Edgar Filing: GARSIDE JOHN W - Form 4

GARSIDE JO Form 4	HN W						
Check this if no longe subject to Section 16. Form 4 or Form 5 obligations may contin	ORM 4UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See InstructionSTATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIESFiled 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						
	dress of Reporting Pe		Name and Ticker or Trading	5. Relationship of	Reporting Per	son(s) to	
GARSIDE JC	JHIN W		RSAL FOREST CTS INC [UFPI]	Issuer (Check all applicable)			
(Last) 2801 EAST E	(First) (Mi BELTLINE, N.E.	ddle) 3. Date of (Month/D 08/01/20	-	X_ Director 10% Owner Officer (give title Other (specify below) below)			
	(Street)		ndment, Date Original th/Day/Year)	6. Individual or Jo Applicable Line) _X_ Form filed by 0	One Reporting Pe	erson	
GRAND RAI	PIDS, MI 49525			Person	Iore than One Re	eporting	
(City)	(State) (Z	Cip) Table	e I - Non-Derivative Securities Ac	quired, Disposed of	f, or Beneficial	lly Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. 4. Securities TransactionAcquired (A) or Code Disposed of (D) (Instr. 8) (Instr. 3, 4 and 5) (A) or Code V Amount (D) Price	Securities Beneficially Owned	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
Common Stock				14,700	D		
Common Stock				26,150	I	by Trust	
Common Stock				1,000	I	Def. Comp. Interest	

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

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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)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	4. Transac Code (Instr. 8	ctior 8)	5. Num nof Deriva Securit Acquir (A) or Dispos of (D) (Instr. and 5)	ative ties red sed 3, 4,	6. Date Exerc Expiration Da (Month/Day/	ate		e and Amount of 8. Priv lying Securities Deriv 3 and 4) Secur (Instr.	
			Code	V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Deferred Stock Unit	<u>(1)</u>	08/01/2009	A	V	276 (2)		(3)	(3)	Common Stock	276	\$ 44.6

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
GARSIDE JOHN W 2801 EAST BELTLINE, N.E. GRAND RAPIDS, MI 49525	Х						
O !							

Signatures

/s/ Christina A. Holderman, as Attorney in Fact for John W. Garside

**Signature of Reporting Person

08/03/2009

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) 1-for-1.
- (2) Units credited as part of Director Retainer Stock Plan.
- (3) Shares issuable upon termination of service as a director.

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.