



TRILOGY ENERGY TRUST

Calgary, Alberta

May 19, 2009

NEWS RELEASE: TRILOGY ENERGY TRUST ANNOUNCES MAY DISTRIBUTION

Trilogy Energy Trust ("Trilogy" or the "Trust") (TSX – TET.UN) announces that its cash distribution for May 2009 will be \$0.05 per Trust Unit. The distribution is payable on June 15, 2009 to unitholders of record on June 1, 2009. The ex-distribution date is May 28, 2009.

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. 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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