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RELIASTAF Form 4 June 03, 201	R LIFE INSUR	ANCE CO										
									OMB APPROVAL			
	FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION								OMB Number:	3235-0287		
Check thi		ox Washington, D.C. 20549										
if no long subject to Section 1 Form 4 or	6. r	STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES										
Form 5 obligations may continue. See Instruction 1(b). 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 F	Responses)											
1. Name and A RELIASTA CO						5. Relationship of Reporting Person(s) to Issuer						
						(Check all applicable)						
(Last)	(First)	(Month/Dav/Year) —						Director 10% Owner Officer (give titleX Other (specify				
C/O ING INVESTMENT MANAGEMENT, LLC, 5780 POWERS FERRY ROAD, NW, SUITE 300			05/26/2011					below) below) See explanation below.				
	(Street)	(Street) 4. If Amendm Filed(Month/E					Ap _X	Individual or Joint/Group Filing(Check pplicable Line) X_ Form filed by One Reporting Person _ Form filed by More than One Reporting				
ATLANTA,	, GA 30327							son	ore than One Rep	orung		
(City)	(State)	(Zip)	Tabl	e I - Non-D	erivative Sec	urities .	Acquire	ed, Disposed of,	or Beneficiall	y Owned		
1.Title of Security (Instr. 3)	2. Transaction D (Month/Day/Yea	r) Executio any	ned n Date, if Day/Year)	Code (Instr. 3, 4 and 5)				5. Amount of Securities Beneficially Owned Following	6. Ownership Form: Direct (D) or Indirect	7. Nature of Indirect Beneficial Ownership (Instr. 4)		
3.71%				Code V	(A) or Code V Amount (D) P			Reported Transaction(s) (Instr. 3 and 4)	(I) (Instr. 4)			
Senior Unsecured Notes due 2016 - Series V	05/26/2011			Р	10,400,00	0 A	\$ 1	\$ 10,400,000	D			

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

Persons who respond to the collection of SEC 1474 information contained in this form are not (9-02)

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required to respond unless the form 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	2. Conversion	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if	4. Transactio	5. onNumber	6. Date Exer Expiration D		7. Tit Amou		8. Price of Derivative	9. Nu Deriv
Security	or Exercise	(any	Code	of	(Month/Day			rlying	Security	Secu
(Instr. 3)	Price of		(Month/Day/Year)	(Instr. 8)	Derivativ	· ·	,	Secur		(Instr. 5)	Bene
	Derivative				Securities	3		(Instr	. 3 and 4)		Owne
	Security				Acquired						Follo
					(A) or						Repo
					Disposed						Trans
					of (D)						(Instr
					(Instr. 3, $4 \text{ and } 5$)						
					4, and 5)						
									Amount		
						Date	Expiration		or		
						Exercisable	Date	Title			
									of		
				Code V	(A) (D)				Shares		
Reno	rting O	wnore									

Reporting Owners

Reporting Owner Name / Address	Relationships					
	Director	10% Owner	Officer	Other		
RELIASTAR LIFE INSURANCE CO C/O ING INVESTMENT MANAGEMENT, LLC 5780 POWERS FERRY ROAD, NW, SUITE 300 ATLANTA, GA 30327				See explanation below.		
Signatures						
Christopher P. Lyons, Senior Vice President, ING Investment Management LLC, as						

Christopher P. Lyons, Senior Vice President, ING Investment Management LLC, as 06/03/2011 Agent

**Signature of Reporting Person

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).

Remarks:

Filed pursuant to Section 30(h) of the Investment Company Act of 1940. The reporting party and its affiliates own in excess of

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.

Date