



**For Immediate Release**  
**TSX: TUI.UN**

**TRUE ENERGY TRUST ANNOUNCES CHANGE TO JANUARY DISTRIBUTION,  
SENIOR MANAGEMENT APPOINTMENT & PROVIDES HEDGING UPDATE**

Calgary, Alberta, December 12, 2008

**Change to January Distribution**

True Energy Trust ("True" or the "Trust") announces that in light of the continuing weak commodity price environment the Board of Directors has determined that the cash distributions for the month of December will be \$0.02 per unit, to be paid on January 15, 2009 to all unitholders of record as at December 31, 2008. The ex-distribution date for this payment is December 29, 2008. True believes that it is prudent to manage the level of distributions to maintain corporate liquidity during the current financial turmoil and to better align distributions with the prevailing commodity price environment. Distributions are reviewed regularly in the context of commodity prices, among other factors, and are subject to revision by the Board of Directors. The Trust will continue to take a balanced approach to the priority use of cash flow between level of distributions and size of its 2009 capital program.

**Senior Management Appointment**

The Board of Directors of True announces that Mr. Duncan A. Chisholm has joined True in the capacity of Vice President, Operations effective December 15, 2008. Mr. Chisholm brings with him 32 years of industry experience. Throughout his career Mr. Chisholm has worked in many capacities within management and the operational departments of several junior and intermediate oil and gas companies. Mr. Chisholm holds a Bachelor of Science degree.

This appointment, along with the appointment of Mr. Russell G. Oicle as Vice President, Exploration announced November 24, 2008, completes True's senior executive team and positions the Trust to enter 2009 with the technical expertise and leadership experience necessary for True's success.

**Hedging Update**

True further announces that it has entered into a natural gas price risk management contract. True entered into a natural gas fixed price swap of 5,000 GJ per day for the period of January 1, 2010 to March 31, 2010 at a fixed price of \$8.00CAD per GJ or \$8.79CAD per mcf. This contract will be settled against the AECO 7A Monthly Index each month.

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

***For further information, please contact:***

Wayne M. Chorney President, CEO & COO (403) 750-2420	Edward Brown Vice President, Finance & CFO (403) 750-2655	Sacha Ravelli Manager, Investor Relations (403) 750-7085
--	---	--

Scott Koyich  
Investor Relations Consultant  
(403) 750-2428

Troy Winsor  
Investor Relations Consultant  
(800) 663-8072