



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 UPDATES CORPORATE PRESENTATION**

**Media Release No. 36-09**

**December 22, 2009**

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CALGARY / Marketwire / NAL Oil & Gas Trust (the "Trust" or "NAL") (TSX: NAE.UN) is pleased to advise that its corporate presentation has been updated and is available on the company's website at [www.nal.ca](http://www.nal.ca).

### **ABOUT NAL**

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:

#### **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)