



For Immediate Release
TSX: TUI.UN

**True Energy Trust Announces November Distribution of \$0.18 per Unit
and
Provides an Operational Update**

Calgary, Alberta, October 10, 2006 – True Energy Trust ("True" or the "Trust") announces that the cash distribution for the month of October will be \$0.18 per unit, to be paid on November 15, 2006 to all unit-holders of record as of October 27, 2006. The ex-distribution date for this payment is October 25, 2006.

Consistent with the distribution strategy outlined earlier in the year the Board of True has maintained ten consecutive monthly distributions of \$0.24 per unit through to October 16, 2006. In a press release dated July 26, 2006, the Board of True anticipated maintaining a monthly distribution of \$0.24 per unit through to December 2006. However, the Board has now determined that it is necessary to modify the monthly distribution to \$0.18 per unit to reflect weakening commodity prices, both in the current spot market and in the forward strip prices. The \$0.18 per unit represents a 25% reduction in the monthly distribution from \$0.24 per unit and, on an annualized basis, a yield of 21.6% based on a closing price as at October 6, 2006 of \$9.99.

True's President, Paul Baay stated "True had expected gas prices to strengthen somewhat during the latter part of the year. The anticipated increases have not occurred and it is prudent for True to make the distribution adjustment to allow for continued focus on the sustainability of the large asset portfolio we have assembled over our first ten months of operations". He went on to say, "With the flexibility of our balance sheet and the weak commodity price environment we also think it is an opportune time to further grow our prospect inventory".

Currently, True has hedged approximately 30% of current production through to the end of March 2007, with a portion of the existing hedges expiring at the end of June 2007. The AECO natural gas hedges have a weighted average floor of CDN\$8.47 per GJ. In addition, True has entered into WTI crude oil puts with a floor of US\$70.00 per barrel. True will continue to implement various hedging strategies during 2007 with a focus on maintaining sufficient cash flow to provide a balance between sustainable distributions and funding of True's 2007 capital program.

To date, True has drilled 83 wells in 2006 with all of the wells being cased except for one that was dry and abandoned. Of the 82 successful wells, 19 were oil wells and 63 were gas wells. Also, in response to the current commodity price environment True is currently curtailing its fourth quarter 2006 drilling program to focus on those projects that are either existing drilling commitments or are economic at current commodity price levels. The majority of the fourth quarter 2006 capital expenditures are focused on tie-ins, recompletions and facility optimizations.

Late in the third quarter of 2006, True completed the purchase of a facility in the Kerrobert, Saskatchewan area which will allow the Trust to begin implementation of the SAGD phase of the project. During the next nine months True plans to convert a number of existing wells to steam injectors and drill additional wells that will be used as producing well bores. The

facility is currently running at 500 bbls/d of heavy oil production with capacity of approximately 5,000 bbls/d. Also included in the acquisition were three sections of land on which True has identified a number of development and exploration opportunities.

Based on field estimates the Trust is currently producing approximately 20,000 boe/d and anticipates a fourth quarter 2006 average production in the range of 19,000-20,000 boe/d. As at September 30, 2006, there was \$110 million outstanding under the credit facility. On October 2, 2006, the Trust's existing syndicated credit facility was increased to \$225 million from \$150 million, which left \$115 million available.

True continues to maintain a large undeveloped land base of 1.1 million acres and has identified a multi-year drilling inventory of over 700 net locations. The initial capital expenditure budget for 2007 is expected to be approximately \$80 million. Along with the prospect inventory and a skilled staff True is well positioned to take advantage of opportunities in this dynamic commodity environment. The Trust anticipates releasing its third quarter results on or about November 9, 2006.

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Forward Looking Statements: *Certain information herein including management's assessment of future plans and operations, wells to be drilled, converted, completed and tied-in and the timing thereof, facilities to be constructed and timing thereof, future production estimates, expected capital expenditures, future levels of drilling and completion activity, and timing of release of results may constitute forward-looking statements under applicable securities laws and necessarily involve risks including, without limitation, risks associated with oil and gas exploration, development, exploitation, production, marketing and transportation, loss of markets, volatility of commodity prices, currency fluctuations, imprecision of reserve estimates, environmental risks, competition from other producers, inability to retain drilling rigs and other services, incorrect assessment of the value of acquisitions, failure to realize the anticipated benefits of acquisitions, delays resulting from or inability to obtain required regulatory approvals and ability to access sufficient capital from internal and external sources. As a consequence, actual results may differ materially from those anticipated in the forward-looking statements. Readers are cautioned that the foregoing list of factors is not exhausted. Additional information on these and other factors that could effect True's operations and financial results 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 at 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 required by applicable securities laws.*

BOE Disclosure: *Disclosure provided herein in respect of barrels of oil equivalent (BOE) may be misleading, particularly if used in isolation. A BOE conversion ratio of 6 Mcf: 1 Bbl is based on an energy equivalency conversion method primarily applicable at the burner tip and does not represent a value equivalency at the wellhead.*