Edgar Filing: FOREST OIL CORP - Form 4

FOREST OII Form 4											
FORM	ГЛ								OMB AF	PPROVAL	
	SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549						OMB Number:	3235-0287			
Check this box if no longer subject to Section 16. Form 4 or Form 5 Eiled pursuant to				SECUR	ITIES			Expires: January 3 20 Estimated average burden hours per response 0			
obligation may cont <i>See</i> Instru 1(b).	inue. Section 1	Section 16(a) of the Securities Exchange Act of 1934, Public Utility Holding Company Act of 1935 or Section of the Investment Company Act of 1940									
(Print or Type R	Responses)										
1. Name and Address of Reporting Person <u>*</u> Yang Timothy D.			2. Issuer Name and Ticker or Trading Symbol FOREST OIL CORP [FSTO]					5. Relationship of Reporting Person(s) to Issuer			
(Last) (First) (Middle) 1415 LOUISIANA, SUITE 1600			3. Date of Earliest Transaction (Month/Day/Year) 12/16/2014					(Check all applicable) <u></u> Director <u></u> 10% Owner <u></u> Officer (give title <u></u> Other (specify below) SVP, GC, CCO and Secretary			
				ndment, Da th/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			
(City)	(State)	(Zip)	Tabl	a I Non D	onivotivo So	anniti		Person uired, Disposed of	or Ponoficial	ly Owned	
1.Title of Security (Instr. 3)	2. Transaction D (Month/Day/Yea	saction Date 2A. Deemed			4. Securitie n(A) or Disp (Instr. 3, 4)	s Acqu osed c	uired of (D)	5. Amount of Securities Beneficially Owned	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of	
				Code V	Amount	(A) or (D)	Price	Reported Transaction(s) (Instr. 3 and 4)			
Common stock	12/16/2014			А	515,512	A (1)	\$0	515,512	D		
Common stock	12/16/2014			А	680,465	A (2)	\$0	1,195,977	D		

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.

Edgar Filing: FOREST OIL CORP - Form 4

 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. Transactio Code (Instr. 8)	5. onNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		ate	Under Secur	unt of rlying	8. Price of Derivative Security (Instr. 5)	9. Nu Deriv Secu Bene Owne 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						
	Director	10% Owner	Officer	Other			
Yang Timothy D. 1415 LOUISIANA, SUITE 1600 HOUSTON, TX 77002			SVP, GC, CCO and Secretary				
Signatures							

/s/ Timothy D. 12/18/2014 Yang

<u>**</u>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) Fully vested stock award granted pursuant to the Forest Oil Corporation 2014 Long Term Incentive Plan.

Restricted stock award granted pursuant to the Forest Oil Corporation 2014 Long Term Incentive Plan. Two-thirds of the restricted shares granted will vest in one-fourth increments on each of the first four anniversaries of the date of grant, subject to Mr. Yang's continued provision of services to the Company on each such anniversary. One-third of restricted shares granted will vest in full on the fourth anniversary of the date of grant, subject to Mr. Yang's continued provision of services to the Company.

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.