

FOREST OIL CORP
Form 4
November 16, 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)
11/14/2007

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)
Senior V.P. Worldwide Drilling

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 Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price
Common Stock	11/14/2007		M		500	A	\$ 15.65
Common Stock	11/14/2007		S		500	D	\$ 50.1
Common Stock	11/14/2007		M		300	A	\$ 15.65
Common Stock	11/14/2007		S		300	D	\$ 50.11
Common Stock	11/14/2007		M		400	A	\$ 16.85

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Common Stock	11/14/2007	S	400	D	\$ 49.71	30,071	D
Common Stock	11/14/2007	M	500	A	\$ 15.65	30,571	D
Common Stock	11/14/2007	S	500	D	\$ 50.16	30,071	D
Common Stock	11/14/2007	M	400	A	\$ 16.85	30,471	D
Common Stock	11/14/2007	S	400	D	\$ 49.7689	30,071	D
Common Stock	11/14/2007	M	100	A	\$ 15.65	30,171	D
Common Stock	11/14/2007	S	100	D	\$ 50.26	30,071	D
Common Stock	11/14/2007	M	600	A	\$ 16.85	30,671	D
Common Stock	11/14/2007	S	600	D	\$ 49.75	30,071	D
Common Stock	11/14/2007	M	300	A	\$ 16.85	30,371	D
Common Stock	11/14/2007	S	300	D	\$ 49.9227	30,071	D
Common Stock	11/14/2007	M	300	A	\$ 16.85	30,371	D
Common Stock	11/14/2007	S	300	D	\$ 49.93	30,071	D
Common Stock	11/14/2007	M	800	A	\$ 16.85	30,871	D
Common Stock	11/14/2007	S	800	D	\$ 49.81	30,071	D
Common Stock	11/14/2007	M	100	A	\$ 15.65	30,171	D
Common Stock	11/14/2007	S	100	D	\$ 49.45	30,071	D
Common Stock	11/14/2007	M	100	A	\$ 15.65	30,171	D
Common Stock	11/14/2007	S	100	D	\$ 50.175	30,071	D
Common Stock	11/14/2007	M	100	A	\$ 15.65	30,171	D
	11/14/2007	S	100	D	\$ 50.22	30,071	D

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Common Stock								
Common Stock	11/14/2007		M	100	A	\$ 15.65	30,171	D
Common Stock	11/14/2007		S	100	D	\$ 49.97	30,071	D
Common Stock	11/14/2007		M	500	A	\$ 15.65	30,571	D
Common Stock	11/14/2007		S	500	D	\$ 50.05	30,071	D

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

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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 Securities (Instr. 3 and 4)	8. Price of Derivative Security (Instr. 5)	9. Number of Derivative Securities Owned Beneficially (Instr. 3, 4, and 5)
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares

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

11/16/2007

__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).

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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