Non-Qualified Stock Option (right to buy)	\$ 18.84	09/08/2006	M	500	09/08/2006	11/05/2006	Common Stock	500	
Non-Qualified Stock Option (right to buy)	\$ 18.84	09/08/2006	M	1,200	09/08/2006	11/05/2006	Common Stock	1,200	
Non-Qualified Stock Option (right to buy)	\$ 18.84	09/08/2006	M	1,900	09/08/2006	11/05/2006	Common Stock	1,900	
Non-Qualified Stock Option (right to buy)	\$ 18.84	09/08/2006	M	700	09/08/2006	11/05/2006	Common Stock	700	
Non-Qualified Stock Option (right to buy)	\$ 18.84	09/08/2006	M	900	09/08/2006	11/05/2006	Common Stock	900	
Non-Qualified Stock Option (right to buy)	\$ 18.84	09/08/2006	M	1,300	09/08/2006	11/05/2006	Common Stock	1,300	
Non-Qualified Stock Option (right to buy)	\$ 18.84	09/08/2006	M	2,010	09/08/2006	11/05/2006	Common Stock	2,010	
Non-Qualified Stock Option	\$ 18.84	09/08/2006	M	1,600	09/08/2006	11/05/2006	Common Stock	1,600	

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(right to buy)									
Non-Qualified Stock Option (right to buy)	\$ 18.84	09/08/2006	M	400	09/08/2006	11/05/2006	Common Stock	400	
Non-Qualified Stock Option (right to buy)	\$ 18.84	09/08/2006	M	300	09/08/2006	11/05/2006	Common Stock	300	
Non-Qualified Stock Option (right to buy)	\$ 18.84	09/08/2006	M	3,200	09/08/2006	11/05/2006	Common Stock	3,200	
Non-Qualified Stock Option (right to buy)	\$ 18.84	09/08/2006	M	300	09/08/2006	11/05/2006	Common Stock	300	
Non-Qualified Stock Option (right to buy)	\$ 18.84	09/08/2006	M	7,900	09/08/2006	11/05/2006	Common Stock	7,900	
Non-Qualified Stock Option (right to buy)	\$ 18.84	09/08/2006	M	100	09/08/2006	11/05/2006	Common Stock	100	
Non-Qualified Stock Option (right to buy)	\$ 18.84	09/08/2006	M	700	09/08/2006	11/05/2006	Common Stock	700	
Non-Qualified Stock Option (right to buy)	\$ 18.84	09/08/2006	M	800	09/08/2006	11/05/2006	Common Stock	800	
Non-Qualified Stock Option (right to buy)	\$ 18.84	09/08/2006	M	500	09/08/2006	11/05/2006	Common Stock	500	
Non-Qualified Stock Option (right to buy)	\$ 18.84	09/08/2006	M	1,200	09/08/2006	11/05/2006	Common Stock	1,200	
Non-Qualified Stock Option (right to buy)	\$ 18.84	09/08/2006	M	1,200	09/08/2006	11/05/2006	Common Stock	1,200	
Non-Qualified Stock Option (right to buy)	\$ 18.84	09/08/2006	M	1,200	09/08/2006	11/05/2006	Common Stock	1,200	
Non-Qualified Stock Option (right to buy)	\$ 18.84	09/08/2006	M	100	09/08/2006	11/05/2006	Common Stock	100	

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
KEYTE DAVID H 707 SEVENTEENTH STREET, SUITE 3600 DENVER, CO 80202			Executive V.P. & CFO	

Signatures

By: Lizbeth J. Stenmark, attorney-in-fact For: David H. Keyte
 Date: 09/11/2006

**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).

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.

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.