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FOR IMMEDIATE RELEASE

NAL OIL & GAS TRUST SECOND QUARTER CONFERENCE CALL

Media Release No. 21-08

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CALGARY, July 29, 2008 / Marketwire / - NAL Oil & Gas Trust (the "Trust") (TSX: NAE.UN) will release its second quarter financial and operating results on Wednesday, August 6, 2008 at 2:30 p.m. MDT (4:30 p.m. EST) and will hold a conference call to discuss those results at 3:30 p.m. MDT (5:30 p.m. EST).

Mr. Andrew Wiswell, President and CEO will host the conference call along with other members of the management team. The call will be open to analysts, investors and all interested parties. If you wish to participate, call 1-866-300-4047 toll free across North America. The conference call will also be accessible by webcast at <http://events.onlinebroadcasting.com/nal/080608/index.php>.

A recorded playback of the call will be available until August 13, 2008 by calling 1-800-408-3053, reservation 3265792.

NAL Oil & Gas Trust is an open-end investment trust that generates distributions through the acquisition, development, production and marketing of oil, natural gas and natural gas liquids. The Trust owns high quality assets in British Columbia, Alberta, Saskatchewan and Ontario. Trust units trade on the Toronto Stock Exchange under the symbol "NAE.UN".

For further information:

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