FORDING CANADIAN COAL TRUST

Form 144

January 30, 2006

UNITED STATES **OMB APPROVAL** SECURITIES AND EXCHANGE COMMISSION OMB Number: 3235-0101

Washington, D.C. 20549

Expires: December 31,

2006

Estimated average **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

(e) TELEPHONE NO.

(403) 260-9878

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

00000000 001-15230

CITY

1 (d) ADDRESS OF ISSUER STREET STATE

ZIP CODE

th Avenue S.E., Suite 1000, Calgary, Alberta T2G OR4 2 (a) NAME OF PERSON FOR (b) IRS IDENT.

NO.

(c) RELATIONSHIP (d) ADDRESS STREET TO CITY STATE ZIP CODE

WHOSE ACCOUNT THE **SECURITIES**

ISSUER

ARE TO BE SOLD

5650 Yonge St. Toronto, Ontario M2M 4H5

Stockholder

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 (c) (d) (g) ONLY

Title of the

Number of Aggregate Number of Approximate Name of Shares Shares Each **Date of Sale Broker-Dealer** Market

Name and Address of Each Broker Class of Through Whom the or Other Units or Other Units

Securities Securities File Number Value

To Be Sold Outstanding Exchange

Securities are to be Offered or Each To Be Sold (See instr. 3(f))

Market Maker

(See instr. 3(c))(See instr. 3(d))(See instr. 3(e)) (MO. DAY (See instr. 3(g)

who is Acquiring the Securities

Trust Units TD Newcrest \$184,950,000 146,990,073 01/30/2006 4,500,000 NYSE

TSE

Ernst & Young Tower

7th Floor

based on 222 Bay Street 01/27/2006

Toronto, Ontario Closing Price

of \$41.10

(NYSE) M5K 1A2

INSTRUCTIONS:

- 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.

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

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

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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

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).