



For Immediate Release
TSX: TUI.UN

True Energy Trust Announces February Distribution

Calgary, Alberta, January 8, 2009 - True Energy Trust ("True" or the "Trust") announces the cash distribution for the month of January will be \$0.02 per unit, to be paid on February 17, 2009 to all unitholders of record as at January 30, 2009. The ex-distribution date for this payment is January 28, 2009. This distribution level is consistent with the press release dated December 12, 2008.

True Energy Trust is an exploration and production oil and gas trust based in Calgary, Alberta, Canada.

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