

PENGROWTH ENERGY TRUST

Form 6-K

November 23, 2005

**SECURITIES AND EXCHANGE COMMISSION
WASHINGTON, D.C. 20549
FORM 6-K**

**Report of Foreign Private Issuer
Pursuant to Rule 13a-16 or 15d-16 of the
Securities Exchange Act of 1934
For the period November 11, 2005 to November 22, 2005
PENGROWTH ENERGY TRUST
2900, 240 4 Avenue S.W.
Calgary, Alberta T2P 4H4 Canada
(address of principal executive offices)**

[Indicate by check mark whether the registrant files or will file annual reports under cover Form 20-F or Form 40-F.]

Form 20-F

Form 40-F

[Indicate by check mark whether the registrant by furnishing the information contained in this Form is also thereby furnishing the information to the Commission pursuant to Rule 12g3-2(b) under the Security Exchange Act of 1934.]

Yes

No

[If Yes is marked, indicate below the file number assigned to the registrant in connection with Rule 12g3-2(b): _____]

DOCUMENTS FURNISHED HEREUNDER:

1. Press Release confirming increased cash distribution for December 15, 2005.
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SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the registrant has duly caused this report to be signed on its behalf by the undersigned, thereunto duly authorized.

PENGROWTH ENERGY TRUST
by its administrator PENGROWTH
CORPORATION

November 22, 2005

By: /s/ Gordon M. Anderson
Name: Gordon M. Anderson
Title: Vice President

NEWS RELEASE

Attention: Financial Editors

**Stock Symbol: (PGF.A / PGF.B) TSX; (PGH)
NYSE**

**PENGROWTH ENERGY TRUST CONFIRMS INCREASED CASH DISTRIBUTION FOR DECEMBER 15,
2005**

(Calgary, November 21, 2005) /CCNMatthews/ Pengrowth Corporation, administrator of Pengrowth Energy Trust, is pleased to confirm the recently announced increase in monthly distributions. The December 15, 2005 cash distribution will be increased to Cdn \$0.25 per trust unit from the prior level of Cdn \$0.23 per trust unit. The distribution is net of amounts withheld to finance capital expenditures. The ex-distribution date is November 29, 2005. The distribution will be payable to all unitholders who hold Class A or Class B trust units on the record date of December 1, 2005. The distribution of Cdn \$0.25 per trust unit is equivalent to approximately U.S. \$0.21 per trust unit using a U.S./Canadian dollar exchange ratio of 1.1874. The actual U.S. dollar equivalent distribution will be based upon the actual U.S./Canadian exchange rate applied on the payment date, net of applicable Canadian withholding taxes. This distribution relates to the production month of October, 2005. Cash distributions paid over the past 12 months now total Cdn \$2.78 per trust unit or approximately U.S. \$2.29 per trust unit.

PENGROWTH CORPORATION

James S. Kinnear, President

For further information about Pengrowth, please visit our website www.pengrowth.com or contact:

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