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FORDING CANADIAN COAL TRUST

Form 144

January 30, 2006

UNITED STATES
SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

OMB APPROVAL

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FORM 144

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**NOTICE OF PROPOSED SALE OF SECURITIES
PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933**

**SEC USE ONLY
DOCUMENT SEQUENCE
NO.**

ATTENTION: Transmit for filing 3 copies of this form concurrently with either placing an order with a broker to execute sale or executing a sale

CUSIP NUMBER

directly with a market maker

1 (a) NAME OF ISSUER (Please type or print)

(b) IRS IDENT. NO.

(c) S.E.C. FILE NO.

WORK LOCATION

Fording Canadian Coal Trust

000000000

001-15230

1 (d) ADDRESS OF ISSUER STREET
STATE ZIP CODE

CITY

(e) TELEPHONE NO.

205 9 Avenue S.E., Suite 1000, Calgary, Alberta T2G 0R4

(403) 260-9878

2 (a) NAME OF PERSON FOR (b) IRS IDENT. (c) RELATIONSHIP (d) ADDRESS STREET
WHOSE ACCOUNT THE NO. TO CITY STATE ZIP CODE
SECURITIES

ISSUER

ARE TO BE SOLD

Stockholder

5650 Yonge St. Toronto, Ontario M2M 4H5

Golden Apple Income Inc.

INSTRUCTION: The person filing this notice should contact the issuer to obtain the I.R.S Identification Number and the S.E.C File Number.

3 (a)	SEC USE ONLY	(c)	(d)	(e)	(f)	(g)
Title of the		Number of Shares	Aggregate	Number of Shares	Approximate	Name of Each
Class of	Name and Address of Each Broker Through Whom the	Broker-Dealer	Market	or Other Units	Date of Sale	Securities
Securities		File Number	Value	Outstanding		Exchange
		To Be Sold				

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To Be Sold	Securities are to be Offered or Each		(See instr. 3(f))			
	Market Maker					
	who is Acquiring the Securities	(See instr. 3(c))	(See instr. 3(d))	(See instr. 3(e))	(MO. DAY YR.)	(See instr. 3(g))
Trust Units	TD Newcrest	4,500,000	\$184,950,000	146,990,073	01/30/2006	NYSE
	Ernst & Young Tower					TSE
	7 th Floor					
	222 Bay Street			based on		
				01/27/2006		
	Toronto, Ontario			Closing Price		
				of \$41.10		
	M5K 1A2			(NYSE)		

INSTRUCTIONS:

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1. (a) Name of issuer

(b) Issuer's I.R.S. Identification Number

(c) Issuer's S.E.C. file number, if any

(d) Issuer's address, including zip code

(e) Issuer's telephone number, including area code

2. (a) Name of person for whose account the securities are to be sold

(b) Such person's I.R.S. identification number, if such person is an entity

(c) Such person's relationship to the issuer (e.g., officer, director, 10% stockholder, or

member of immediate family of any of the foregoing)

(d) Such person's address, including zip code

3. (a) Title of the class of securities to be sold

(b) Name and address of each broker through whom the securities are intended to be sold

(c) Number of shares or other units to be sold (if debt securities, give the aggregate face amount)

(d) Aggregate market value of the securities to be sold as of a specified date within 10 days prior to the filing of

this notice

(e) Number of shares or other units of the class outstanding, or if debt securities the face amount thereof

outstanding, as shown by the most recent report or statement published by the issuer

(f) Approximate date on which the securities are to be sold

(g) Name of each securities exchange, if any, on which the securities are intended to be sold

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 control number.

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TABLE I SECURITIES TO BE SOLD

Furnish the following information with respect to the acquisition of the securities to be sold

and with respect to the payment of all or any part of the purchase price or other consideration therefor:

Title of the Class	Date you Acquired	Nature of Acquisition Transaction	Name of Person from Whom Acquired <i>(If gift, also give date donor acquired)</i>	Amount of Securities Acquired	Date of Payment	Nature of Payment
Trust Units	2/28/2003	Purchase of Subscription Units	Fording Canadian Coal Trust	1,500,000 (see remarks below)	2/28/2003	Cash

INSTRUCTIONS: If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

TABLE II SECURITIES SOLD DURING THE PAST 3 MONTHS

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

Name and Address of Sellers	Title of Securities Sold	Date of Sale	Amount of	Gross Proceeds
Securities Sold				

REMARKS:

The Amount of Securities Acquired as reported in Table I above (1,500,000 Trust Units) was acquired prior to a three-for-one split of all Trust Units, effective September 6, 2005.

INSTRUCTIONS:

See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

ATTENTION:

The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the Issuer of the securities to be sold which has not been publicly disclosed.

Golden Apple Income Inc.,

January 30, 2006

/s/ Roger

Barton

DATE OF NOTICE

By: Roger Barton
Director and Secretary

The notice shall be signed by the person for whose account the securities are to be sold. At least one copy of the notice shall be manually signed.

Any copies not manually signed shall bear typed or printed signatures.

ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001).

