



For Immediate Release
TSX: TUI.UN

**True Energy Trust Confirms February Distribution
&
Announces Increase to Exchangeable Share Ratio**

Calgary, Alberta, January 17, 2008 - True Energy Trust ("True" or the "Trust") confirms that the cash distribution for the month of January will be \$0.04 per unit, to be paid on February 15, 2008 to all unitholders of record as at January 31, 2008. The ex-distribution date for this payment is January 29, 2008. This distribution announcement is consistent with the guidance provided in the news release dated December 18, 2007.

True also announces an increase in the ratio for exchanging Exchangeable Shares of True Energy Inc. into trust units of the Trust (the "Exchange Ratio") from 0.86040 to 0.88085. This increase was effective on January 15, 2008.

The following are the details used in the calculation of the Exchange Ratio:

Record Date of Distribution	December 31, 2007
Opening Exchange Ratio	0.86040
True Energy Trust distribution per unit paid January 15, 2008	\$0.08
5-day weighted average trading price (the "Current Market Price") (including the last business day prior to distribution payment date)	\$3.36514
Increase in Exchange Ratio	0.02045
Effective Date of increase in Exchange Ratio	January 15, 2008
Exchange Ratio as of the Effective Date	0.88085

The increase in the exchange ratio is calculated by multiplying the True Energy Trust distribution per trust unit by the previous month's exchange ratio and dividing by the Current Market Price of TUI.UN. A holder of True Energy Inc. Exchangeable Shares can exchange all or a portion of their holdings at any time for the True Energy Trust Units by completing the Retraction Request Form located on the back of the exchangeable certificate. Questions regarding Exchangeable Shares should be directed to Computershare Trust Company of Canada at 1-800-564-6253.

True Energy Trust is an exploration and production oil and gas trust based in Calgary, Alberta, Canada. True is powered by a diverse asset base and is focused on sustainable growth both in its people and in its properties.

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