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Eccles Colin	D										
Form 4											
February 06,	2012										
FORM 4 UNITED STATES SECURITIES AND EXCHANCE COMMISSION								OMB APPROVAL			
UNITED STATES SECURITIES AND EXCHANGE COMMISSION								3235-0287			
Check this	s box		Was	hington,	D.C. 205	549			Number:		
if no longe	ər		ECHAN	CEC IN I	INIDIA	CIAI			Expires:	January 31, 2005	
subject to STATEMENT OF CHAN				GES IN BENEFICIAL OWNERSHIP				NERSHIP OF	Estimated a		
Section 16.				SECUR	SECURITIES				burden hou	•	
Form 4 or Form 5	Form 5 File 1 Control 1 Co				C			A -+ -f 1024	response	0.5	
obligation								ge Act of 1934,			
may conti	nue.		of the Inv					f 1935 or Sectio	911		
See Instru	ction	50(II)		vestment	company	y Aci	. 01 19	+0			
1(b).											
(Print or Type R	esponses)										
				er Name and Ticker or Trading				5. Relationship of Reporting Person(s) to Issuer			
Eccles Colin	D		Symbol	MPQUA HOLDINGS CORP				155001			
			-					(Check all applicable)			
			[UMPQ]]							
(Last)	(First)	(Middle)	3. Date of	Earliest Tra	insaction			Director		6 Owner	
			(Month/D	-				X Officer (give below)	e title Oth below)	er (specify	
ONE SW CC		TREET,	02/03/20)12					EVP/CIO		
SUITE 1200											
			4. If Amer	4. If Amendment, Date Original				6. Individual or Joint/Group Filing(Check			
			nth/Day/Year)				Applicable Line)				
								X Form filed by Form filed by N	One Reporting Po More than One Ro		
PORTLANE	D, OR 97258							Person	lote than one to	oportung	
(City)	(State)	(Zip)	Table	e I - Non-Do	erivative S	Securi	ties Ac	quired, Disposed o	f, or Beneficia	lly Owned	
1.Title of	2. Transaction	Date 2A. Dec	emed	3.	4. Securi			5. Amount of	6. Ownership		
Security	(Month/Day/Y		on Date, if TransactionAcquired (A) or Code Disposed of (D) (Day/Year) (Instr. 8) (Instr. 3, 4 and 5)					Securities	Form: Direct		
(Instr. 3)		any (Month						Beneficially Owned		Beneficial Ownership	
(month/Da			(Day/ I car)	$(\operatorname{Insu}, 3) (\operatorname{Insu}, 3) (\operatorname{Insu}, 3) (\operatorname{Insu}, 3)$				Following	(Instr. 4)	(Instr. 4)	
						(A)		Reported			
						or		Transaction(s)			
				Code V	Amount	(D)	Price	(Instr. 3 and 4)			
Common	02/03/2012			D	1,586	D	\$ 13	41,122	D		
Stock					(1)		,	,			

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.

 Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned

 (e.g., puts, calls, warrants, options, convertible securities)

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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)	5. onNumber of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)			7. Title and A Underlying S (Instr. 3 and 4	Securitie
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amou or Numb of Sha
Non-Qualified Stock Option (right to buy)	\$ 9.01					01/21/2010(2)	01/20/2019	Common Stock	20,0
Non-Qualified Stock Option (right to buy)	\$ 10.97					01/31/2014(3)	01/30/2021	Common Stock	11,5
Non-Qualified Stock Option (right to buy)	\$ 12.46					03/04/2011(4)	03/03/2020	Common Stock	20,0

Reporting Owners

Reporting Owner Name / Address	Relationships				
	Director	10% Owner	Officer	Other	
Eccles Colin D ONE SW COLUMBIA STREET, SUITE 1200 PORTLAND, OR 97258			EVP/CIO		
Signatures					
By: Steven L. Philpott, Attorney in Fact For: Col Eccles	02/06/2012				
<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).
- Payment of tax liability by delivering or withholding securities incident to the receipt, exercise or vesting of a security issued in (1) accordance with Rule 16b-3.
- (2) Option granted 1/21/09. Beginning on the first anniversary of the grant date, the options vest 20% per year for five years.
- Option granted 1/31/2011. The options vest three years following the grant date to the extent that the issuer's total shareholder return (3) achieves specified targets as compared with the KRXTR regional bank stock index.
- (4) Option granted 3/04/10. Beginning on the first anniversary of the grant date, the options vest 20% per year for five years.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

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