



For Immediate Release
TSX: TUI.UN

True Energy Trust Announces March 2006 Distribution of \$0.24 Per Unit

Calgary, Alberta, February 16, 2006 – True Energy Trust (the “Trust”), announces that the cash distribution for the month of February will be \$0.24 per unit, to be paid on March 15, 2006 to all unitholders of record as of February 28, 2006. The ex-distribution date for this payment is February 24, 2006.

True Energy Trust is an oil and gas trust. Trust units of the Trust are traded on the Toronto Stock Exchange under the symbol “TUI.UN”.

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