FORM 3

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

INITIAL STATEMENT OF BENEFICIAL OWNERSHIP OF SECURITIES

OMB APP	OMB APPROVAL						
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Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

KENSOK JAMES M			Date of Event equiring Stater Month/Day/Yea 2/19/2006	nent	3. Issuer Name and Ticker or Trading Symbol AVISTA CORP [AVA]						
(Last)	(First)	(Middle)			Relationship of Reporting Person(s) to Issuer (Check all applicable) Director 10% Owner		(Mo	5. If Amendment, Date of Original Filed (Month/Day/Year)			
					X Officer (give title below)	Other (specify below)		6. Individual or Joint/Group Filing (Check Applicable Line)			
(Street) SPOKANE	WA	99202			Vice President &	c CIO)		y One Reporting Person y More than One erson		
(City)	(State)	(Zip)									
Table I - Non-Derivative Securities Beneficially Owned											
1. Title of Security (Instr. 4)				2. Amount of Securities Beneficially Owned (Instr. 4) 3. Owner Form: Di or Indirec (Instr. 5)		t (D) (Insti	4. Nature of Indirect Beneficial Ownership (Instr. 5)				
Table II - Derivative Securities Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)											
1. Title of Derivative Security (Instr. 4)		2. Date Exercisable and Expiration Date (Month/Day/Year)		3. Title and Amount of Securities Underlying Derivative Security (Instr. 4)		4. Conversion or Exercise	5. Ownership Form:	6. Nature of Indirect Beneficial Ownership (Instr. 5)			
			Date Exercisable	Expiration Date	Title	Amount or Number of Shares	Price of Derivative Security	Direct (D) or Indirect (I) (Instr. 5)			
2004 Performa	ınce Share Grai	nt	(1)	(1)	Common Stock	1,200	(2)	D			
2005 Performa	nce Share Gra	nt	(1)	(1)	Common Stock	1,200	(2)	D			
2006 Performa	nce Share Gra	nt	(1)	(1)	Common Stock	1,200	(2)	D			

Explanation of Responses:

- 1. Each performance cycle is three years in length. Shares are issued at the end of each three-year cycle if performance measure is met.
- 2. No conversion price shares awarded if performance measure is met.

<u>/s/ James M. Kensok</u> <u>12/21/2006</u>

** Signature of Reporting Person Date

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

- * If the form is filed by more than one reporting person, see Instruction 5 (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.

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 Number.