



For Immediate Release
TSX: TUI.UN

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

Calgary, Alberta, September 15, 2008 - True Energy Trust ("True" or the "Trust") confirms that the cash distribution for the month of September will be \$0.04 per unit, to be paid on October 15, 2008 to all unitholders of record as at September 30, 2008. The ex-distribution date for this payment is September 26, 2008. This distribution announcement is consistent with the guidance provided in the news release dated July 15, 2008.

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 0.94755 to 0.95853. This increase is effective on September 15, 2008.

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

Record Date of Distribution	August 29, 2008
Opening Exchange Ratio	0.94755
True Energy Trust distribution per unit paid September 15, 2008	\$0.04
5-day weighted average trading price (the "Current Market Price") (including the last business day prior to distribution payment date)	\$3.45075
Increase in Exchange Ratio	0.01098
Effective Date of increase in Exchange Ratio	September 15, 2008
Exchange Ratio as of the Effective Date	0.95853

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.

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