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**FOR IMMEDIATE RELEASE**

**NAL OIL & GAS TRUST ANNOUNCES  
SEPTEMBER DISTRIBUTION AND PARTICIPATION IN THE  
PETERS & CO. 2009 ENERGY CONFERENCE**

**Media Release No. 27-09**

**September 10, 2009**

CALGARY / Marketwire / NAL Oil & Gas Trust (the "Trust" or "NAL") (TSX: NAE.UN) will pay a distribution of \$0.09 per unit on October 15, 2009, to Unitholders of record on September 22, 2009. The units will begin trading on an ex-distribution basis on September 18, 2009.

The current monthly distribution annualized totals \$1.08 per unit, and represents a 9.1% cash-on-cash yield based on the September 10, 2009 closing unit price of \$11.82.

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 is also pleased to advise that Mr. Marlon McDougall, VP Operations and COO, will be participating in a technical panel discussion with peers and providing an update to the Trust's activities in the Cardium oil play in central Alberta at the Peters & Co. Limited 2009 North American Oil & Gas Conference in Toronto, ON., on Wednesday, September 16, 2009 at 3:15 PM EST.

Investors are invited to watch a live webcast of this panel discussion at: <http://www.newswire.ca/en/webcast/viewEvent.cgi?eventID=2800160>. A replay of the webcast will be available within 24 hours following the webcast for 90 days.

For a complete program of the September 16th Conference webcasts please visit <http://www.newswire.ca/en/webcast/pages/en/peters20090916> or CNW's webcast events calendar at <http://www.newswire.ca/en/webcast/index.cgi>.

NAL's latest corporate presentation is available at: [www.nal.ca](http://www.nal.ca)

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".

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