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NAL OIL & GAS TRUST ANNOUNCES CONFERENCE CALL DETAILS FOR SECOND QUARTER 2009 RESULTS

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CALGARY, July 29, 2009 / Marketwire / NAL Oil & Gas Trust (the "Trust") (TSX: NAE.UN) will release its second quarter financial and operating results on Thursday, August 6, 2009 at 2:00 p.m. MDT (4:00 p.m. EDT) and will hold a conference call to discuss those results at 3:00 p.m. MDT (5:00 p.m. EDT).

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 1-866-225-2055 toll free across North America. The conference call will also be accessible by webcast at <http://events.onlinebroadcasting.com/nal/080609/index.php>

A recorded playback of the call will be available until August 13, 2009 by calling 1-800-408-3053, reservation 7383861.

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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