



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

**TRUE ENERGY TRUST SUSPENDS MARCH DISTRIBUTION & PROVIDES  
HEDGING UPDATE**

Calgary, Alberta, February 9, 2009 - True Energy Trust ("True" or the "Trust") announces that as a result of the continued deterioration in economic conditions, including the significant decline in crude oil prices, a weakening outlook for natural gas demand and a heightened risk in the credit markets at the start of 2009, True has deemed it prudent to suspend distributions to maintain corporate liquidity during the current financial turmoil and prevailing commodity price environment. Accordingly, no distributions will be paid in March 2009 to unitholders of record as at February 27, 2009. The previously declared distribution of \$0.02 per unit payable on February 17, 2009 to all unitholders of record as at January 30, 2009 is unaffected by the suspension.

Distributions are to be reviewed monthly in the context of commodity prices, among other factors, and are subject to revision by the Board of Directors.

True further announces that it has recently entered into six additional natural gas price risk management contracts. The following natural gas fixed price swaps of 5,000 GJ per day each settle against the AECO 7A Monthly Index each month:

<b>Period</b>	<b>Price</b>
March 1, 2009 to June 30, 2009	\$4.89 CAD/GJ (\$5.37/mcf)
March 1, 2009 to December 31, 2009	\$5.90 CAD/GJ (\$6.48/mcf)
July 1, 2009 to September 30, 2009	\$5.41 CAD/GJ (\$5.94/mcf)
October 1, 2009 to December 31, 2009	\$6.26 CAD/GJ (\$6.88/mcf)
January 1, 2010 to March 31, 2010	\$7.16 CAD/GJ (\$7.87/mcf)
April 1, 2010 to June 30, 2010	\$6.59 CAD/GJ (\$7.24/mcf)

True also sold a call on 5,000 GJ per day for 2010 at a price of \$8.05 CAD per GJ (\$8.85/mcf) to assist in funding one of the 2009 natural gas fixed price swaps.

With these additional contracts, approximately 50% of True's estimated 2009 natural gas production for the balance of the year is hedged at an average fixed price of \$6.60 CAD per GJ (\$7.25/mcf) and approximately 18% of True's estimated natural gas production is hedged for the first half of 2010 at an average price of \$7.25 CAD per GJ (\$7.96/mcf). True maintains an active commodity price risk management program focused on maintaining sufficient cash flow to fund its operations.

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

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

Raymond G. Smith  
President & CEO  
(403) 750-2420

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

Sacha Ravelli  
Manager, Investor Relations  
(403) 750-7085