FOLSOM JOHN Form 4

February 25, 2005

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

SECURITIES

1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF

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

(Print or Type Responses)

(Last)

(City)

1. Name and Address of Reporting Person *

FOLSOM JOHN

(First) (Middle)

1301 A STREET, STE. 800, MS-3100

TACOMA, WA 98402-4200

(Street)

(State)

(Zip)

2. Issuer Name and Ticker or Trading

Symbol

COLUMBIA BANKING SYSTEM INC [COLB]

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

02/23/2005

4. If Amendment, Date Original

Filed(Month/Day/Year)

OMB APPROVAL

OMB Number:

3235-0287 January 31,

2005

Expires:

Estimated average burden hours per

response...

0.5

5. Relationship of Reporting Person(s) to

Issuer

(Check all applicable)

_X__ Director 10% Owner Officer (give title Other (specify

6. Individual or Joint/Group Filing(Check

Applicable Line) _X_ Form filed by One Reporting Person Form filed by More than One Reporting

Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

2. Transaction Date	2A. Deemed	3.	4. Securi	ties		5. Amount of	6. Ownership	7. Nature of
(Month/Day/Year)	Execution Date, if	Transactio	onAcquired	l (A) o	r	Securities	Form: Direct	Indirect
	any	Code	Disposed	of (D)	Beneficially	(D) or	Beneficial
	(Month/Day/Year)	(Instr. 8)	(Instr. 3,	4 and	5)	Owned	Indirect (I)	Ownership
						Following	(Instr. 4)	(Instr. 4)
				(4)		Reported		
						Transaction(s)		
		Code V	Amount		Price	(Instr. 3 and 4)		
02/23/2005		M	2,206	A	\$ 7.2	11,867	D	
						8,550	I	IRA
						950	I	Spousal IRA
	(Month/Day/Year)	any (Month/Day/Year)	(Month/Day/Year) Execution Date, if Transaction any Code (Month/Day/Year) (Instr. 8) Code V	(Month/Day/Year) Execution Date, if TransactionAcquired any Code Disposed (Month/Day/Year) (Instr. 8) (Instr. 3,	(Month/Day/Year) Execution Date, if any Code Disposed of (Double) (Month/Day/Year) (Instr. 8) (Instr. 3, 4 and Code V Amount (D)	(Month/Day/Year) Execution Date, if any Code Disposed of (D) (Month/Day/Year) (Instr. 8) (Instr. 3, 4 and 5) (A) or Code V Amount (D) Price (D2/23/2005) M 2 206 A	(Month/Day/Year) Execution Date, if any (Month/Day/Year) (Instr. 8) (Instr. 3, 4 and 5) Owned Following Reported Transaction(s) (Instr. 3 and 4) O2/23/2005 M 2,206 A 7.2 11,867	(Month/Day/Year) Execution Date, if any (Month/Day/Year) (Instr. 8) (Instr. 3, 4 and 5) (Instr. 3, 4 and 5) (Instr. 4) (Instr. 4) (Instr. 3) (Instr. 4) (I

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

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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)

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)	Secu Acq (A) Disp (D)	or cosed of cr. 3, 4,	6. Date Exerci Expiration Dat (Month/Day/Y	te	7. Title and 2. Underlying 3 (Instr. 3 and	Securities	8 I S (
				Code V	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	
NQSO (Right to Buy)	\$ 7.2	02/23/2005		M		2,206	04/23/2000	04/23/2005	Common Stock	2,206	
NQSO (Right to Buy)	\$ 18.56						04/22/2001	04/22/2006	Common Stock	2,101	
NQSO (Right to Buy)	\$ 9.9						06/28/2003	06/28/2008	Common Stock	1,820	
NQSO (Right to Buy)	\$ 11.92						05/15/2004	05/15/2009	Common Stock	1,820	
NQSO (Right to Buy)	\$ 14.4						04/23/2006	04/23/2011	Common Stock	1,050	

Reporting Owners

Reporting Owner Name / Address	Relationships					
. F	Director	10% Owner	Officer	Other		
FOLSOM JOHN 1301 A STREET, STE. 800, MS-3100 TACOMA, WA 98402-4200	X					

Signatures

Kristy W. House	02/25/2005		
**Signature of Reporting Person	Date		

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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).

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.