



TRILOGY ENERGY TRUST

Calgary, Alberta

October 15, 2008

NEWS RELEASE: TRILOGY ENERGY TRUST ANNOUNCES OCTOBER DISTRIBUTION

Trilogy Energy Trust ("Trilogy" or the "Trust") (TSX – TET.UN) announces that its cash distribution for October 2008 will be \$0.10 per Trust Unit. The distribution is payable on November 17, 2008 to unitholders of record on October 31, 2008. The ex-distribution date is October 29, 2008.

About the Trust

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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