CASCADE NATURAL GAS CORP

Form 4/A July 14, 2006

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

OMB Number:

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subject to Section 16. Form 4 or Form 5 obligations may continue.

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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

See Instruction 1(b).

(Print or Type Responses)

1. Name and Address of Reporting Person * STOLTZ JON T			2. Issuer Name and Ticker or Trading Symbol CASCADE NATURAL GAS CORP [CGC]]	5. Relationship of Reporting Person(s) to Issuer (Check all applicable)		
(Last) 222 FAIRV	·			e of Earliest Transaction h/Day/Year) 5/2003				Director 10% Owner Officer (give title Other (specify below) Senior Vice President		
Filed(M				Amendment, Date Original d(Month/Day/Year) 30/2003				6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting Person		
(City)	(State)	(Zip)	Table I -	Non-l	Derivative	e Secu	ırities Acqu	ired, Disposed of,	or Beneficiall	y Owned
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Da any (Month/Day/	ate, if Tran Code 'Year) (Inst	•	omr Dispos (Instr. 3,	sed of		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)
Common Stock (1)	12/26/2003		M	•	4,000	A	\$ 16.5	9,483.1166	D	
Common Stock (1)	12/26/2003		F		3,115	D	\$ 21.3477	6,368.1318	D	
Common Stock (2)	03/18/2005		M		4,000	A	\$ 14.9375	11,120.1337	D	
Common Stock (2)	03/18/2005		F		2,962	D	\$ 20.26	8,158.1337	D	

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

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SEC 1474 (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. Transacti Code (Instr. 8)	5. Number ion f 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)	
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Employee Stock Option (Right to Buy) (1)	\$ 16.5	12/26/2003		M		4,000	01/28/2000	01/28/2004	Common Stock	4,000
Employee Stock Option (Right to Buy) (2)	\$ 14.9375	03/18/2005		M		4,000	03/23/2001	03/23/2005	Common Stock	4,000
Employee Stock Option (Right to Buy) (3)	\$ 18.565	02/10/2006		D		4,500	02/12/2002	02/12/2006	Common Stock	4,500

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
STOLTZ JON T							
222 FAIRVIEW AVENUE N			Senior Vice President				
SEATTLE WA 98109							

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Signatures

Rick Davis by Power of Attorney 07/14/2006

**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) Cashless exercise of 4000 options granted on 1/28/99 under the CGC 1998 Stock Incentive Plan. Reporting person used 3115 options in a cashless exercise to acquire the balance of 885 shares. Amendment filed to correctly report transaction.
- (2) Cashless exercise of 4000 options granted on 3/23/00 under the CGC 1998 Stock Incentive Plan. Reporting person used 2962 options in a cashless exercise to acquire the balance of 1038 shares. Amendment filed to correctly report transaction.
- (3) Cancellation of 4,500 shares of options granted in 2/12/2001 under the CGC 1998 Stock Incentive Plan. Reporting person received \$4,702.50 as consideration for the cancellation, which was based on the spread. Amendment filed to correctly record the transaction.

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.

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