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RUE CJ Form 4 March 08, 20 FORN Check th if no long subject to Section 1 Form 4 o Form 5 obligatio may cont <i>See</i> Instru 1(b).	14 UNITED States is box ger 56. or 66. or Filed pur Section 17(state)	IENT O suant to S a) of the 1	Was F CHAN Section 10	shingt GES SEC 6(a) of tility F	on, IN 1 UR f the Hold	D.C. 20 BENEF ITIES e Securit ling Con	549 ICIA ties E	L OWN xchange y Act of	OMMISSION NERSHIP OF e Act of 1934, 1935 or Section 0	OMB Number: Expires: Estimated a burden hou response	•	
	Address of Reporting	Person [*]	2. Issuer	· Name	and	Ticker or	Tradi	ng	5. Relationship of	Reporting Pers	son(s) to	
RUE CJ			2. Issuer Name and Ticker or Trading Symbol NORTHWEST NATURAL GAS CO [NWN]						Issuer (Check all applicable)			
(Month/				te of Earliest Transaction th/Day/Year)					Director 10% Owner X Officer (give title Other (specify below) below)			
220 N.W. SECOND AVENUE 03/0)3/07/2005					Secretary			
				ndment, Date Original hth/Day/Year)					 6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person 			
(City)	(State)	(Zip)	Tabl	e I - No	on-D	erivative	Secur	ities Acq	uired, Disposed of	, or Beneficial	ly Owned	
1.Title of Security (Instr. 3)		Transaction Date 2A. Deemed Ionth/Day/Year) Execution Date, if any (Month/Day/Year)			3. 4. Securities Acquired Transaction(A) or Disposed of (D) Code (Instr. 3, 4 and 5) (Instr. 8) (A) or				5. Amount of Securities Beneficially Owned Following Reported Transaction(s)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of	
Common Stock, \$3-1/6 par value	03/07/2005			Code M	V	Amount 1,600	(D) A	Price \$ 26.3	(Instr. 3 and 4) 9,654	D		
Common Stock, \$3-1/6 par value	03/07/2005)3/07/2005		S		300	D	\$ 37.01	9,354	D		
Common Stock, \$3-1/6 par value	03/07/2005			S		1,300	D	\$ 37	8,054	D		

Common Stock, \$3-1/6 pa value						2,950.914	9 I	See footnot	e	
Reminder: Report on a separate line for each class of securities benefi				icially 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.				SEC 1474 (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. Transactic Code (Instr. 8)	TransactionDerivativeCodeSecurities		6. Date Exercisable and Expiration Date (Month/Day/Year)		4) S	3. I Dei Sec Ini
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Option to buy	\$ 26.3	03/07/2005		М	1,600	(2)	03/05/2012	Common Stock	1,600	

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
RUE CJ							
220 N.W. SECOND AVENUE			Secretary				
PORTLAND, OR 97209-3991							
Cianaturaa							

Signatures

C.J. Rue 03/08/2005 <u>**</u>Signature of Date Reporting Person

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) Held in reporting person's account under the issuer's Retirement K Savings Plan as of February 28, 2005.

(2)

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Option was granted for 5000 shares pursuant to the Northwest Natural Gas Company 1985 Stock Option Plan (now the Restated Stock Option Plan). Option on 1,700 shares became exercisable on February 27, 2003, option on 1,700 shares became exercisable on 1/1/2004 and option on 1,600 shares will become exercisable on 1/1/2005.

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.