



Suite 1000, 550 - 6 Avenue SW  
Calgary, Alberta T2P 0S2  
Tel: 403.294.3600 Fax: 403.294.3601  
Website: [www.nal.ca](http://www.nal.ca) Email: [Investor.Relations@nal.ca](mailto:Investor.Relations@nal.ca)

**FOR IMMEDIATE RELEASE**

## **NAL OIL & GAS TRUST ANNOUNCES NOVEMBER DISTRIBUTION**

**Media Release No. 32-09**

**November 10, 2009**

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CALGARY / Marketwire / NAL Oil & Gas Trust (the "Trust" or "NAL") (TSX: NAE.UN) will pay a distribution of \$0.09 per unit on December 15, 2009, to Unitholders of record on November 23, 2009. The units will begin trading on an ex-distribution basis on November 19, 2009.

The current monthly distribution annualized totals \$1.08 per unit, and represents an 8.9% cash-on-cash yield based on the November 10, 2009 closing unit price of \$12.22.

NAL'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 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:

**Clayton Paradis, Manager, Investor Relations**  
Telephone: 403.294.3620  
Toll Free: 888.223.8792, Fax: 403.515.3407  
Email: [investor.relations@nal.ca](mailto:investor.relations@nal.ca) Website: [www.nal.ca](http://www.nal.ca)