NORWOOD KELLY O

Form 4

January 12, 2012

FORM 4

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

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

30(h) of the Investment Company Act of 1940

2. Issuer Name and Ticker or Trading

OMB APPROVAL OMB

3235-0287 Number:

Expires:

5. Relationship of Reporting Person(s) to

Issuer

January 31, 2005

Estimated average burden hours per

response... 0.5

Check this box if no longer subject to Section 16. Form 4 or Form 5

SECURITIES Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, obligations Section 17(a) of the Public Utility Holding Company Act of 1935 or Section may continue.

Symbol

1(b).

(Print or Type Responses)

NORWOOD KELLY O

1. Name and Address of Reporting Person *

See Instruction

			AVISTA CORP [AVA]				(Check all applicable)				
(Last) (First) (Middle) 1411 E MISSION AVE		3. Date of Earliest Transaction (Month/Day/Year) 01/10/2012					Director 10% Owner Specify below) Urice President				
SPOKANE, W	(Street) NE. WA 99202			4. If Amendment, Date Original Filed(Month/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)	Tabla I	- Non-Dor	ivativa Sa	ouriti		erson red, Disposed of,	or Ranaficiall	y Owned	
1.Title of Security (Instr. 3)	2. Transaction (Month/Day/Y	Date 2A. I ear) Exect any		3. Transactio Code (Instr. 8)	4. Securi	ties A ispose 4 and (A) or	cquired d of (D)	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 Performance Shares	01/10/2012			M	4,590	A	(1)	8,242	D		
Common Stock Performance Shares	01/10/2012			F	1,253 (2)	D	\$ 25.22	6,989	D		
Common Stock held in 401(k) Investment								10,562 (3)	I	held by Trustee	

Plan

 $\begin{array}{cccc} \text{Common} & & & & & & & & \\ \text{Stock held by} & & & & & & & & \\ \text{Spouse} & & & & & & & & \\ \end{array}$

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.

SEC 1474

(9-02)

D

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. Number out 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
Conversion of 2009 Performance Shares	<u>(1)</u>	01/10/2012		M	5,100	<u>(1)</u>	<u>(1)</u>	Common Stock	5,100

Reporting Owners

Reporting Owner Name / Address	Relationships						
	Director	10% Owner	Officer	Other			
NORWOOD KELLY O							

1411 E MISSION AVE SPOKANE, WA 99202

Signatures

/s/ Kelly O Norwood 01/12/2012

**Signature of Date
Reporting Person

Reporting Owners 2

Dolotionshins

Vice President

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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) Each performance share represents a contingent right to receive a share of Avista Common Stock upon Avista achieving a specified performance measure.
- (2) Shares withheld to pay income tax on Performance Shares acquired 1/10/2012.
- (3) Estimate as of December 31, 2011

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.