



For Immediate Release
TSX: TUI.UN

True Energy Trust Maintains Suspension of Distributions

Calgary, Alberta, March 17, 2009 - True Energy Trust ("True" or the "Trust") confirms that, as stated in the press release dated February 9, 2009, True's monthly distribution payments have been suspended. The Board of Directors will continue to review the distribution policy in light of commodity prices and other such factors as it deems appropriate. Distributions will remain suspended until such time as the Board of Directors determines otherwise and Unitholders will be advised at such a time as distributions are reinstated. Accordingly, the ratio for exchanging Exchangeable Shares of True Energy Inc. into trust units of the Trust announced February 18, 2009 remains at 1.06272 until further notice.

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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