



TRILOGY ENERGY TRUST
Calgary, Alberta

May 15, 2008

**NEWS RELEASE: TRILOGY ENERGY TRUST ANNOUNCES INCREASE TO
MONTHLY DISTRIBUTION**

Trilogy Energy Trust ("Trilogy" or the "Trust") (TSX – TET.UN) is pleased to announce that its cash distribution for May 2008 will be \$0.10 per Trust unit. This is an increase of 43% as compared to the monthly distribution paid for April 2008. Trilogy's May 2008 distribution is payable on June 16, 2008 to unitholders of record on June 2, 2008. The ex-distribution date is May 29, 2008. The increase reflects strong commodity prices to date in 2008.

About Trilogy

Trilogy is a petroleum and natural gas-focused Canadian energy trust that actively acquires, develops, produces and sells natural gas, crude oil and natural gas liquids for the generation of monthly cash distributions to its unitholders. Trilogy's Trust Units are listed on the Toronto Stock Exchange under the symbol "TET.UN".

For further information, please contact:

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