

NEWS RELEASE

TSX: TUI.UN

November 18, 2005

True Energy Trust Announces December Distribution of \$0.24 Per Unit

Calgary, Alberta, November 18, 2005 — True Energy Trust (the "Trust"), formerly TKE Energy Trust ("TKE"), announces that the cash distribution for the month of November will be \$0.24 per unit, to be paid on December 15, 2005 to all unitholders of record as of November 30, 2005. The ex-distribution date for this payment is November 28, 2005. The \$0.24 per unit distribution reflects the consolidation of the trust units (consolidated on a 1 for 2 trust unit basis) which occurred in connection with the previously announced Plan of Arrangement (the "Plan") among TKE and True Energy Inc., effective November 2, 2005. Prior to completion of the Plan, TKE distributed \$0.12 per unit for the eleven previous months.

True Energy Trust is a sustainable oil and gas trust. Trust units of the Trust are traded on the Toronto Stock Exchange under the symbol "TUI.UN".

For further information please contact:

Paul R. Baay, President & CEO
True Energy Trust
Direct: (403) 750-1272

Joan E. Dunne, Vice President, Finance & CFO
True Energy Trust
Direct: (403) 750-1262