



For Immediate Release
TSX: TUI.UN

**True Energy Trust Announces
Appointment of Chief Executive Officer and New Board Member**

Calgary, Alberta, August 20, 2007- The Board of Directors of True Energy Inc., the Administrator of True Energy Trust ("True" or the "Trust"), is pleased to announce the appointment of Wayne M. Chorney as Chief Executive Officer and Director of True, following the resignation of Paul R. Baay as True's Chairman and Chief Executive Officer. Mr. Chorney has also been appointed to the Board of Directors of True. William C. (Mickey) Dunn, current Lead Independent Director of True, will re-assume his role as Chairman of the Board and Mr. Baay will remain as a director of True.

Mr. Chorney joined True in May of 2007 in the capacity of President and Chief Operating Officer and his appointment to True's Board and to the position of Chief Executive Officer reflects an extension of Mr. Chorney's leadership role with True and the Board's continued confidence in Mr. Chorney's abilities to lead True's team in the challenging years ahead.

Mr. Chorney stated: "I would like to thank the Board for the confidence they have shown in me since I joined True earlier this year and I am looking forward to my expanded role as True's Chief Executive Officer. I remain extremely positive about the growth potential of True's large inventory of high quality development and exploration opportunities and together with our team look forward to the successful exploitation of these undervalued assets."

The Board of Directors of True would like to thank Mr. Baay for his many years of dedicated service since founding True in September of 2000.

True is an oil and gas trust powered by a diverse asset base, focused on sustainable growth, both in its people and in its properties. True's approach of providing value to its unitholders with superior returns is based on combining its commitment to fiscally conservative management with a disciplined but opportunistic approach to technically focused exploration and high quality acquisitions. True supports a culture of positive team building, emphasizing the value of human capital, working to exceed industry expectations, keeping True at the forefront of today's competitive market.

For further information, please contact:

Wayne M. Chorney
President, CEO and COO
(403) 750-2420

Edward Brown
Vice President, Finance and CFO
(403) 750-2655

W.C. (Mickey) Dunn
Chairman
(403) 750-1265

Scott Koyich
Investor Relations
(403) 750-2428

Troy Winsor
Investor Relations
(800) 663-8072