

ROSOK LARRY C

Form 4/A

July 14, 2006

FORM 4**UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549**

Check this box
if no longer
subject to
Section 16.
Form 4 or
Form 5
obligations
may continue.
See Instruction
1(b).

**STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF
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

OMB APPROVAL

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(Print or Type Responses)

1. Name and Address of Reporting Person *
ROSOK LARRY C

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) (First) (Middle)

222 FAIRVIEW AVE N

(Street)

SEATTLE, WA 98109

3. Date of Earliest Transaction
(Month/Day/Year)
09/26/2003

4. If Amendment, Date Original
Filed(Month/Day/Year)
09/29/2003

____ Director ____ 10% Owner
____X____ Officer (give title ____ Other (specify
below) below)
VP Human Resources & Corp.Sec.

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-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	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)
			Code	V	Amount (A) or (D)	Price	
Common Stock <u>(1)</u>	09/26/2003		M		4,000	A \$ 16.5	7,003.66 D
Common Stock <u>(2)</u>	02/02/2005		M		4,000	A \$ 14.9375	11,160.8842 D
Common Stock <u>(3)</u>	02/02/2005		S		4,000	D \$ 20.52	7,160.8842 D
Common Stock <u>(4)</u>	02/08/2006		M		4,000	A \$ 18.565	11,273.556 D
Common Stock <u>(4)</u>	02/08/2006		F		3,727	D \$ 19.92	7,546.556 D

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

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(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. Transaction Code (Instr. 8)	5. Number 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)	
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Employee Stock Option (Right to Buy) ⁽¹⁾	\$ 16.5	09/26/2003		M	4,000	01/28/2000	01/28/2004	Common Stock	4,000
Employee Stock Option (Right to Buy) ⁽²⁾	\$ 14.9375	02/02/2005		M	4,000	03/23/2001	03/23/2005	Common Stock	4,000
Employee Stock Option (Right to Buy) ⁽⁴⁾	\$ 18.565	02/08/2006		M	4,000	02/12/2002	02/12/2006	Common Stock	4,000

Reporting Owners

Reporting Owner Name / Address	Relationships
	Director 10% Owner Officer Other
ROSOK LARRY C 222 FAIRVIEW AVE N SEATTLE, WA 98109	VP Human Resources & Corp.Sec.

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) Cash Exercise of 4000 shares granted 1/28/99 under the CGC Stock Incentive Plan. Amendment filed to correctly record transaction.
- (2) Cash exercise of 4000 shares of options granted 3/23/2000 under the CGC 1998 Stock Incentive Plan. Amendment filed to correctly record transaction.
- (3) Sale of 4000 shares of common stock. Amendment filed to correctly record transaction.
- (4) Stock swap of 4000 share of options granted on 2/12/01 under the CGC 1998 Stock Incentive Plan. Reporting person delivered 3727 shares previously held to acquire the balance of 273 shares. Amendment filed to correctly record transaction.

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