



For Immediate Release
TSX: TUI.UN

True Energy Trust Confirms March Distribution, Announces Increase to Exchangeable Share Ratio & Provides Hedging Update

Calgary, Alberta, February 19, 2008 - True Energy Trust ("True" or the "Trust") confirms that the cash distribution for the month of February will be \$0.04 per unit, to be paid on March 17, 2008 to all unitholders of record as at February 29, 2008. The ex-distribution date for this payment is February 27, 2008. This distribution announcement is consistent with the guidance provided in the news release dated December 18, 2007.

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 0.88085 to 0.89142. This increase was effective on February 15, 2008.

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

Record Date of Distribution	January 31, 2008
Opening Exchange Ratio	0.88085
True Energy Trust distribution per unit paid February 15, 2008	\$0.04
5-day weighted average trading price (the "Current Market Price") (including the last business day prior to distribution payment date)	\$3.33413
Increase in Exchange Ratio	0.01057
Effective Date of increase in Exchange Ratio	February 15, 2008
Exchange Ratio as of the Effective Date	0.89142

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.

In order to actively manage its risk management program and in response to the continued volatility in the natural gas markets, further to the risk management contracts announced in the November 8, 2007 news release, True has entered into seven additional fixed natural gas price risk management contracts as follows:

Type	Period	Volume	Price Floor	Price Ceiling	Index
Natural Gas					
Fixed	Apr. 01/08 – Oct. 31/08	5,275 GJ/d	\$6.64 CDN	\$6.64 CDN	AECO – C
Fixed	Apr. 01/08 – Oct. 31/08	3,500 GJ/d	\$6.90 CDN	\$6.90 CDN	AECO – C
Fixed	Nov. 01/08 – Dec. 31/08	3,500 GJ/d	\$7.58 CDN	\$7.58 CDN	AECO – C
Fixed	Nov. 01/08 – Mar. 31/09	5,275 GJ/d	\$7.61 CDN	\$7.61 CDN	AECO – C
Fixed	Jan. 01/09 – Mar. 31/09	5,275 GJ/d	\$7.86 CDN	\$7.86 CDN	AECO – C
Fixed	Apr. 01/09 – Jun. 30/09	5,275 GJ/d	\$7.01 CDN	\$7.01 CDN	AECO – C
Fixed	Apr. 01/09 – Jun. 30/09	5,275 GJ/d	\$7.015 CDN	\$7.015 CDN	AECO – C

With these additional price risk management contracts, approximately 33% of current natural gas production is hedged through the first quarter of 2008. Assuming the previously announced sale of the Trust's Saskatchewan assets is completed at the end of Q1 2008, approximately 53% of estimated natural gas production is hedged through the balance of 2008 and approximately 23% is hedged through the first half of 2009. Please refer to the current corporate presentation available at www.trueenergytrust.com for more information.

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
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Scott Koyich Investor Relations Consultant (403) 750-2428	Troy Winsor Investor Relations Consultant (800) 663-8072
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Forward Looking Statements: *Certain information set forth in this news release, including management's assessments of True's planned disposition of Saskatchewan properties, the timing thereof, and the effect of the disposition on True's hedging 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.*