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**FOR IMMEDIATE RELEASE**

## **NAL OIL & GAS TRUST ANNOUNCES MAY DISTRIBUTION AND ANNUAL GENERAL MEETING DETAILS**

**Media Release No. 14-10**

**May 11, 2010**

CALGARY / Marketwire / NAL Oil & Gas Trust (the "Trust" or "NAL") (TSX: NAE.UN) will pay a distribution of \$0.09 per unit on June 15, 2010, to Unitholders of record on May 25, 2010. The units will begin trading on an ex-distribution basis on May 20, 2010.

The current monthly distribution annualized totals \$1.08 per unit, and represents a 9.4% cash-on-cash yield based on the May 11, 2010 closing unit price of \$11.55.

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 also announces that the Annual General Meeting of the Trust will be held at 3:00pm MDT on Wednesday, May 19, 2010 at the Calgary Petroleum Club, McMurray Room, 319 5<sup>th</sup> Avenue SW, in Calgary, Alberta. Unitholders are encouraged to attend and participate in the business of the meeting.

Details of the webcast are as follows:

Date: Wednesday, May 19, 2010

Time: 3:00 pm MDT

Webcast: <http://events.digitalmedia.telus.com/nal/051910/index.php>

To ensure timely participation in the webcast you are encouraged to log in 15 minutes prior to the start time to register for the event.

NAL provides investors with a yield-oriented opportunity to participate in the Canadian upstream 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, 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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