

KEYTE DAVID H
Form 4
December 05, 2005

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

2. Issuer Name and Ticker or Trading Symbol
FOREST OIL CORP [FST]

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

(Last) (First) (Middle)
707 SEVENTEENTH STREET,, SUITE 3600
(Street)

3. Date of Earliest Transaction (Month/Day/Year)
12/02/2005

____ Director _____ 10% Owner
 Officer (give title below) _____ Other (specify below)
EVP & CFO

DENVER, CO 80202

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

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

(City) (State) (Zip)

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	12/02/2005		M	1,000 A \$ 14.875	12,616	D	
Common Stock	12/02/2005		S	1,000 D \$ 46.75	11,616	D	
Common Stock	12/02/2005		M	3,500 A \$ 14.875	15,116	D	
Common Stock	12/02/2005		S	3,500 D \$ 47.05	11,616	D	
Common Stock	12/02/2005		M	300 A \$ 14.875	11,916	D	

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Common Stock	12/02/2005	S	300	D	\$ 47.25	11,616	D	
Common Stock	12/02/2005	M	2,700	A	\$ 14.875	14,316	D	
Common Stock	12/02/2005	S	2,700	D	\$ 47.24	11,616	D	
Common Stock						783	I	By 401(k) Plan
Common Stock						600	I	Trust-Daughter <u>(1)</u>
Common Stock						444	I	Trust-Son <u>(2)</u>

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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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)	Amount or Number of Shares	
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Non-Qualified Stock Option (right to buy)	\$ 14.875	12/02/2005		M	1,000	<u>(3)</u> 03/23/2009	Common Stock	1,000	
Non-Qualified Stock Option (right to buy)	\$ 14.875	12/02/2005		M	3,500	<u>(3)</u> 03/23/2009	Common Stock	3,500	
Non-Qualified Stock Option (right to buy)	\$ 14.875	12/02/2005		M	300	<u>(3)</u> 03/23/2009	Common Stock	300	
Non-Qualified Stock Option (right to buy)	\$ 14.875	12/02/2005		M	2,700	<u>(3)</u> 03/23/2009	Common Stock	2,700	

