



For Immediate Release
TSX: TUI.UN

True Energy Trust Sets Second Quarter Distribution Policy, Confirms May Distribution & Provides Disposition Update

Calgary, Alberta, April 8, 2008 - True Energy Trust ("True" or the "Trust") announces that the Board of Directors has set the distribution policy of the Trust for the second quarter of 2008 at a monthly distribution rate of \$0.04 per unit, subject to monthly confirmation by the Board of Directors, based on current commodity prices, hedging program, anticipated production volumes and market conditions. This distribution level is consistent with the first quarter policy.

True confirms that the cash distribution for the month of April will be \$0.04 per unit, to be paid on May 15, 2008 to all unitholders of record as at April 30, 2008. The ex-distribution date for this payment is April 28, 2008.

Distribution	Record Date	Ex-distribution Date	Payable Date
\$0.04 per unit	April 30, 2008	April 28, 2008	May 15, 2008
\$0.04 per unit ⁽¹⁾	May 30, 2008	May 28, 2008 ⁽²⁾	June 16, 2008
\$0.04 per unit ⁽¹⁾	June 30, 2008	June 26 2008 ⁽²⁾	July 15, 2008

⁽¹⁾ Based on True's current commodity prices, hedge positions, anticipated production volumes and market conditions and subject to change based on actual conditions.

⁽²⁾ Anticipated ex-distribution dates for May and June 2008. These dates are subject to change and/or confirmation by the Toronto Stock Exchange and will be confirmed by monthly press releases.

Dispositions

On December 17, 2007, True announced its intention to divest of its Saskatchewan assets as part of a new strategic direction for the Trust. Any proceeds from the proposed divestiture will be utilized to reduce True's bank indebtedness and to provide additional financial resources to develop its Alberta light oil and natural gas plays. Scotia Waterous Inc. ("Scotia Waterous") has been selected to act as True's exclusive advisor in this process. Bids were received on March 4, 2008 in respect of the assets and various portions of the assets included in the proposed asset divestiture and are continuing to be evaluated by True with the assistance of Scotia Waterous and discussions and negotiations are continuing. There is no assurance that True will enter into definitive agreements with respect to all or a portion of the assets proposed to be disposed of, or if entered into, which portion of the assets will be sold.

True continuously reviews and optimizes its portfolio, divesting of non-core and high cost properties. On April 2, 2008, True was successful in completing the divestiture of a small non-core property in the Northeast area of Alberta for net proceeds after adjustments of \$5.8 million. The proceeds were used to pay down debt.

On March 31, 2008, True's borrowing base re-determination was re-scheduled for renewal on or before June 2, 2008, while the Saskatchewan asset divestiture is being finalized. Subject to finalization of satisfactory bids in the second quarter of 2008, it is anticipated that True's borrowing base will be reduced from the current \$190 million as at March 31, 2008 to within a range of \$175 million to \$100

million depending on the extent of property dispositions completed in the second quarter of 2008. The revolving period on the term credit facility is also subject for renewal on June 28, 2008.

True Energy Trust is an exploration and production oil and gas trust based in Calgary, Alberta, Canada.

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Forward Looking Statements: *Certain information set forth in this news release, including management's assessments of the future plans and operations, True's planned disposition of Saskatchewan properties, the timing thereof, the use proceeds and the effect of the disposition on True's continuing operations and on True's borrowing base under its credit facility and distribution levels may contain forward-looking statements, and necessarily involve risks and uncertainties, certain of which are beyond True's control including, risks associated with oil and gas exploration, development, exploitation, production, marketing and transportation, loss of markets and other economic and industry conditions, volatility of commodity prices, currency fluctuations, imprecision of reserve estimates, environmental risks, competition from other producers, inability to retain drilling services, incorrect assessment of value of acquisitions and failure to realize the benefits therefrom, delays resulting from or inability to obtain required regulatory approvals, the lack of availability of qualified personnel or management, risks related to closing of dispositions, stock market volatility and ability to access sufficient capital from internal and external sources, economic or industry condition changes or the inability to dispose of the Saskatchewan properties for the anticipated proceeds or delay in doing so. Actual results, performance or achievements could differ materially from those expressed in, or implied by, these forward-looking statements and, accordingly, no assurance can be given that any events anticipated by the forward-looking statements will transpire or occur, or if any of them do so, what benefits that True or its securityholders will derive therefrom. Additional information on these and other factors that could affect True 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 of 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 expressly required by applicable securities law.*