



For Immediate Release
TSX: TUI.UN

True Energy Trust Announces August 2006 Distribution of \$0.24 Per Unit

Calgary, Alberta, July 13, 2006 – True Energy Trust (the “Trust”), announces that the cash distribution for the month of July will be \$0.24 per unit, to be paid on August 15, 2006 to all unitholders of record as of July 26, 2006. The ex-distribution date for this payment is July 24, 2006.

True Energy Trust is an oil and gas 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
(403) 750-1272

Edward J. Brown, Vice President, Finance & CFO
True Energy Trust
(403) 750-2655