

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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**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	\$ 18.84	46,997 D
Common Stock	09/08/2006		S		700	\$ 32.46	46,297 D
Common Stock	09/08/2006		M		3,300	\$ 18.84	49,597 D
Common Stock	09/08/2006		S		3,300	\$ 32.25	46,297 D
Common Stock	09/08/2006		M		100	\$ 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.

**Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.**

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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	

