



TRILOGY ENERGY TRUST

Calgary, Alberta

November 16, 2009

NEWS RELEASE: TRILOGY ENERGY TRUST ANNOUNCES NOVEMBER DISTRIBUTION

Trilogy Energy Trust ("Trilogy" or the "Trust") (TSX – TET.UN) announces that its cash distribution for November 2009 will be \$0.05 per Trust Unit. The distribution is payable on December 15, 2009 to unitholders of record on November 30, 2009. The ex-distribution date is November 26, 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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