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**FOR IMMEDIATE RELEASE**

## **NAL OIL & GAS TRUST ANNOUNCES CONFERENCE CALL DETAILS FOR SECOND QUARTER 2010 RESULTS**

**Media Release No. 18-10**

**August 3, 2010**

CALGARY, August 3, 2010 / Marketwire / NAL Oil & Gas Trust (the "Trust") (TSX: NAE.UN) will release its second quarter financial and operating results on Tuesday, August 10, 2010 at 2:30 p.m. MDT (4:30 p.m. EST) and will hold a conference call to discuss those results at 3:30 p.m. MDT (5:30 p.m. EST).

Mr. Andrew Wiswell, President and CEO, will host the conference call with other members of the management team. The call is open to analysts, investors, and all interested parties. If you wish to participate, call 1-800-769-8320 toll free across North America. The conference call will also be accessible through the internet at <http://events.digitalmedia.telus.com/nal/081010/index.php>

A recorded playback of the call will be available until August 17, 2010 by calling 1-800-408-3053, reservation 1823803.

NAL Oil & Gas Trust 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, 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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