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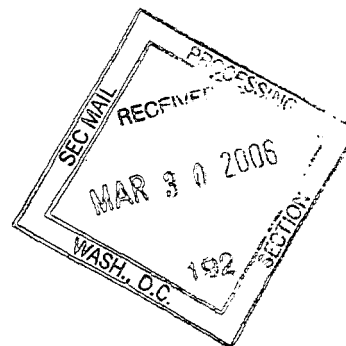
March 17, 2006

Securities and Exchange Commission
Judiciary Plaza
450 - 5th Street, N.W.
Washington, D.C.
U.S.A. 20549

Dear Sir or Madam:

Re: Trilogy Energy Trust (the "Trust")
Submission Pursuant to Rule 12g3-2(b)
File No. 82-34876

SUPPL



Pursuant to Rule 12g3-2(b) promulgated by the Securities and Exchange Commission (the "Commission") pursuant to Section 12(g) of the Securities Exchange Act of 1934, as amended (the "Exchange Act"), we submit the following documents:

1. News Release dated March 17, 2006 - Trilogy Energy Trust Advises on 2005 Canadian Income Tax Information.
2. News Release dated March 17, 2006 - Trilogy Energy Trust Releases 2005 U.S. Income Tax Reporting Information.

As required pursuant to Rule 12g3-2(b), the Trust's exemption number appears in the upper-right hand corner of each unbound page and of the first page of each bound document.

Also enclosed is a copy of this letter. Please indicate your receipt of this letter and the enclosed information by stamping such copy and returning it to the undersigned in the enclosed self-addressed, stamped envelope. Please contact the undersigned at (403) 290-2917 if you have any questions or require any additional information with respect to the enclosed.

Yours truly,
TRILOGY ENERGY TRUST
by its Administrator
Trilogy Energy Ltd.

Gail L. Yester
Assistant Corporate Secretary

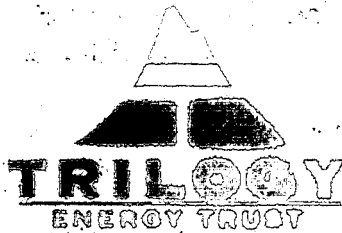
GLY/kp
Enclosure

cc: Bernard K. Lee, Trilogy Energy Ltd.
Charles E. Morin, Trilogy Energy Ltd.

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THOMSON
FINANCIAL



TRILOGY ENERGY TRUST
Calgary, Alberta

March 17, 2006

NEWS RELEASE: TRILOGY ENERGY TRUST ADVISES ON 2005 CANADIAN INCOME TAX INFORMATION

Trilogy Energy Trust (TSX:TET.UN) ("TET" or the "Trust") - The following information is intended to assist in the preparation of a 2005 T1 Income Tax Return. It is intended for individual, Canadian resident TET unitholders who hold their TET trust units ("Units") as capital property.

The information contained herein is based on TET's understanding of the Income Tax Act (Canada) and the regulations thereunder, and is provided for general information only. Unitholders are advised to consult their personal tax advisers with respect to their particular circumstances.

Trust Units held within an RRSP, RRIF, RESP or DPSP

If a unitholder holds his or her Units in an RRSP, RRIF, RESP or DPSP, no amounts are required to be reported by the unitholder in the unitholder's 2005 T1 Income Tax Return.

Trust Units held outside of an RRSP, RRIF, RESP or DPSP

If a unitholder does not hold his or her Units in an RRSP, RRIF, RESP or DPSP, taxable amounts allocated by TET in 2005 to the unitholder (i.e., the taxable portion of 2005 cash distributions) must be reported by the unitholder in the unitholder's 2005 Income Tax Return. This taxable amount will be reported on a "T3 - Statement of Trust Income and Allocations and Designations" ("T3 Slip") that will be issued to the unitholder (i.e., "Other income" - Box 28 on the T3 Slip).

A unitholder's "adjusted cost base" ("ACB") of his or her Units will be reduced by the non-taxable portion of the 2005 cash distributions (i.e., "Amount resulting in cost base adjustment" - Box 42 on the T3 Slip). The ACB is used in calculating capital gains or losses on the disposition of Units if the unitholder holds his or her Units as "capital property". To the extent that the ACB of a Unit to a unitholder otherwise would be less than zero, the negative amount will be deemed to be a capital gain of the unitholder from the disposition of the Unit in the year in which the negative amount arises, and the

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The attached "Schedule 1" includes supplementary information on the taxable portion and non-taxable portion of the 2005 cash distributions and is shown on a per Unit basis. This taxable portion will be included in and reported on your T3 Slip.

SCHEDULE 1

2005 - T3 INFORMATION

FOR CANADIAN RESIDENTS

The following table outlines the breakdown of cash distributions per Unit paid by Trilogy Energy Trust with respect to record dates for the period April 30, 2005 - December 30, 2005 for Canadian Income Tax purposes.

Record Date	Payment Date	Total Distribution Paid	Taxable Amount (Box 26) Other Income	Amount Resulting in Cost Base Adjustment (Box 42) (Return of Capital)
April 29, 2005	May 16, 2005	0.160	0.160	0.000
May 31, 2005	June 15, 2005	0.160	0.160	0.000
June 30, 2005	July 15, 2005	0.160	0.160	0.000
July 29, 2005	August 15, 2005	0.160	0.160	0.000
August 31, 2005	September 15, 2005	0.160	0.160	0.000
September 30, 2005	October 17, 2005	0.250	0.250	0.000
October 31, 2005	November 15, 2005	0.250	0.250	0.000
November 30, 2005	December 15, 2005	0.250	0.250	0.000
December 30, 2005	January 16, 2006	0.800	0.800	0.000
TOTAL PER UNIT		2.350	2.350	0.000

About TET

TET is a petroleum and natural gas-focused Canadian energy trust. The Units are listed on the Toronto Stock Exchange under the symbol "TET.UN".

FOR FURTHER INFORMATION PLEASE CONTACT:

Trilogy Energy Trust
J.H.T. (Jim) Riddell
President and Chief Executive Officer
(403) 290-2900

or
Trilogy Energy Trust
B.K. (Bernie) Leo
Chief Financial Officer
(403) 290-2900
or

Trilogy Energy Trust
J. B. (John) Williams
Chief Operating Officer
(403) 290-2900

or

Trilogy Energy Trust c/o Trilogy Energy Ltd.
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(403) 263-8915 (FAX)
Website: www.trilogyenergy.com

The Toronto Stock Exchange has neither approved nor disapproved the information contained herein.



TRILOGY ENERGY TRUST
Calgary, Alberta

March 17, 2006

**NEWS RELEASE: TRILOGY ENERGY TRUST RELEASES 2005 U.S. INCOME
TAX REPORTING INFORMATION**

Trilogy Energy Trust (TSX:TET.UN) ("TET" or the "Trust") - The following information is intended to assist unitholders of TET trust units ("Units") in reporting TET income for 2005 United States ("U.S.") federal income tax purposes. This information is intended for U.S. individual TET unitholders only.

The information contained herein is based on TET's understanding of the Internal Revenue Code and is provided for general information only. This information is not exhaustive of all possible U.S. income tax considerations, but is a general guideline and is not intended to be legal or tax advice to any particular unitholder or potential unitholder of Units. Unitholders or potential holders of Units should consult their own legal and tax advisors as to their particular tax consequences of holding Units as well as to determine whether claiming a credit or deduction for foreign income taxes is more beneficial.

Canadian resident unitholders should note that the information contained herein is not applicable for Canadian income tax purposes. Such information will be disclosed separately.

2005 U.S. Federal Income Tax Reporting for Beneficial Unitholders

The following information is being provided to assist U.S. individual unitholders of TET who hold their Units through a broker or other intermediary in reporting distributions received from TET on their IRS Form 1040 - U.S. Individual Income Tax Return for the calendar year 2005.

TET believes that, for U.S. federal income tax purposes, the Units should be classified as shares of a corporation, rather than as debt, and that amounts considered to be dividends paid to its U.S. individual unitholders should be characterized as dividends paid from a qualified foreign corporation. As such, the portion of the distributions made during 2005 that are considered dividends should qualify for the reduced rate of tax applicable to certain dividends received from qualified foreign corporations. However, to qualify for the reduced rate of taxation on dividends, a unitholder must satisfy certain holding period and other requirements with respect to the unitholder's Units. Unitholders should consult their own tax advisors concerning their eligibility for this reduced rate of U.S. federal income tax.

The portion of the trust distributions that is considered a dividend for U.S. income tax purposes is determined based upon TET's current and accumulated earnings & profits ("E&P") as determined in accordance with U.S. federal income tax principles.

With respect to cash distributions paid in 2005 to U.S. individual unitholders, 31.5 (thirty-one point five) percent should be reported as a distribution in excess of E&P ("Excess Distribution") (to the extent of the unitholder's U.S. tax basis in the units) and 68.5 (sixty-eight point five) percent should be reported as dividends from a qualified foreign corporation.

TET is not required to issue Form 1099 DIV's; however, U.S. unitholders may have received a Form 1099 DIV from a broker or intermediary that may not be correct. As a result of this, U.S. unitholders should consult their brokers and tax advisors to ensure that this information is accurately reflected on their tax returns. Brokers and/or intermediaries may or may not issue amended Form 1099 DIVs. As a result, incorrect information may be reported to the Internal Revenue Service.

Trust Units Held Within a Qualified Retirement Plan

No amounts are required to be reported on an IRS Form 1040 - U.S. Individual Income Tax Return where Units are held within a qualified retirement plan.

Trust Units Held Outside of a Qualified Retirement Plan

U.S. individual unitholders who hold their Units through a stockbroker or other intermediary should receive tax-reporting information from their stockbroker or intermediary and may need to use the information provided on the attached schedule for a division of the cash distributions between taxable dividend and Excess Distribution. TET expects that the stockbroker will issue a Form 1099 - DIV "Dividends and Distributions" or a substitute form developed by the stockbroker or other intermediary. The deadline for mailing a Form 1099 - DIV is January 31, 2006.

The amount included on Line 1b of the Form 1099 - DIV represents dividends that could be eligible for the qualified dividend tax rate. TET's dividends are expected to be "Qualified Dividends".

The amount included in Line 3 of the Form 1099 - DIV is generally non-taxable. This amount is non-taxable if it is a return of your cost (or other basis) in the trust units.

U.S. unitholders are encouraged to utilize the Qualified Dividends and Capital Gain Tax Worksheet to determine the amount of tax that may be otherwise applicable.

The amount included on Line 6 of the Form 1099 - DIV representing the amount of foreign tax paid (Canadian withholding tax) should be reported on Form 1116 "Foreign Tax Credit (Individual, Estate, or Trust)". Information regarding the amount of Canadian tax withheld in 2005 should be available from your stockbroker or other intermediary and is not available from TET.

Effective January 1, 2005, the non-taxable return of capital portion of the monthly distributions were subject to a 15% Canadian withholding tax. The amount of Canadian tax withheld on the non-taxable return of capital portion has been aggregated with the Canadian tax withheld on the taxable portion of the distributions and reported on Line 6 of the Form 1099 - DIV.

Summary of U.S. Tax Information

The following table provides, on a per unit basis, the breakdown of the amount of cash dividends, prior to Canadian withholding tax, paid by TET for the period April 1, 2005 to December 31, 2005. The amounts are segregated between the portion of the cash distribution that should be treated as Qualified Dividends and the portion that should be treated as Excess Distributions. The amounts shown on the attached schedule are in U.S. dollars as converted on the applicable payment dates. This schedule is for information purposes only. Amounts computed based on the following table may differ from the amounts shown on the Form 1099 - DIV.

Trilogy Energy Trust 2005 Cash Distribution Information for Beneficial U.S. Unitholders (\$/unit)

Record Date	Payment Date	Distribution Paid Cdn \$	Exchange Rate
Apr 29, 2005	May 16, 2005	0.16	0.7876
May 31, 2005	Jun 15, 2005	0.16	0.8081
Jun 30, 2005	Jul 15, 2005	0.16	0.8192
Jul 29, 2005	Aug 15, 2005	0.16	0.8338
Aug 31, 2005	Sep 15, 2005	0.16	0.8440
Sep 30, 2005	Oct 17, 2005	0.25	0.8438
Oct 31, 2005	Nov 15, 2005	0.25	0.8388
Nov 30, 2005	Dec 15, 2005	0.25	0.8324
Total Per Unit		1.55	

Record Date	Distribution Paid US\$	Taxable Qualified Dividend US\$	Distribution in Excess of Qualified Dividend US\$
Apr 29, 2005	0.126024	0.086271	0.039753
May 31, 2005	0.128303	0.083516	0.044787
Jun 30, 2005	0.131072	0.089727	0.041345
Jul 29, 2005	0.133411	0.091328	0.042083
Aug 31, 2005	0.135044	0.092446	0.042598
Sep 30, 2005	0.210889	0.144373	0.066526
Oct 31, 2005	0.208688	0.143350	0.065347
Nov 30, 2005	0.215554	0.147560	0.067995
Total Per Unit	1.291005	0.853770	0.437235

About TET

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