



For Immediate Release
TSX: TUI.UN

True Energy Trust Announces Increase to Exchangeable Share Ratio

Calgary, Alberta, January 16, 2006 – True Energy Trust (the “Trust”), is pleased to announce an increase in the ratio for exchanging Exchangeable Shares of True Energy Inc. into units of the Trust (the “Exchange Ratio”) from 0.57686 to 0.58346. This increase was effective on January 16, 2006.

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

Record Date of Distribution	December 31, 2005
Opening Exchange Ratio	0.57686
True Energy Trust distribution per Unit paid January 16, 2006	\$0.24
5-day weighted average trading price (the “Current Market Price”) (including the last business day prior to distribution payment date)	\$20.97464
Increase in Exchange Ratio	0.00660
Effective Date of increase in Exchange Ratio	January 16, 2006
Exchange Ratio as of the Effective Date	0.58346

The increase in the exchange ratio is calculated by multiplying the True Energy Trust distribution per 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 True Energy Trust Units by completing a Retraction Request form which can be obtained by contacting Computershare Trust Company of Canada at (403) 267-6894.

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