

**FORM 55-102F6
INSIDER REPORT**

(See instructions on the back of this report)

BOX 1. NAME OF THE REPORTING ISSUER (BLOCK LETTERS)

ADRESSA GOOD COOP
129 82-4385

BOX 2. INSIDER DATA

RELATIONSHIP(S) TO REPORTING ISSUER
 DATE OF LAST REPORT FILED OR IF INITIAL REPORT, DATE ON WHICH YOU BECAME AN INSIDER
 YES NO
 CHANGE IN RELATIONSHIP FROM LAST REPORT YES NO

BOX 3. ID NUMBER



FAMILY NAME: *RIDE*
 GIVEN NAME: *ED*
 ADDRESS: *1060 ALBERTA STREET*
 CITY: *VANCOUVER*
 PROVINCE: *BC*
 BUSINESS TELEPHONE NUMBER: *604-669-7775*
 BUSINESS FAX NUMBER: *604-687-3581*
 CHANGE IN NAME, ADDRESS OR TELEPHONE NUMBER FROM LAST REPORT YES NO

BOX 4. JURISDICTION(S) WHERE THE ISSUER IS A REPORTING ISSUER OR THE EQUIVALENT

ALBERTA
 BRITISH COLUMBIA
 MANITOBA
 NEWFOUNDLAND
 ONTARIO
 QUEBEC
 SASKATCHEWAN
 NOVA SCOTIA
Y SEC

BOX 5. INSIDER HOLDINGS AND CHANGES (IF INITIAL REPORT, COMPLETE SECTIONS A, B, C AND F ONLY. SEE ALSO INSTRUCTIONS TO BOX 5)

A DESIGNATION OF CLASS OF SECURITIES	B BALANCE OF CLASS OF SECURITIES ON LAST REPORT	C TRANSACTIONS		UNIT PRICE/ EXERCISE PRICE	D PRESENT BALANCE OF CLASS OF SECURITIES HELD	E DIRECT/INDIRECT OWNERSHIP/ CONTROL OR DIRECTION	F IDENTIFY THE REGISTERED HOLDER WHERE OWNERSHIP IS INDIRECT OR WHERE CONTROL OR DIRECTION IS EXERCISED
		NUMBER VALUE ACCRUED	NUMBER VALUE DISPOSED OF				
Common	290000				290000	1	"
Common	106500		20000	.06	86500	2	KELSTYNA MUELLER
WARRANTS	100000		30000	.055	56500	3	"
OPTIONS	400000				100000	3	"
Common	484734				400000	1	
					484734	2	SEE REMARKS

BOX 6. REMARKS

Of the 484734 Indirect Common: Mercap-415734 - I own 50%
 Active-69000 - I own 100%

ATTACHMENT

YES NO

This form is used as a uniform report for the insider reporting requirements under all provincial securities Acts. The terminology used is generic to accommodate the various Acts.

CORRESPONDENCE ENGLISH FRENCH

KEEP A COPY FOR YOUR FILE

BOX 7. SIGNATURE

NAME (BLOCK LETTERS) *ED Mueller*
 SIGNATURE *[Signature]*

DATE OF THE REPORT

DAY MONTH YEAR *28 02 05*

RECEIVED
 2005 MAR 10 AM 11:08

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