

Ladha Hanifa
 Form 3
 August 05, 2009

FORM 3 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

OMB APPROVAL

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INITIAL STATEMENT OF BENEFICIAL OWNERSHIP OF SECURITIES

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)

1. Name and Address of Reporting Person *

Â Ladha Hanifa

(Last) (First) (Middle)

SUITE 200 - 1963 LOUGHEED HIGHWAY

(Street)

COQUITLAM,Â A1Â V3K 3T8

(City) (State) (Zip)

2. Date of Event Requiring Statement

(Month/Day/Year)

07/27/2009

3. Issuer Name and Ticker or Trading Symbol
 ABLEACTIONS COM INC [AAC]

4. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

Director 10% Owner
 Officer Other
 (give title below) (specify below)

5. If Amendment, Date Original Filed(Month/Day/Year)

6. Individual or Joint/Group Filing(Check Applicable Line)
 Form filed by One Reporting Person
 Form filed by More than One Reporting Person

Table I - Non-Derivative Securities Beneficially Owned

1. Title of Security (Instr. 4)	2. Amount of Securities Beneficially Owned (Instr. 4)	3. Ownership Form: Direct (D) or Indirect (I) (Instr. 5)	4. Nature of Indirect Beneficial Ownership (Instr. 5)
Common Stock	1,204,021	D	Â
Common Stock	250,573	I	Family Trust ⁽¹⁾
Common Stock	2,526,889	I	Spouse ⁽²⁾

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

SEC 1473 (7-02)

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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	4. Conversion	5. Ownership	6. Nature of Indirect Beneficial
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	Date Exercisable	Expiration Date	Derivative Security (Instr. 4) Title	Amount or Number of Shares	or Exercise Price of Derivative Security	Form of Derivative Security: Direct (D) or Indirect (I) (Instr. 5)	Ownership (Instr. 5)
Warrant to purchase common stock	08/19/2008	04/09/2017	Common Stock	739,460	\$ 2.4	I	Spouse ⁽³⁾
Option to purchase common stock	11/16/2004	11/16/2014	Common Stock	121,186	\$ 4.8	I	Spouse ⁽³⁾

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
Ladha Hanifa SUITE 200 - 1963 LOUGHEED HIGHWAY COQUITLAM, A1 V3K 3T8	Â	Â X	Â	Â

Signatures

Hanifa Ladha 08/05/2009

Signature of Reporting Person

Date

Explanation of Responses:

- * 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).
- (1) These shares of common stock are owned by the Ladha (1999) Family Trust. The reporting person is a beneficiary of the Ladha (1999) Family Trust.
- (2) These shares of common stock are owned by Mr. Abdul Ladha, the reporting persons spouse.
- (3) These securities have been issued to Mr. Abdul Ladha, the reporting persons spouse.

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.