KANTOR GREGG S

Form 4

January 22, 2013

FORM 4

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

OMB 3235-0287 Number:

Check this box if no longer subject to Section 16.

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF **SECURITIES**

January 31, Expires: 2005 Estimated average

0.5

OMB APPROVAL

burden hours per response...

5 Relationship of Reporting Person(s) to

Form 4 or Form 5 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

2 Jasuar Nama and Tiakar or Trading

1(b).

Common

Common

Common

Stock

Stock

Stock

01/17/2013

01/17/2013

01/17/2013

(Print or Type Responses)

1. Name and Address of Reporting Person *

KANTOR GREGG		Symbol	a freker of fracing	Issuer (Check all applicable)		
(Last) (First 220 NW SECOND		3. Date of Earliest T (Month/Day/Year) 12/07/2012		_X_ Director _X_ Officer (give title below) below President & C		
PORTLAND, OR 9	,	4. If Amendment, D Filed(Month/Day/Yea	ur)	6. Individual or Joint/Group Applicable Line) _X_ Form filed by One Reportis Form filed by More than One Person	ng Person	
(City) (Stat	te) (Zip)	Table I - Non-		nired, Disposed of, or Benef	icially Owned	
	action Date 2A. Deem Day/Year) Execution any (Month/D	Date, if Transaction Code	4. Securities Acquired (A) onor Disposed of (D) (Instr. 3, 4 and 5) (A) or Amount (D) Price	5. Amount of Securities Owners Beneficially Form: Owned Direct (Following or Indir Reported (I) Transaction(s) (Instr. 4	Beneficial (D) Ownership ect (Instr. 4)	
Common 12/07/2		G V	292 D \$0	23,318.5922 D		

V 391 (2) D

V 391 (2) A

S

\$0

208 (4) D \$ 43.6664

3,421,8466 Ι

2,606,262

23,709.5922

2,398.262

Ι

D

Ι

See

(3)

See

Footnote

Footnote

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Common Stock			See Footnote (5)
Common Stock	200	I	See Footnote (6)
Common Stock	570	I	See Footnote (7)

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 required to respond unless the form displays a currently valid OMB control number.

(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)	5. orNumber 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)		8. Pri Deriv Secu (Instr
				Code V	(A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
Employee Stock Option to Buy	\$ 34.29					(8)	02/29/2016	Common Stock	3,000	
Employee Stock Option to Buy	\$ 44.48					<u>(9)</u>	02/28/2017	Common Stock	7,000	
Employee Stock Option to Buy	\$ 43.29					(10)	03/06/2018	Common Stock	8,000	
Employee Stock Option to	\$ 41.15					<u>(11)</u>	03/04/2019	Common Stock	25,000	

Buy					
Employee Stock Option to Buy	\$ 44.25	(12)	03/02/2020	Common Stock	30,000
Employee Stock Option to	\$ 45.74	(13)	03/02/2021	Common Stock	30,000

Reporting Owners

Reporting Owner Name / Address	Relationships				
	Director	10% Owner	Officer	Other	
KANTOR GREGG S 220 NW SECOND AVE PORTLAND, OR 97209	X		President & CEO		

Signatures

Shawn M. Filippi, Attorney-in-Fact 01/22/2013

**Signature of Reporting Person Da

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) Balance includes 483 ESPP shares allocated on 12/31/2012.
- (2) Shares were transferred from Deferred Compensation Plan for Directors and Executives account to reporting person's registered account.
- (3) Shares have been credited to reporting person's account under the issuer's Deferred Compensation Plan for Directors and Executives.
- These shares were issued in connection with the Reporting Person's elections on 12/5/2008 (for shares acquired in 2008) and on 12/8/2008 (for shares acquired in 2009) to participate in Northwest Natural Gas Company Deferred Compensation Plan for Directors and Executives (DCP), which specifies that taxes shall be withheld from distributions. Pursuant to the Plan and the Reporting Person's elections on the dates stated hereinabove, these shares were sold to pay taxes on the DCP distribution made on 1/17/2013.
- (5) Held in reporting person's account under issuer's Retirement K Savings Plan as of December 31, 2012.
- (6) Shares held in reporting person's parent's account, with respect to which the reporting person is Power of Attorney and a potential beneficiary.
- (7) Held in reporting person's parent's IRA account, with respect to which the reporting person is Power of Attorney and a potential beneficiary.
- (8) Option was granted for 3,000 shares pursuant to Northwest Natural Gas Company's Restated Stock Option Plan (the "Plan"). The option fully vested on January 1, 2010.
- (9) Option was granted for 7,000 shares pursuant to Northwest Natural Gas Company's Restated Stock Option Plan (the "Plan"). The option fully vested on January 1, 2011.
- (10) Option was granted for 8,000 shares pursuant to Northwest Natural Gas Company's Restated Stock Option Plan (the "Plan"). The option fully vested on January 1, 2012.
- Option was granted for 25,000 shares pursuant to Northwest Natural Gas Company's Restated Stock Option Plan (the "Plan"). The option fully vested on January 1, 2013.

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- Option was granted for 30,000 shares pursuant to Northwest Natural Gas Company's Restated Stock Option Plan (the "Plan"). The option vests in installments of 7,500 shares on each February 24, 2011 and January 1, 2012, 2013, and 2014.
- Option was granted for 30,000 shares pursuant to Northwest Natural Gas Company's Restated Stock Option Plan (the "Plan"). The option vests in installments of 7,500 shares on each February 23, 2012 and January 1, 2013, 2014 and 2015.

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.