

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)

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 control number.

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.