



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

**True Energy Trust Announces Fourth Quarter 2007 Cash Distributions  
&  
Increase in Exchangeable Share Ratio**

Calgary, Alberta, October 15, 2007 – True Energy Trust ("True" or the "Trust"), announces that the Board of Directors has set the distribution policy of the Trust for the fourth quarter of 2007 at a monthly distribution rate of \$0.08 per unit, subject to monthly confirmation by the Board of Directors, based on current commodity prices, hedging program, production volumes and market conditions. The cash distribution for the month of October will be \$0.08 per trust unit, to be paid on November 15, 2007 to all unit-holders of record as of October 31, 2007. The ex-distribution date for this payment is October 29, 2007. Based on the October 12, 2007 closing price of \$4.94 this represents an annualized yield of 19.4%.

<b>Distribution</b>	<b>Record Date</b>	<b>Ex-distribution Date</b>	<b>Payable Date</b>
\$0.08 per unit	Oct. 31, 2007	Oct. 29, 2007	Nov. 15, 2007
\$0.08 per unit <sup>(2)</sup>	Nov. 30, 2007	Nov. 28, 2007 <sup>(1)</sup>	Dec. 17, 2007
\$0.08 per unit <sup>(2)</sup>	Dec. 31, 2007	Dec. 27, 2007 <sup>(1)</sup>	Jan. 15, 2008

<sup>(1)</sup> Anticipated ex-distribution dates for November and December. These dates are subject to change and/or confirmation by the Toronto Stock Exchange and will be confirmed by monthly press releases.

<sup>(2)</sup> Based on True's current commodity prices, hedge positions, production volumes and market conditions and subject to change based on actual conditions.

True is pleased to announce an increase in the ratio for exchanging Exchangeable Shares of True Energy Inc. into trust units of the Trust (the "Exchange Ratio") from 0.80997 to 0.82302. This increase is effective on October 15, 2007.

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

Record Date of Distribution	September 28, 2007
Opening Exchange Ratio	0.80997
True Energy Trust distribution per unit paid October 15, 2007	\$0.08
5-day weighted average trading price (the "Current Market Price") (including the last business day prior to distribution payment date)	\$4.96693
Increase in Exchange Ratio	0.01305
Effective Date of increase in Exchange Ratio	October 15, 2007
Exchange Ratio as of the Effective Date	0.82302

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.

True Energy Trust is an exploration and production oil and gas trust based in Calgary, Alberta, Canada. True is powered by a diverse asset base and is focused on sustainable growth both in its people and in its properties. True has a multi-year drilling inventory of 450 net locations in Alberta, Saskatchewan and British Columbia.

True's approach to providing value to its securityholders with superior returns is based on combining its commitment to fiscally conservative management with a disciplined but opportunistic approach to technically-focused exploration and high quality acquisitions. True supports a culture of positive teambuilding, emphasizing the value of human capital, working to exceed industry expectations, keeping True at the forefront of today's competitive market.

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

Wayne M. Chorney  
President, CEO and COO  
(403) 750-2420

Edward Brown  
Vice President, Finance and CFO  
(403) 750-2655

Scott Koyich  
Investor Relations  
(403) 750-2428

Troy Winsor  
Investor Relations  
(800) 663-8072

*Forward Looking Statements: Certain information set forth in this news release, including management's assessment of True's future distributions may contain forward-looking statements, and necessarily involves 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. 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](http://www.sedar.com)), at True's website ([www.trueenergytrust.com](http://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.*