



For Immediate Release

TSX: TUI.UN

True Energy Trust Provides Disposition Update

Calgary, Alberta, April 30, 2008 - Further to the press release dated April 17, 2008 True Energy Trust ("True") announces that it has completed the previously announced sale of its Dodsland-Stranraer property in Saskatchewan. Effective March 1, 2008, proceeds of approximately \$40 million, prior to closing adjustments, will be utilized to reduce True's bank indebtedness.

Additionally, True announces its decision not to pursue further Saskatchewan asset disposition options at this time. True feels that the new strategic direction's goal of increased financial flexibility is sufficiently achieved through the combination of vastly improved commodity prices, receipt of the Dodsland-Stranraer disposition proceeds, and a continued distribution level of \$0.04 per unit per month, while retaining a larger production base.

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

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Forward Looking Statements: *Certain information set forth in this news release, including management's assessments of the future plans and operations, may contain forward-looking statements, and necessarily involve risks and uncertainties, certain of which are beyond True's control including, risks associated with oil and gas exploration, development, exploitation, production, marketing and transportation, loss of markets and other economic and industry conditions, volatility of commodity prices, currency fluctuations, imprecision of reserve estimates, environmental risks, competition from other producers, inability to retain drilling services, incorrect assessment of value of acquisitions and failure to realize the benefits therefrom, delays resulting from or inability to obtain required regulatory approvals, the lack of availability of qualified personnel or management, risks related to closing of dispositions, stock market volatility and ability to access sufficient capital from internal and external sources, economic or industry condition changes. Actual results, performance or achievements could differ materially from those expressed in, or implied by, these forward-looking statements and, accordingly, no assurance can be given that any events anticipated by the forward-looking statements will transpire or occur, or if any of them do so, what benefits that True or its securityholders will derive therefrom. Additional information on these and other factors that could affect True are included in reports on file with Canadian securities regulatory authorities and may be accessed through the SEDAR website (www.sedar.com), at True's website (www.trueenergytrust.com). Furthermore, the forward-looking statements contained in this news release are made as of the date of this news release, and True does not undertake any obligation to update publicly or to revise any of the included forward-looking statements, whether as a result of new information, future events or otherwise, except as may be expressly required by applicable securities law.*