#### WILCOX RAYMOND I

Form 4 August 20, 2009

### FORM 4

### UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

**SECURITIES** 

**OMB APPROVAL** OMB

Number:

3235-0287

Expires:

January 31, 2005

0.5

Estimated average burden hours per

response...

if no longer subject to Section 16. Form 4 or Form 5

Check this box

obligations may continue. See Instruction

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(b).

1. Name and Ad WILCOX R.	•	_	2. Issuer Name <b>and</b> Ticker or Trading Symbol FOREST OIL CORP [FST]	5. Relationship of Reporting Person(s) to Issuer  (Check all applicable)		
(Last)	(First)	(Middle)	3. Date of Earliest Transaction	(encon un apprication)		
			(Month/Day/Year)	_X_ Director 10% Owner		
707 SEVENTEENTH			08/19/2009	Officer (give title Other (specify		
STREET, SU			00/19/2009	below) below)		
	(Street)		4. If Amendment, Date Original	6. Individual or Joint/Group Filing(Check		
			Filed(Month/Day/Year)	Applicable Line)		
DENVER, C	CO 80202		·	_X_ Form filed by One Reporting Person Form filed by More than One Reporting		

			10001
(City)	(State)	(Zip)	Table I. No. Declarate Complete Associated Proceedings on December 11, October
())	(= ::::-)	(—-F)	Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

	Tuble 1 Ton Berryadive Securities required, Disposed of, or Beneficiary Connec							nj o wnca
2. Transaction Date	2A. Deemed	3.	4. Securit	ties		5. Amount of	6. Ownership	7. Nature of
(Month/Day/Year)	Execution Date, if	<i>'</i>		(A) o	r	Securities Form: Direct		Indirect
	any			Disposed of (D)		Beneficially	(D) or	Beneficial
	(Month/Day/Year)	(Instr. 8)	(Instr. 3,	4 and	5)	Owned	Indirect (I)	Ownership
						Following	(Instr. 4)	(Instr. 4)
				( )		Reported		
						Transaction(s)		
		G 1 17			ъ.	(Instr. 3 and 4)		
		Code V	Amount	(D)	Price			
08/19/2009		A	7,735	A	\$0	7,735	D	
	(Month/Day/Year)	2. Transaction Date 2A. Deemed Execution Date, if any (Month/Day/Year)	2. Transaction Date 2A. Deemed 3.  (Month/Day/Year) Execution Date, if any (Month/Day/Year) Code (Instr. 8)  Code V	2. Transaction Date (Month/Day/Year)	2. Transaction Date (Month/Day/Year)  (Month/Day/Year)  Execution Date, if any (Month/Day/Year)  (Month/Day/Year)  (Month/Day/Year)  (A) or Code V Amount (D)	2. Transaction Date   2A. Deemed   3.   4. Securities   (Month/Day/Year)   Execution Date, if any (Month/Day/Year)   (Instr. 8)   (Instr. 3, 4 and 5)    (A) or Code V Amount (D) Price	2. Transaction Date   2A. Deemed   3.   4. Securities   5. Amount of	2. Transaction Date   2A. Deemed   3.   4. Securities   5. Amount of   6. Ownership   Form: Direct   6 any   (Month/Day/Year)   (Instr. 8)   (Instr. 3, 4 and 5)   (Instr. 4)   Following   (Instr. 4)   (Instr. 4)   Following   (Instr. 3)   (Instr. 3)

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

Persons who respond to the collection of SEC 1474 information contained in this form are not (9-02)required to respond unless the form 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)

#### Edgar Filing: WILCOX RAYMOND I - Form 4

	2.	3. Transaction Date		4.	5.	6. Date Exerc		7. Titl		8. Price of	9. Nu
Derivative Security (Instr. 3)	Conversion or Exercise Price of Derivative Security	(Month/Day/Year)	Execution Date, if any (Month/Day/Year)	Transact Code (Instr. 8)	orNumber of Derivativ Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	<b>:</b>		Amou Under Securi (Instr.	lying	Derivative Security (Instr. 5)	Deriv Secur Bene Own Follo Repo Trans (Instr
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		

# **Reporting Owners**

Reporting Owner Name / Address	Relationships						
• 0	Director	10% Owner	Officer	Other			
WILCOX RAYMOND I							
707 SEVENTEENTH STREET	X						
SUITE 3600	Λ						
DENVER, CO 80202							

# **Signatures**

By: Roberta L. Louis, Attorney-in-fact For: Raymond I. Wilcox

08/20/2009

\*\*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).
- (1) Non-employee restricted stock award granted pursuant to the terms of the 2007 Stock Incentive Plan on the date first elected to the Board of Directors.

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.

Reporting Owners 2