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NAL OIL & GAS TRUST ANNOUNCES JULY DISTRIBUTION

Media Release No. 22-09

July 9, 2009

CALGARY / Marketwire / NAL Oil & Gas Trust (the "Trust" or "NAL") (TSX: NAE.UN) will pay a distribution of \$0.09 per unit on August 17, 2009, to Unitholders of record on July 22, 2009. The units will begin trading on an ex-distribution basis on July 20, 2009.

The current monthly distribution annualized totals \$1.08 per unit, and represents a 12.1% cash-on-cash yield based on the July 9, 2009 closing unit price of \$8.93.

NAL Oil & Gas Trust's Board of Directors sets distribution levels taking into consideration commodity prices, forecast cash flow of the Trust, financial market conditions, availability of financing, internal capital investment opportunities and taxability.

NAL Oil & Gas Trust provides investors with a yield-oriented opportunity to participate in the Canadian Upstream Conventional Oil and Gas Industry. The Trust generates monthly cash distributions for its Unitholders by pursuing a strategy of acquiring, developing, producing and selling crude oil, natural gas and natural gas liquids from pools in southeastern Saskatchewan, central Alberta, northeastern British Columbia and Lake Erie, Ontario. Trust units trade on the Toronto Stock Exchange under the symbol "NAE.UN".

For further information:

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