



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

**True Energy Trust Announces January 2007 Distribution of \$0.12 per Unit  
and  
Provides Operational Update**

Calgary, Alberta, December 14, 2006 – True Energy Trust ("True" or the "Trust"), announces that the cash distribution for the month of December will be \$0.12 per unit, to be paid on January 15, 2007 to all unitholders of record as of December 31, 2006. The ex-distribution date for this payment is December 27, 2006. Based on the December 13, 2006 closing price of \$7.91 the adjusted distribution represents an annualized yield of approximately 18%.

As was announced on November 16, 2006 the Trust will continue with the suspension of its Premium Distribution™, Distribution Reinvestment and Optional Trust Unit Purchase Plan.

Based on forward strip pricing of oil WTI US\$65.00/bbl and natural gas AECO CDN\$7.75/mcf, the Trust anticipates this level of distributions would represent approximately 60% – 65% of estimated 2007 cashflow from operations. This level of monthly distribution along with the \$80 million capital program for 2007, the Trust's historic high drilling success rate and capital efficiency should allow the Trust to maintain current production levels of approximately 19,000 boe/d. The revised distribution strengthens True's balance sheet and provides the ability to react prudently to the legislative provisions which are expected to be released shortly clarifying the government's October 31, 2006 announcement. The Trust has been investigating a number of restructuring alternatives for the long term strategic direction of the Trust as a result of the government's announcement.

True also announces it recently entered into two "price risk management" contracts for the summer of 2007 and the second quarter 2007. True has entered into an AECO natural gas collar on 5,000 gigajoules per day (GJ/d) for the period April 1, 2007 through to October 31, 2007. The collar was transacted with a floor price of \$7.00 per GJ and a ceiling price of \$11.00 per GJ. The volume hedged for the summer of 2007 by this contract represents approximately 7% of True's current natural gas production.

In addition, True has entered into a crude oil put on 1,200 barrels of crude per day for the period April 1, 2007 through to June 30, 2007 with a WTI reference price, a floor price of US\$60.00 per barrel. Combined with the previously announced 1,000 bbl/d put for the period January 1, 2007 through to June 30, 2007 with a floor of US\$70 per barrel, the volume hedged for the second quarter of 2007 including this contract represents approximately 31% of total current oil production.

To date in 2006, True has drilled 97 (60.1 net) wells with all of the wells being cased except for 2 (1.5 net) that were dry and abandoned. Of the 95 successful wells, 22 (16.9 net) were oil wells and 73 (41.7 net) were gas wells.

True has completed its internal study of the Kerrobert Enhanced Thermal Oil Recovery Project and is scheduled to commence the first phase of the development plan in the first quarter of 2007. This first phase involves drilling two water disposal wells, conversion of four cold producing wells to injectors and the drilling of four

producing wells. Six to seven additional cold production wells will also be drilled in the side pools of the main channel. Capital for this first phase is estimated to be approximately \$17 million. It is expected that this first phase will bring True's steam facility near or to capacity.

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

Paul Baay  
President and CEO  
(403) 750-1272

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 herein including management's assessment of future plans and operations, wells to be drilled and the timing thereof, facilities to be constructed and timing thereof, future production estimates and expected capital expenditure may constitute forward-looking statements under applicable securities laws and necessarily involve risks including, without limitation, risks associated with oil and gas exploration, development, exploitation, production, marketing and transportation, loss of markets, volatility of commodity prices, currency fluctuations, imprecision of reserve estimates, environmental risks, competition from other producers, inability to retain drilling rigs and other services, incorrect assessment of the value of acquisitions, failure to realize the anticipated benefits of acquisitions, delays resulting from or inability to obtain required regulatory approvals and ability to access sufficient capital from internal and external sources. As a consequence, actual results may differ materially from those anticipated in the forward-looking statements. Readers are cautioned that the foregoing list of factors is not exhausted. Additional information on these and other factors that could effect True's operations and financial results 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 at 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 required by applicable securities laws.*

***BOE Disclosure:*** *Disclosure provided herein in respect of barrels of oil equivalent (BOE) may be misleading, particularly if used in isolation. A BOE conversion ratio of 6 Mcf: 1 Bbl is based on an energy equivalency conversion method primarily applicable at the burner tip and does not represent a value equivalency at the wellhead.*